

Gimme the Skinny Take Out Menu – December 2008

December 22 – 24, 2008

MONDAY

Unfried Chicken Parmesan \$11.99 (704 calories)

Boneless chicken breast dipped in egg white and fat free buttermilk then covered in Italian breadcrumbs and baked. Topped with marinara and provolone cheese. Served with penne pasta.

Roast Pork Tenderloin \$11.99 (805 calories)
with rice & vegetable

TUESDAY

Pesto Stuffed Chicken \$11.99 (715 CALORIES)

Boneless chicken stuffed with a light pesto spread and goat cheese. Baked and served with parmesan rice and vegetable of the day.

Coquille St. Jacques \$13.99

Tender scallops prepared with low fat cream sauce, shittake mushrooms over pasta.

WEDNESDAY

Chicken Pot Pie \$11.99 (612 calories)

Prepared with fresh mushrooms, boneless chicken and potatoes

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

Fresh salmon filet with rice & vegetables

**Happy Holidays to you and your family! And thank you for
making this year a great one for Gimme the Skinny!**