



## Skylight Lunch Menu

February 4<sup>th</sup> – February 10<sup>th</sup>

### Hours

#### Monday – Saturday

**Lunch** (Skylight Dining Room)  
11:00 am – 1:00 pm

#### Sunday

**Brunch** (Skylight Dining Room)  
11:00 am – 1:30 pm

#### Monday – Friday

**Lunch** (Crystal Dining Room)  
11:00 am – 3:00 pm

#### Sunday

**Lunch** (Crystal Dining Room)  
11:00 am – 1:30 pm

### Managers

#### Food Service Director:

David Borchik

#### Operations Manager:

Jeanine Milano

#### Executive Chef:

Kwame Akram

#### Dining Room Coordinator:

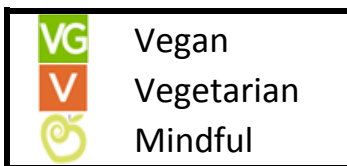
April Libby

#### Independent Living Meal Delivery Service

Delivery service is available during normal hours of operation for a discretionary dollar fee of \$3.

**Skylight DR** 813-632-2322

**Crystal DR** 813-632-2325



### Sunday 2/4/18

Salad:	Classic Caesar Side Salad	
Soup:	Turkey Vegetable Soup	\$ 1.29
Entree:	Carved Pineapple Glazed Ham	\$ 2.99
	Penne Pasta with Grilled Sausage	\$ 4.49
Side Dish:	Mixed Vegetables	\$ 0.99
	Scalloped Potatoes	\$ 0.99
	Cauliflower	\$ 0.99
	Garlic Bread	\$ 0.49

### Monday 2/5/18

Salad:	Sesame Dijon Cabbage Salad	
Soup:	Chicken Vegetable Soup with Orzo	\$ 1.29
Entree:	Crispy Baked Catfish	\$ 4.79
	Pulled BBQ Chicken Sandwich	\$ 1.59
Side Dish:	Peas & Mushrooms	\$ 0.99
	Brussels Sprouts	\$ 0.99
	Cajun Brown Rice	\$ 0.69
	Maple Baked Beans with Apple & Bacon	\$ 0.99

### Tuesday 2/6/18

Salad:	Spiced Carrot Salad	
Soup:	White Bean Escarole Soup	\$ 1.29
Entree:	Broccoli Cheddar Quiche	\$ 1.29
	Grilled Ham Steak	\$ 1.79
Side Dish:	Sautéed Spinach with Red Onion & Garlic	\$ 1.59
	Roasted Yellow Squash with Thyme	\$ 0.99
	Cranberry Walnut Wild Rice	\$ 1.99

### Wednesday 2/7/18

Salad:	Fruit Farro Salad	
Soup:	Home-style Cream of Spinach Soup	\$ 1.29
Entree:	Fried Chicken	
	Italian Beef Sandwich	\$ 4.79
Side Dish:	Mashed Potatoes	\$ 0.69
	Sweet Potato Fries	\$ 1.19
	Roasted Zucchini	\$ 0.99
	Okra & Tomatoes	\$ 0.99

Watch for Mindful Menu Solutions...  
Look for the Mindful icon to find your way to better nutrition.



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11:00 am – 1:30 pm

#### Monday – Friday

**Lunch** (Crystal Dining Room)  
11:00 am – 3:00 pm

#### Sunday

**Lunch** (Crystal Dining Room)  
11:00 am – 1:30 pm

### Managers

#### Food Service Director:

Doris Freeman

#### Operations Manager:

Chris Christopher

#### Executive Chef:

Kwame Akram

#### Dining Room Coordinator:

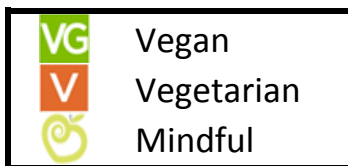
April Libby

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**Skylight DR** 813-632-2322

**Crystal DR** 813-632-2325



### Thursday 2/8/18

Salad:	Smoked Salmon Farfalle Salad ☺	
Soup:	Split Pea with Ham Soup ☺	\$ 1.29
Entree:	Baked Stuffed Pork Chop	\$ 3.89
	Shrimp Stir Fry	\$ 3.39
Side Dish:	Capri Mixed Vegetables VG ☺	\$ 0.99
	Green Bean Casserole V	\$ 0.99
	Sautéed Apple Slices V	\$ 0.99
	Rice VG ☺	\$ 0.69

### Friday 2/9/18

Salad:	Southwest Mixed Bean Salad V	
Soup:	Cuban Black Bean Soup ☺	\$ 1.29
Entree:	Assorted Pizza By The Slice	\$ 2.29
	Fish Tacos	\$ 3.69
Side Dish:	Southern Green Beans	\$ 0.99
	Steamed Broccoli & Cauliflower VG ☺	\$ 0.99
	Corn O'Brien VG ☺	\$ 0.99
	Mexican Fiesta Rice V	\$ 0.99

### Saturday 2/10/18

Salad:	Corn, Cherry Tomato & Arugula V	
Soup:	Cream of Spinach Soup V	\$ 1.29
Entree:	Chicken Fried Steak, Country Cream Gravy	\$ 5.49
	Roast Turkey Sandwich with Cranberry	\$ 5.99
Side Dish:	Mashed Potatoes V ☺	\$ 0.69
	Crispy Baked Okra V ☺	\$ 0.99
	Baked Sweet Potato Wedges V ☺	\$ 1.19
	Fresh Broccoli Florets VG ☺	\$ 0.99

