



Watch for Mindful Menu Selections

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

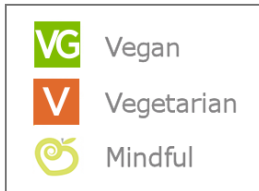
Hydrate...Feel Great!

Hours

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

Managers

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



ASHLEY RIVER TOWER CAFE

Week of Monday October 15

Monday

- Soup: Chicken Vegetable Orzo Soup ☺
Cuban Black Bean Soup ☺
- Entree: Mediterranean Herb Roasted Chicken
- Side Dish: Green Beans with Red Pepper & Garlic VG☺
Mediterranean Lentil Ragout VG
Herb Grilled Eggplant VG☺

Tuesday

- Soup: Chicken Corn Chowder (Mindful) ☺
Moroccan Vegetable Soup (Mindful) VG☺
- Entree: Southern Fried Chicken
- Side Dish: Brussels Sprouts with Bacon
Whipped Sweet Potatoes V
Corn O'Brien V

Wednesday

- Soup: Pasta Fagioli Soup ☺
Chicken Noodle Soup (Mindful) ☺
- Entree: Baked Chicken Parmesan
- Side Dish: Steamed Spinach With Garlic VG☺
Linguine with Parsley
Ratatouille VG

Thursday

- Soup: Split Pea & Sausage Soup (Mindful) ☺
Smoked Ham, Cabbage, Potato Soup
- Entree: House Smoked Beef Brisket
- Side Dish: Green Beans Southern Style
Boston Baked Beans
Sweet Homemade Cornbread V

Friday

- Soup: Manhattan Clam Chowder (Mindful) ☺
Chili con Carne (Mindful) ☺
- Entree: Baked Ziti with Italian Sausage
Shrimp Diablo
- Side Dish: Sautéed Spinach in Olive Oil with Garlic VG☺
Sautéed Zucchini V

Saturday

- Soup: Tomato Basil Soup (Mindful) V☺
- Entree: Apricot Glazed Roasted Chicken
- Side Dish: Pesto Focaccia V
Creamy Macaroni & Cheese V
Apple Cobbler
Roasted Broccoli VG

Sunday

- Soup: Turkey and Black Bean Chili ☺
- Entree: BBQ Flank Steak Over Texas Toast
- Side Dish: BBQ Baked Beans V
Creamy Cole Slaw V
Creamy Macaroni & Cheese V
Warm Berry Cobbler V☺