

## Gimme the Skinny Take Out Menu – December 2008

**December 8 – 12, 2008**

### MONDAY

Fig and Chile Glazed Pork Tenderloin \$13.99 (from Cooking Light Magazine) (765 calories)  
Tender pork tenderloin prepared with fig preserves, rice vinegar and chile paste, served over brown rice.

Apple Braised Chicken \$11.99

Boneless, skinless chicken breast prepared with onions apples and apple cider, served with vegetable of the day.

### TUESDAY

Chicken Piccata \$11.99 (615 calories)

Fresh, boneless, skinless chicken breast prepared with capers, lemon juice and white wine served over wild rice with vegetable.

Apple and Horseradish Glazed Salmon \$11.99 (from Cooking Light Magazine)

Fresh salmon fillet prepared with a ying-yang apple and horseradish glaze served with vegetable of the day.

### WEDNESDAY

Balsamic Chicken with mushrooms \$11.99

Fresh, boneless, skinless chicken breast prepared with balsamic vinegar, dijon mustard, mushrooms and fresh herbs.

Chicken Spinach Manicotti \$11.99 (425 calories)

Manicotti stuffed with a light cheese filling, spinach and chicken, and then topped with our own marinara sauce.

### THURSDAY

Pasta Raffael \$11.99

Penne pasta tossed with pesto, asiago cheese, artichokes, sundried tomato and mushrooms.

Two Pepper Beef Tenderloin \$13.99 (610 calories)

Tender beef tenderloin medallions with black & green pepper corns in a Cabernet wine sauce served with garlic mashed potato and vegetable of the day.

### FRIDAY

Shrimp and Scallop Primavera \$13.99 (934 calories)

Succulent large shrimp and scallops tossed with zucchini, summer squash, carrots, red peppers, fresh basil ,mushrooms and penne in a light Parmesan cream sauce.

Rosemary Chicken \$11.99 (704 calories)

This has become a Gimme favorite. Fresh, boneless, skinless chicken breast prepared with rosemary and carrots served over wild rice.