## Weekly Mindful Special

(Available Monday – Friday Lunch)

### Tandoori Chicken Waldorf Wrap

*Non GMO wrap with tandoori seasoned chicken salad, romaine, baby arugula, grilled pineapple & pickled red onions*

\$ 3.69

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## Skylight Dinner Menu

February 4<sup>th</sup> – February 10<sup>th</sup>

### Hours

#### Monday – Saturday

**Dinner** (Skylight Dining Room)

4:00 pm – 6:00 pm

**Dinner** (Crystal Dining Room)

4:00pm – 6:30 pm

#### Sunday

**Dinner** (Skylight and Crystal)

Closed

### Managers

#### Food Service Director:

Doris Freeman

#### Operations Manager:

Chris Christopher

#### Executive Chef:

Kwame Akram

#### Dining Room Coordinator:

April Libby

#### Independent Living Meal Delivery Service

You can have meals delivered to your apartment for a \$3 fee.

**Skylight DR** 813-632-2322

**Crystal DR** 813-632-2325

Delivery service is available during normal hours of operation



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### Dinner Specials

**Wednesday February 7<sup>th</sup> 2018 4pm – 6pm in the Skylight**

#### Pasta Night

*Freshly Prepared Pasta with Choice Of Vegetables, Protein, and Sauce.*

*(Prices range \$3.99 - \$5.99)*

#### Monday 2/5/18

Salad:	Sesame Dijon Cabbage Salad	
Soup:	Stuffed Pepper Soup	\$ 1.29
Entree:	Vegetable Lasagna	\$ 2.29
	Chicken Thigh Cacciatore	\$ 1.79
Side Dish:	Smashed Red Skin Potatoes	\$ 0.99
	Garlic Roast Green Beans	\$ 0.99
	Baby Carrots	\$ 0.99
	Garlic Bread	\$ 0.49

#### Tuesday 2/6/18

Salad:	Spiced Carrot Salad	
Soup:	Creamy Broccoli Soup	\$ 1.29
Entree:	Meatloaf	\$ 1.99
	Honey Dip-Style Chicken Wings (each)	\$ 0.59
Side Dish:	Lima Beans	\$ 0.99
	Mashed Potatoes	\$ 0.69
	Turnips with Garden Vegetables	\$ 0.99
	Broccoli Florets	\$ 0.99

#### Wednesday 2/7/18

#### Pasta Night @ the Skylight

**\*\*These items are only available in the Crystal Dining Room\*\***

Salad:	Fruit Farro Salad	
Soup:	Chicken Noodle with Corn & Mushroom Soup	\$ 1.29
Entree:	Beef Liver with Onions	\$ 2.19
	BBQ Glazed Turkey	\$ 3.89
Side Dish:	Hash Brown Casserole	\$ 1.29
	Italian Cut Green Beans	\$ 0.99
	Creamed Corn	\$ 0.99
	Mixed Vegetables	\$ 0.99



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4:00 pm – 6:00 pm

**Dinner** (Crystal Dining Room)

4:00pm – 6:30 pm

#### Sunday

**Dinner** (Skylight and Crystal)

Closed

### Managers

#### Food Service Director:

Doris Freeman

#### Operations Manager:

Chris Christopher

#### Executive Chef:

Kwame Akram

#### Dining Room Coordinator:

April Libby



#### Independent Living Meal Delivery Service

You can have meals delivered to your apartment for a \$3 fee.

**Skylight DR** 813-632-2322

**Crystal DR** 813-632-2325










Delivery service is available during normal hours of operation

	Vegan
	Vegetarian
	Mindful



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### Thursday 2/8/18

Salad:	Smoked Salmon Farfalle Salad 	
Soup:	Garden Vegetable Soup  	\$ 1.29
Entree:	Roasted Strip Loin	\$ 5.99
	Baked Homestyle Chicken	\$ 2.69
Side Dish:	Cauliflower  	\$ 0.99
	Baked Potatoes 	\$ 0.99
	Apple Glazed Baby Carrots  	\$ 0.99
	Sautéed Mushrooms 	\$ 1.59

### Friday 2/9/18

Salad:	Southwest Mixed Bean Salad 	
Soup:	New England Clam Chowder	\$ 1.29
Entree:	Beef & Mushroom Stroganoff	\$ 1.99
	Fish & Chips	\$ 4.99
Side Dish:	Roasted Beet & Radishes  	\$ 1.29
	Sautéed Spinach 	\$ 1.59
	Bow Tie Pasta 	\$ 0.69

### Saturday 2/10/18

Salad:	Corn, Cherry Tomato & Arugula 	
Soup:	Country Acorn Squash Bisque  	\$ 1.29
Entree:	Spaghetti & Meatball	\$ 2.99
	Original Rotisserie Chicken	\$ 2.99
Side Dish:	Herbed Yukon Potatoes  	\$ 0.99
	Peas, Cauliflower & Carrots  	\$ 0.99
	Grilled Zucchini 	\$ 0.99
	Garlic Bread 	\$ 0.49