



Watch for Mindful Menu Selections

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

Hydrate...Feel Great!

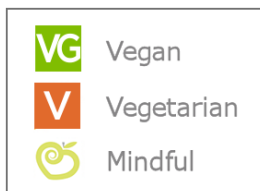
Hours

Monday-Friday
6:30am to 12:00am

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

Managers

Randy Teates - General Manager
Jill Leshner - Patient Services Manager
Bruce Bray-Executive Chef



ASHLEY RIVER TOWER CAFE

Week of Monday October 7

Monday

- Soup: Chicken Gumbo (Mindful) ☺
Vegetarian Lentil & Spinach Soup VG☺
- Entree: Mediterranean Tortellini V
Lemon Baked Chicken Breast ☺
- Side Dish: Chive and Garlic Mashed Potatoes V
Macaroni and Cheese V

Tuesday

- Soup: Chili con Carne (Mindful) ☺
Tomato Basil Bisque
- Entree: Southern Fried Chicken
- Side Dish: Collard Greens V☺
Steamed Fresh Baby Carrots VG☺
Pinto Beans V☺

Wednesday

- Soup: Chicken Noodle Soup (Mindful) ☺
Mushroom Bisque (Mindful) V☺
- Entree: Chicken Cacciatore ☺
- Side Dish: Rice Pilaf V☺
Rosemary & Veggie Orzo V☺
Italian Mixed Roasted Vegetables V☺

Thursday

- Soup: Lemon Chicken Orzo Soup
Ham and Collard Green Soup
- Entree: Shawarma Chicken Breast ☺
Pork Souvlaki
- Side Dish: Wedge Cut Fresh French Fries VG
Orzo with Spinach and Feta Salad V☺

Friday

- Soup: White Bean Chicken Chili (Mindful) ☺
Chicken Ditalini Soup (Mindful) ☺
- Entree: Chili Mac
- Side Dish: Parsley Fresh Potatoes V
Steamed Fresh Carrots VG☺
Green Beans Oregano VG☺

Saturday

- Soup: Tomato Florentine Soup V☺
- Entree: BBQ Beef Brisket
- Side Dish: Rice VG☺
Broccoli Florets VG☺
Macaroni and Cheese V
Steamed Fresh Carrots VG☺

Sunday

- Soup: Chili con Carne
- Entree: Herb Roasted Chicken Breast ☺
- Side Dish: Steamed Brown Rice VG☺
Chicken Gravy
Roasted Balsamic Eggplant VG☺
Macaroni and Cheese V