

Gimme the Skinny Take Out Menu – December 2008

December 15 – 19, 2008

MONDAY

Cashew Chicken \$11.99

Boneless, skinless chicken breast prepared with peanut oil, soy sauce, bamboo shoots and cashews, served over brown rice.

Pan Seared Duck \$13.99

Moist, delicious breast of duck pan seared served with garlic mashed potato and vegetable of the day.

TUESDAY

Grilled Vegetable Raviolis \$11.99

Filled with grilled vegetable served with a light basil butter sauce

Bourbon Baked Scallops \$13.99 (840 calories)

Tender Sea Scallops marinated in a bourbon, maple syrup sauce. Baked and topped with smoky bacon bits. Served with rice and vegetable of the day.

WEDNESDAY

Grilled Margarita Chicken with Strawberry-Kiwi Salsa

Boneless Chicken marinated in a tequila-lime marinade, grilled and served with Mexican rice and grilled vegetables.

Grilled Shrimp Teriyaki \$13.99

Tender shrimp prepared with garlic, white wine and parsley. Served with vegetable of the day.

THURSDAY

Shrimp and Scallop Primavera \$13.99

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

Almond Crusted Chicken \$11.99 (710 calories)

Fresh chicken breast in an Almond bread crust baked and served with scallion rice and vegetable

FRIDAY

Pan Seared Scallops with roasted tomato & Garlic \$13.99 (765 calories)

Served over fresh baby spinach

Sole Francais

Tender sole in an egg batter, pan seared served with brown rice and vegetable.