



To order call: 781-871-1804

## **Gimme the Skinny Take Out Menu – December 2008**

**December 1 – 5, 2008**

MONDAY, December

Homemade Meatballs over whole wheat pasta \$11.99 (785 calories)

Homemade meatballs with marinara sauce served over pasta

Lemon Baked Scallops \$13.99 (730 calories)

Tender scallops baked with japanese bread crumbs, lemon and seasonings served with roasted potato and vegetable of the day.

TUESDAY

Pan Seared Haddock with Basil Sauce (From Cooking Light) \$13.99

Fresh Haddock Filet pan seared and topped with a fresh basil sauce served with vegetable & rice

- Calories 199, Fat 6.6 g, Protein 32g, Carb 1.3 g, Fiber 0.6 g, Chol 76 mg

Wild Mushroom and Spinach Risotto \$11.99 (780 calories)

WEDNESDAY

Chicken Marsala \$11.99 (892 calories)

Prepared with fresh mushrooms, marsala wine and fresh sage served over brown rice

Maple Glazed Salmon \$13.99 "From Cooking Light" (803 calories)

Fresh salmon filet with rice & vegetables

THURSDAY

Pan Seared Haddock with Basil Sauce (From Cooking Light) \$13.99 (660 calories)

Fresh Haddock Filet pan seared and topped with a fresh basil sauce served with vegetable & rice

Chicken Piccata \$11.99 (615 calories)

Fresh chicken breast with lemon & capers served with rice & vegetable

FRIDAY

Shrimp Scampi with Angel Hair Pasta \$13.99 (CALORIES 639)

Garlic shrimp with a light scampi sauce served over angel hair pasta