



October 8<sup>th</sup> – October 14<sup>th</sup>

**Sunday Lunch 10/8/17**

Cauliflower Cheddar Soup \$ 1.29  
Caesar Salad

**Entrées**

Carved Oven Roasted Turkey \$ 2.99  
Baked Mahi w/Lemon Dill Sauce \$ 4.99

**Sides (\$ .99)**

Napa Valley Vegetables Snap Peas  
Scalloped Potatoes Rice Pilaf  
Assorted Desserts

**David Borchik – Director of Food Services**

**Dining Room Hours**

**Breakfast** (Skylight only) 7:30 am – 9:30 am  
**Lunch** (Skylight Dining Room) 11:00 am – 1:00 pm  
**Lunch** (Crystal Café) 11:00 am – 3:00 pm  
**Dinner** (Skylight Dining Room) 4:00 pm – 6:00 pm  
**Dinner** (Crystal Dining Room) 4:00pm – 6:30 pm

**Independent Living Meal Delivery Service**

You can have meals delivered to your apartment for a \$3 fee.  
Skylight DR: 632-2322 Crystal DR: 632-2325  
Delivery service is available during normal hours of operation

**Monday Lunch 10/9/17**

Chili con Carne \$ 1.29  
Beet, Cucumber, Onion Salad

**Entrées**

BBQ Chicken \$ 3.59  
Mediterranean Cod \$ 3.89  
*Rosemary Chicken & Bacon Pizzetta\** \$ 3.89

**Sides (\$ .99)**

Garlic Broccoli Zucchini  
Corn Pudding Orzo With Spinach And Feta Salad  
Assorted Desserts

**Monday Dinner 10/9/17**

Split Pea Soup \$ 1.29  
Beet, Cucumber, Onion Salad

**Entrées**

Baked Stuffed Pork Chop \$ 3.89  
Beef & Broccoli Stir Fry \$ 3.99

**Sides (\$ .99)**

Asparagus (\$1.29) Bok Choy (\$1.89)  
Baked Macaroni & Cheese Jasmine Rice (\$.69)  
Assorted Desserts

**Tuesday Lunch 10/10/17**

Baked Potato Soup \$ 1.29  
Cucumber Salad

**Entrées**

Braised Pork Shoulder \$ 2.19  
West Coast Chicken Sandwich \$ 4.19  
*Rosemary Chicken & Bacon Pizzetta\** \$ 3.89

**Sides (\$ .99)**

Carrots Mixed Vegetable Blend  
Onion Rings (\$1.89) Roasted Potatoes  
Assorted Desserts

**Tuesday Dinner 10/10/17**

Cream of Celery Soup \$ 1.29  
Cucumber Salad

**Entrées**

Baked Pollock \$ 2.19  
Meatball Sub \$ 3.29

**Sides (\$ .99)**

Creamed Spinach Green Beans  
Succotash Waffle Fries  
Assorted Desserts

**Wednesday Lunch 10/11/17**

6 Bean Soup \$ 1.29  
Marinated Bean Salad

**Entrées**

Turkey And Brie Croissant \$ 5.79  
Chicken & Sausage Jambalaya \$ 3.49  
*Rosemary Chicken & Bacon Pizzetta\** \$ 3.89

**Sides (\$ .99)**

Broccoli Roasted Vegetables  
Tater Tots Rice (\$.69)  
Assorted Desserts

**Wednesday Dinner 10/11/17**

***Pasta Night @ the Skylight Dining Room***

Italian Vegetable Soup (CRYSTAL ONLY) \$ 1.29  
Marinated Bean Salad (CRYSTAL ONLY)

**Entrées**

Beef Burgundy (CRYSTAL ONLY) \$ 3.09  
Apple Almond Chicken Salad Plate (CRYSTAL ONLY) \$ 2.79

**Sides (CRYSTAL ONLY) (\$ .99)**

Southern Greens Green Peas  
Egg Noodles (\$.69) Corn Muffin  
Assorted Desserts



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**Thursday Lunch 10/12/17**

Cream of Potato Soup \$ 1.29  
Carrot Raisin Salad

**Entrées**

Turkey A La King \$ 2.49  
Monterey Black Bean Burger \$ 4.29  
*Rosemary Chicken & Bacon Pizzetta\** \$ 3.89

**Sides (\$ .99)**

Parmesan Tomatoes Green Beans  
Biscuit (\$.69) Waffle Fries (\$1.19)  
Assorted Desserts

**Thursday Dinner 10/12/17**

Cream of Mushroom Soup \$ 1.29  
Carrot Raisin Salad

**Entrées**

Shrimp Etouffee (seasoned sauce) \$ 3.79  
Beef Pot Pie \$ 2.99

**Sides (\$ .99)**

California Vegetables Seasoned Zucchini  
Basmati Rice (\$.69) Roasted Potatoes  
Assorted Desserts

**Friday Lunch 10/13/17**

Tuscan Seven Vegetable Soup \$ 1.29  
Spinach Salad

**Entrées**

Country Fried Steak \$ 5.19  
Assorted Pizza \$ 2.29  
*Rosemary Chicken & Bacon Pizzetta\** \$ 3.89

**Sides (\$ .99)**

Mixed Vegetables Green Peas  
Garlic Mashed Potatoes Okra and Tomatoes  
Assorted Desserts

**Friday Dinner 10/13/17**

Vegetable Beef Soup \$ 1.29  
Spinach Salad

**Entrées**

Dijon Pork Tenderloin \$ 2.89  
Herb Crusted Tilapia \$ 3.59

**Sides (\$ .99)**

Collard Greens Steamed Carrots  
Scalloped Potatoes Cheese Grits  
Assorted Desserts

**Saturday Lunch 10/14/17**

Senate Bean Soup \$ 1.29  
Waldorf Salad

**Entrées**

Charleston Crab Cakes \$ 2.79  
BBQ Beef Sandwich \$ 4.59

**Sides (\$ .99)**

Broccoli Capri Vegetables  
Steamed Corn Tater Tots  
Assorted Desserts

**Saturday Dinner 10/14/17**

Butternut Squash Soup \$ 1.29  
Waldorf Salad

**Entrées**

Lemon Curry Chicken Breast \$ 3.59  
Spaghetti and Meatballs \$ 2.99

**Sides (\$ .99)**

Sautéed Vegetables Italian Green Beans  
Rice Pilaf Spaghetti (\$.69)  
Assorted Desserts

*\*Mindful Weekly Menu Special*