



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