



# ASHLEY RIVER TOWER

Week of Monday January 22

## Watch for Mindful Menu Selections

Look for the  
Wellness and You  
symbol to find your way  
to better nutrition.

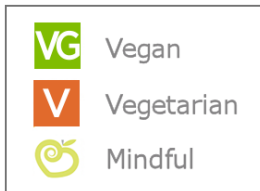
*Hydrate. Feel Great..*

### Hours

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

### Managers

Brad Masteller  
Josh Taylor  
Erin Seprish



## Monday

- Soup: Tuscan Minestrone Soup (Mindful)
- Butternut Squash & Sweet Potato Soup
- Entree: Parmesan Roasted Chicken Breast
- Roast Beef with Rosemary Chimichurri
- To the Max Mexican Station
- Side Dish: Italian Roasted Vegetables

## Tuesday

- Soup: Chicken & Dumplings Soup (Mindful)
- Cream of Fresh Broccoli Soup (Mindful)
- Entree: Tortellini & Roast Portobello, Blush Sce
- Extra Crispy Fried Chicken
- Side Dish: Roasted Red Bliss Potatoes
- Fried Cabbage

## Wednesday

- Soup: Chicken & Wild Rice (Mindful)
- Vegetarian Lentil Soup
- Entree: Maple Glazed Pork Loin
- Whole Grain Rotini & Meat Sauce-sm
- Side Dish: Steamed Fresh Carrots
- Jasmine Rice

## Thursday

- Soup: Autumn Vegetable Soup (Mindful)
- Manhattan Clam Chowder (Mindful)
- Entree: Braised Pot Roast
- Farfalle with Grilled Chicken & Spinach
- Side Dish: Steamed Broccoli and Red Peppers
- Chive and Garlic Mashed Potatoes

## Friday

- Soup: Classic New England Clam Chowder
- White Bean & Sundried Tomato Soup
- Entree: Pork Scaloppine w/ Wild Mushroom Ragout
- Lemon Crusted Catfish
- Risotto Bar
- Side Dish: Creamy Macaroni & Cheese

## Saturday

- Soup: Homestyle Chicken and Rice Soup
- Entree: Chicken Cacciatore
- Mashed Potatoes
- Fresh Yellow Squash
- Macaroni and Cheese

## Sunday

- Soup: Cream of Fresh Broccoli Soup
- Entree: Chicken Shrimp Jambalaya & Cornbread
- Corn
- Macaroni & Cheese