



ASHLEY RIVER TOWER CAFE

Week of Monday July 23

Watch for Mindful Menu Selections

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

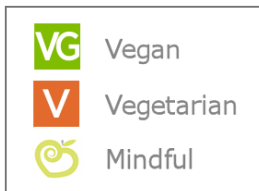
Hydrate...Feel Great!

Hours

Monday - Sunday
6:30am to 7:00pm

Managers

Randy Teates - General Manager
Erin Seprish - Patient Services
Manager
Brian Fox - Executive Chef



Monday

- Soup: Homestyle Chicken and Rice Soup ☺
Autumn Vegetable Soup (Mindful) VG☺
- Entree: Rotisserie Style Chicken
Shrimp Etouffee with Grits
- Side Dish: Green Beans with Red Pepper & Garlic VG☺
Parmesan Whipped Yukon Gold Potatoes V

Tuesday

- Soup: Corn & Red Pepper Chowder (Mindful) V☺
Louisiana Chicken and Andouille Gumbo
- Entree: Cheese Ravioli with Bolognese Sauce
Southern Fried Chicken
- Side Dish: Spaghetti Squash Primavera ☺
Saute Spinach VG☺

Wednesday

- Soup: Italian Wedding Soup
Toasted Barley and Lentil Soup ☺
- Entree: Pan Fried Cod Cakes
Fried Pork Chop
- Side Dish: Cranberry Brussels Sprouts V
Creamy Cole Slaw V

Thursday

- Soup: Mexican Chicken & Lime Soup ☺
Vegetable Chowder (Mindful) VG☺
- Entree: Chicken Tandoori
Country Fried Steak with Brown Gravy
- Side Dish: Bhindi Masala - Crispy Okra V
Roasted Zucchini VG

Friday

- Soup: Chicken Corn Chowder (Mindful) ☺
Sweet Potato and Black Bean Chili V☺
- Entree: Sweet and Sour Pork
Golden Fried Catfish
- Side Dish: Grilled Zucchini V
Fried Rice V

Saturday

- Soup: Chicken Tortilla Soup (Mindful) ☺
- Entree: Herb Roasted Pork Loin with Pan Gravy
- Side Dish: Steamed Vegetable Medley VG☺
Creamy Macaroni & Cheese V
Roasted Sweet Potatoes VG☺

Sunday

- Soup: Mushroom Bisque (Mindful) V☺
- Entree: Chicken 'n Dumplings
- Side Dish: Glazed Fresh Carrots with Parsley V
Creamy Macaroni & Cheese V
Blueberry Cobbler V☺
Rice Pilaf V☺