



Watch for Mindful Menu Selections

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

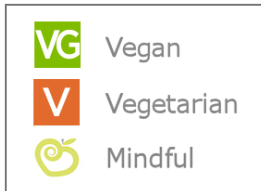
Hydrate. Feel Great..

Hours

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

Managers

Carlotta McCray
Josh Taylor



ASHLEY RIVER TOWER

Week of Monday September 18

Monday

- Soup: Creamy Broccoli Cheddar Soup Grilled Chicken Tortilla Soup (Mindful)
- Cheese Drop Biscuits
- Corn Muffins
- Entree: Eggplant Parmesan Pan Fried Tilapia with Chili Lime Butter

Tuesday

- Soup: Creamy Turkey and Wild Rice Soup Italian Wedding Soup (Mindful)
- Cheese Drop Biscuits
- Corn Muffins
- Entree: Provençal Roasted Chicken Roast Beef Eye Round

Wednesday

- Soup: Chili Con Carne Spring Chicken Soup (Mindful)
- Cheese Drop Biscuits
- Corn Muffins
- Entree: BBQ Teriyaki Pork Loin w/ Crispy Onions Chicken Adobado

Thursday

- Soup: Cream of Mushroom Soup Vegetable Beef Barley (Mindful)
- Garlic Breadstick
- Corn Muffins
- Entree: Home-Style Meatloaf Baked Cheese Manicotti With Marinara

Friday

- Soup: Southwest Three Bean Barley Soup Chicken & Dumplings Soup (Mindful)
- Cheese Drop Biscuits
- Corn Muffins
- Entree: Asian Beef and Broccoli Stir-Fry Santa Maria Roast Salmon

Saturday

- Soup: Chicken & White Bean Chili (Mindful)
- Entree: Baked Chicken Ziti
- Side Dish: Steamed Corn Green Beans with Red Pepper & Garlic Creamy Macaroni & Cheese

Sunday

- Soup: Lemon Chicken Orzo Soup
- Entree: Baked Cod with Butter Crumb Topping
- Side Dish: Baja Roasted Vegetables Golden Rice Pilaf Creamy Macaroni & Cheese