



# CAFETERIA MENU *for* ASHLEY RIVER TOWER *Menu for the week of: August 3rd, 2009*

## Monday

Charleston Market: *Main Entrée:* Vegetable Lasagna, Rotisserie Chicken, Seared Salmon with Pineapple salsa  
*Vegetables:* Green Beans, Roasted Vegetables  
*Starches:* Black Bean Medley and Rice, Whipped Potatoes

The Kettle: Sweet Red Pepper Soup, Chicken and Black Bean Soup

## Tuesday

Charleston Market: *Main Entrée:* Baked Chicken, Fried Chicken , Four Cheese Baked Penne  
*Vegetables:* Baby Carrots, Acorn Squash and Sweet Potatoes  
*Starches:* Roasted Red Bless Potato, Rice

The Kettle: Garbanzo Bean Soup, Loaded Baked Potato Soup

## Wednesday

Charleston Market: *Main Entrée:* Pasta Primavera, Rotisserie Ribs, Beef Tacos (Hard and Soft)  
*Vegetables:* Asparagus, Broccoli and Cauliflower  
*Starches:* Rosemary Roasted Potatoes, Cilantro Basmati Rice

The Kettle: Chicken Noodle Soup, Cream of Broccoli Soup

## Thursday

Charleston Market: *Main Entrée:* Rotisserie Hen, Vegetable Fried Rice, Fried Whiting, Herb Crusted Whiting  
*Vegetables:* Sautéed Squash and Zucchini, Spinach and Mushroom  
*Starches:* Cheesy Grits, Rice

The Kettle: Vegetable Garden Soup, Tomato Basil Bisque

## Friday

Charleston Market: *Main Entrée:* Vegetarian Lo Mein, Grilled Teriyaki Salmon, Foil Wrapped Turkey  
*Vegetables:* Butter Beans, Collard Greens  
*Starches:* Wild Rice, Stuffing

The Kettle: Beef Vegetable Soup, Santa Fe Vegetarian Chili

## Saturday

Charleston Market: Spaghetti with Meat Sauce, Pulled BBQ Chicken Sandwich, Country Kitchen Vegetables, Zucchini, Roasted Garlic Potatoes, Sweet Potato Fries

The Kettle: Baked Potato Soup

## Sunday

Baked Chicken, Baked Casserole with Ricotta and Tomatoes, Capri Mixed Vegetables, Broccoli, Garlic, and Lemon, Rice, Whipped Potatoes

Chicken Noodle Soup



# CAFETERIA MENU *for* ASHLEY RIVER TOWER

*Menu for the week of: August 10th, 2009*

## Monday

Charleston Market: *Main Entrée:* Pulled Pork BBQ, Fried Whiting, Old Bay Seasoned Whiting  
*Vegetables:* Coleslaw, Rotisserie Yellow Squash and Zucchini  
*Starches:* Rice and Beans, Whipped Potatoes with Gravy

The Kettle: Chicken and Rice Soup, Cajun Beef Vegetable Soup

## Tuesday

Charleston Market: *Main Entrée:* Baked Chicken, Teriyaki Glazed Salmon, Fried Chicken  
*Vegetables:* Green Bean Almandine, Collard Greens  
*Starches:* Roasted Potatoes, Rice Pilaf

The Kettle: Beef, Barley, and Mushroom Soup, White Bean Chili

## Wednesday

Charleston Market: *Main Entrée:* Rotisserie Pork Loin, Breaded and Fried Eggplant Parmesan, Eggplant Parmesan  
*Vegetables:* Oriental Style Vegetables, Aztec Vegetable Medley  
*Starches:* Fried Rice, Whipped Potatoes with Gravy

The Kettle: Loaded Potato Soup, Pasta E Fagioli Soup

## Thursday

Charleston Market: *Main Entrée:* Rotisserie Chicken, Grilled Salmon Cakes, Vegetable Fried Rice  
*Vegetables:* Broccoli Florets, Balsamic Roasted Vegetables  
*Starches:* Brown Rice, Roasted Red Bliss Potatoes

