



Food Service and Catering by:

# Skywalk Cafe

## March 16<sup>th</sup> – March 20<sup>th</sup>

Jamie Cox Manager

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Hours: 7:00 am – 9:30 am 11:00 am - 1:30 pm  
1:30 – 2:00 pm

We provide the following color-coded menu to assist those who are interested in making better nutritional choices:

**Green Choose MORE often**  
**Yellow choose in Moderation**  
**Red choose LESS often**

### Monday

DAILY SPECIAL:

Southwestern Black Bean  
Burger w/Guacamole,  
Iced Tea or Spa Water **\$5.95**

MOM'S SOUP BOWL:

Steak & Potato **\$3.15**

MADE TO ORDER:

Spinach, Feta, and  
Berry Salad with Chicken **\$7.00**

HEALTHY HABITS

MEATLESS MONDAY:

Southwestern Black Bean  
Burger w/Guacamole **\$5.45**

CHEF'S MARKET:

Chicken Diablo **\$5.70**

SIDES:

Brown Rice, Black Beans

& Roasted Peppers **\$1.80**

Carrots & Cauliflower **\$1.70**

### Tuesday

DAILY SPECIAL:

Maple Glazed Turkey Roast  
Veggie, Iced Tea or Spa Water **\$5.95**

MOM'S SOUP BOWL:

Chicken & Wild Rice **\$3.15**

HEALTHY HABITS:

Maple Glazed  
Turkey Roast **\$5.70**

CHEF'S MARKET:

St. Patty's Day Special:

Corned Beef & Cabbage with  
Buttered Red Potatoes **\$6.00**

SIDES:

Buttered Red Potatoes **\$1.80**

Cabbage **\$1.70**

### Wednesday

Grilled Jerk Salmon w/ Mango  
Salsa, Vegetable & Iced Tea  
or Spa Water **\$6.75**

MOM'S SOUP BOWL:

Chicken Tortilla **\$3.15**

MADE TO ORDER:

Create your own  
Mexican Fiesta **\$7.00**

HEALTHY HABITS:

Grilled Jerk Salmon  
with Mango Salsa **\$6.25**

SIDES:

Baked Sweet Potato **\$1.80**

Broccoli **\$1.70**

### Thursday

DAILY SPECIAL:

Slow Roasted Chicken, Veggie,  
Iced Tea or Spa Water **\$5.95**

MOM'S SOUP BOWL:

Ham & Bean **\$3.15**

HEALTHY HABITS:

Slow Roasted Chicken **\$5.70**

THE HEAVY HITTER:

Fried Shrimp, Corn on the Cob,  
Macaroni & Cheese, and  
Smoked Sausage **\$9.95**

SIDES:

Macaroni & Cheese **\$1.80**

Corn on the Cob **\$1.70**

### Friday

DAILY SPECIAL:

Roasted Cod w/ Pico de Gallo,  
Iced Tea or Spa Water **\$5.95**

MOM'S SOUP BOWL:

Chef's Choice: Vegetarian **\$3.15**

MADE TO ORDER:

Personal Pizza **\$5.25**

HEALTHY HABITS:

Roasted Cod w/  
Pico de Gallo **\$5.70**

SIDES:

Roasted Sweet Potatoes **\$1.80**

Vegetable Medley **\$1.70**

### Served Daily

Grilled Chicken Breast

Beyond Burger

Turkey Burger

Vegetable Plate

Chili

Breakfast Special:

Breakfast Cuban

**\$5.45**

Lunch Grill Special:

Grilled Reuben

**\$5.85**