The Kettle: Potato and Corn Chowder, Chicken Noodle Soup

## Friday

Charleston Market: *Main Entrée:* Rotisserie and Fried Chicken Wings, Pasta Primavera, Old Bay Seasoned Whiting  
*Vegetables:* California Mix Vegetables, Spinach  
*Starches:* Rice and Red Beans, Whipped Potatoes and Gravy

The Kettle: Chunky Chicken and Orzo Soup, Fire Roasted Corn

## Saturday

Charleston Market: Meatball Sub, Baked Breaded Chicken Breast, Mixed Vegetables, Green Peas, White Rice, Whipped Potatoes and Gravy

The Kettle: Southwestern Vegetable Soup

## Sunday

Pork Loin with Rosemary with Gravy, Baked Cod with Herb Crust, Zucchini Garlic basil, Italian Blend Vegetables, Long Grain Wild Rice, Baked Potato

Chick Pea Tortellini Soup



# CAFETERIA MENU *for* ASHLEY RIVER TOWER *Menu for the week of: August 17th, 2009*

## Monday

Charleston Market: *Main Entrée:* Sesame Pepper Crusted Tuna, Foil Wrapped Turkey, Vegetable Lasagna  
*Vegetables:* Roasted Carrots, Broccoli with Garlic and Lemon  
*Starches:* Whipped Sweet Potatoes, Stuffing

The Kettle: Chicken and Rice Soup, Broccoli and Cheese Soup

## Tuesday

Charleston Market: *Main Entrée:* Baked Ziti with Four Cheeses, Rotisserie Smoked Sausage, Baked Chicken  
*Vegetables:* Corn O'Brien, Peas and Mushrooms  
*Starches:* Potatoes Anna, Brown Rice

The Kettle: Beef and Barley Soup, Tomato Basil Bisque

## Wednesday

Charleston Market: *Main Entrée:* Teriyaki Glazed Salmon, Rotisserie Ribs, Baked Macaroni and Cheese  
*Vegetables:* Peas, Cauliflower, and Carrots, Southwestern Roasted Vegetables  
*Starches:* Baked Potato, Mexican Rice

The Kettle: Baked Potato Soup, Turkey and Rice Soup

## Thursday

Charleston Market: *Main Entrée:* Tuna Patties, Chicken Tenders, Rotisserie Hen  
*Vegetables:* Green Beans and Baby Carrots, Sautéed Zucchini with Walnuts  
*Starches:* Parsley Boiled Potatoes, Rice

The Kettle: New England Clam Chowder, Garden Vegetable Soup.

## Friday

Charleston Market: *Main Entrée:* Eggplant Parmesan, Cajun Seasoned Whiting, Rotisserie Eye of Round  
*Vegetables:* Roasted Vegetables, Fried Okra  
*Starches:* Rice, Whipped Red Potatoes

The Kettle: Ground Beef Chili, Minestrone Soup

## Saturday

Charleston Market: Stuffed Shells with Marinara, Pulled BBQ Pork Sandwich, Cole Slaw, Roasted Zucchini, Spicy Rice, Whipped Red Potatoes

The Kettle: Baked Potato Soup

## Sunday

Roast Beef with Gravy, Grilled Tuna with Pineapple Chutney, Country Kitchen Vegetable, Steamed Corn, Baked Potato, Golden Rice Pilaf

Lentil Soup



# CAFETERIA MENU *for* ASHLEY RIVER TOWER

*Menu for the week of: August 24th, 2009*

## Monday

Charleston Market: *Main Entrees:* Hot Dog Bar, Baked Pork Chop, Vegetable Lasagna  
*Vegetables:* Broccoli, Cauliflower and Carrots, Collard Greens  
*Starches:* Mashed Potatoes, Rice and Beans

The Kettle: New England Clam Chowder, Chicken Noodle Soup

## Tuesday

Charleston Market: *Main Entrees:* Rotisserie Kielbasa with Peppers & Onions, BBQ Baked Chicken, Vegetable Lo Mein  
*Vegetables:* Baby Carrots, Napa Valley Garden Vegetable  
*Starches:* Rice, Roasted Potatoes

The Kettle: Roasted Vegetable and Wild Rice Soup, Beef Noodle Soup

## Wednesday

Charleston Market: *Main Entrees:* General Tso Fried Chicken, General Tso Sautéed Chicken, Rotisserie Pork Loin  
*Vegetables:* Roasted Vegetables, Oriental Style Vegetables  
*Starches:* Whipped Fresh Potatoes, White Rice

The Kettle: Chicken and Andouille Gumbo, Fire Roasted Corn Soup

## Thursday

Charleston Market: *Main Entrees:* Country Fried Steak with Onions & Gravy, Sesame Pepper Crusted Tuna, Rotisserie Hen  
*Vegetables:* Broccoli, Cauliflower and Carrots, Greens with Ginger and Garlic  
*Starches:* Oven Roasted Potatoes, Savory Black Eyed Peas with Cumin

The Kettle: White Bean Chili, Minestrone Soup

## Friday

Charleston Market: *Main Entrees:* Fried Whiting, Blackened Whiting, Rotisserie Eye of Round  
*Vegetables:* Mexican Medley, Coleslaw  
*Starches:* Mexican Rice, Herb Bow Tie Pasta

The Kettle: Cream of Broccoli Soup, Seafood Gumbo

## Saturday

Charleston Market: Blacked Tilapia, Meat Lasagna, Garlic Lemon  
Ginger Broccoli, Lightly Spiced Fresh Carrots,  
Penne Pomodoro, Roasted Potatoes

The Kettle: Cream of Chicken Soup

## Sunday

Fresh Ham with Gravy, Beef Macaroni and Tomato,  
Glazed Fresh Carrots, Sautéed Spinach in Olive Oil  
with Garlic, Garlic Herb Whipped Potatoes, Cilantro  
Basmati Rice

Tomato Basil Bisque



# CAFETERIA MENU *for* ASHLEY RIVER TOWER *Menu for the week of: August 31st, 2009*

## Monday

Charleston Market: *Main Entrée:* Vegetable Lasagna, Old Bay Spiced Cod, Foil Wrapped Turkey  
*Vegetables:* Corn, Roasted Vegetables  
*Starches:* Stuffing, Rice

The Kettle: Cheddar and Ale Soup with Kielbasa, French Onion

## Tuesday

Charleston Market: *Main Entrée:* Zucchini Casserole, Baked Chicken, Fried Chicken  
*Vegetables:* Broccoli and Roasted Walnuts, Roasted Squash and Zucchini  
*Starches:* Roasted Potatoes, Brown Rice

The Kettle: Southwestern Vegetable Soup, Zesti Chili

## Wednesday

Charleston Market: *Main Entrée:* Penne Pomodoro, Caribbean Chili and Grilled Salmon, Rotisserie Ribs  
*Vegetables:* Peas and Mushrooms, Aztec Vegetable Medley  
*Starches:* Au Gratin Potatoes, Brazilian Rice

The Kettle: Garbanzo Bean Soup, Chicken Gumbo Creole Chowder

## Thursday

Charleston Market: *Main Entrée:* Penne with Garden Vegetable Sauce, Sweet and Sour Fried and Sautéed Pork  
*Vegetables:* Rotisserie Eggplant & Portabella Mushrooms w/Peppers & Onions, Green Beans Amandine  
*Starches:* Potatoes Anna, White Rice

The Kettle: Beef Chili and Rice Soup, Cream of Broccoli

## Friday

Charleston Market: *Main Entrée:* Chicken Tenders, Rotisserie Eye of Round, Pasta Fantastica  
*Vegetables:* Italian Green Beans, Steak House Spinach  
*Starches:* Golden Rice Pilaf, Old Bay Roasted Potatoes

The Kettle: Mexican Siesta Soup, New England Clam Chowder

## Saturday

Charleston Market: Savory Rotisserie Chicken, BBQ Beef Sandwich,  
Baked Yellow Squash and Cheese, Peas and Onions,  
Whipped Sweet Potatoes, Dijon Roasted Potatoes

The Kettle: Six Bean Soup

## Sunday

Pork Chop with Gravy, Baked Ziti with Four  
Cheeses, Zucchini Toss, Green Beans  
Oregano, Baked Potato, Rice Pilaf

Italian Wedding Soup