

BLUE SKIES WEST DINING SERVICES
January 2021 BON APPÉTIT



Main Dining Room

Carryout Only

Mon – Sat: 11am-1pm and 4pm-6pm

Sunday Lunch 10:30am-1:30pm (note change in closing time)

No breakfast items on Sundays after 1pm

Main Dining Room Pricing:

Monday – Saturday:

Entrée, 3 Sides (choice of vegetable, starch, soup, or garden salad*), Bread **\$10.50**

Sunday:

- Breakfast Plate from the Grill (price includes choice of Breakfast Special, Breakfast Meat, Breakfast Potato, Breakfast Bread, and Fruit Cup) **\$12**
- Regular Entrée, 3 Sides (choice of Vegetable, Starch, Soup, or Garden Salad), Bread, and Dessert **\$14**
- Carved Entrée, 3 Sides (choice of Vegetable, Starch, Soup, or Garden Salad*), Bread, and Dessert **\$16**

Bistro Hours 7:30am-6:30pm

Bistro specials will now run Mon – Fri

Please see bottom of menu pages for Weekly Bistro Specials

New Year's Day Carryout Menu – Please see the Menu on page 5. Bring in the New Year with “peas for pennies, greens for dollars, and cornbread for gold.”

New Addition to Daily Grill Menu – Starting on **Monday, Jan 4** we will be offering a New York Strip with choice of one side at the grill Mon-Sat for \$14.00.

New Salad, Sandwich, and Grill Specials – Enjoy some of our new menu items this month. Please see the weekly menus on pp. 5-9.

Advance Sale Form Changes – Pick-up days will now only be on **Wednesdays** and **Saturdays**. Enjoy some new additions to the order form on pp.11-12. Everyone has been raving about the baked goods, so be on the lookout for a weekly bake sale rather than advance sale baked goods orders.

Dining Services Hours of Operation



Thursday, Dec 31

- Bistro open **7:30am-6:30pm**
- Lunch Service in the Main Dining Room from **11am-1pm**
- The Dining Room will be **closed** for Dinner Service

Friday, Jan 1

- Bistro open **7:30am-6:30pm**
- Lunch Service in the Main Dining Room from **11am-1pm**
- The Dining Room will be **closed** for Dinner Service

Current “Normal” BSTW Dining Operations – Carryout Only

Reminders:

- There are no prizes if you are first in line ☺ and not everyone needs to be there at opening. Our average number of people at lunch & dinner is about 175.
- Masks are required, and social distancing will be enforced. We have all gotten rather good at this, too!
- Main Dining Room Seating Area remains closed for dining.
- Deliveries are suspended except for medical reasons. Unfortunately, we are not staffed to handle numerous deliveries and accommodate other services.

Grill:

- Orders are taken at the Grill Line. Please proceed to the cold / hot line if you would like other items, pay, then have a seat on one of the chairs located on the dance floor and wait for delivery of grilled items.
- Wait Staff are “runners” for Grill orders.
- Expanded Grill Menu Items start on **Monday, Jan 4**

Grill Specials Daily (Monday – Saturday)

- New York Strip Steak \$14.00
- Hamburger, Grilled on a wheat bun with choice of cheese; lettuce, tomato, and onion on the side \$7.00
- Impossible Burger, Grilled on a wheat bun with choice of cheese; lettuce, tomato, and onion on the side \$7.50
- Hot Dog, choice of topping or Chili Cheese \$4.00
- Chicken Breast, Lightly Seasoned with Lemon Pepper \$7.00
- Salmon \$9.00
- Fries \$1.95
- Onion Rings \$1.95

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

Our Superfood of the Month is...Citrus!

Citrus fruits include many types of fruits, such as lemons, limes, grapefruit, and several types of oranges. Fruits in the citrus family grow on evergreen trees or shrubs.



Lemons, limes, and oranges are believed to have come from Asia before gradually making their way to other parts of the world. The oldest lemons in Rome date back to the first century B.C., where they were reserved for the elite.

Lemons and limes eventually made their way to the United States in the 16th century. Oranges also arrived around the same time, brought by Christopher Columbus and his crew on his second expedition. Grapefruits were discovered in the 18th century, and the first cultivated grapefruits were planted in Florida in the 19th century.

Citrus fruits come in a variety of sizes, vibrant colors, and incredible scents. The juicy, colorful fruits are packed with good-for-you nutrients, not to mention flavor, making them a great addition to a healthy diet.

Benefits of Citrus

Lemons, limes, grapefruits, and oranges are high in phytonutrients such as carotenoids, flavonoids, and polyphenols (antioxidants). Citrus fruits are also a good source of fiber. One orange provides 2.3 grams fiber, while a tangerine has 1.6gms. This soluble fiber is beneficial in lowering cholesterol and regulating glucose. A single lemon has about half the recommended daily allowance of vitamin C, while an orange has more than 100%.

Good for your Heart

The antioxidants in citrus can help lower “bad” LDL cholesterol and triglycerides. However, if you are taking cholesterol-lowering statins, you need to avoid grapefruit which may interfere with these medications. Citrus is also a good source of potassium which is important in regulating fluids and muscle contractions. Potassium works to counter-regulate salt in your diet by flushing out sodium.

Protect Your Brain

Quercetin, a flavonoid found in citrus fruits, may help fight the chronic inflammation partly responsible for the development of diseases like Alzheimer’s and Parkinson’s. Some studies also suggest that citrus juice may help improve cognitive function.

Stay Hydrated and Maintain Skin Health

Vitamin C is an essential nutrient to produce collagen. It provides support for joints and muscles and provides hydration and elasticity for your skin. Eating water-rich foods such as citrus can help you stay hydrated and keep your body’s systems functioning properly. Oranges are 87% water and grapefruits are 88%. Fluid recommendations for women are ~91 ounces / day, and for men, ~125 ounces / day.

See page 10 for a fun recipe incorporating our Superfood of the Month, Citrus.

Take-Out Menu – Sunday, Dec 27 – Saturday, Jan 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31 No Dinner	Jan 1 No Dinner	Jan 2
Entrée A	Roasted Leg of Lamb	Spanish Style Braised Pork	Stuffed Cabbage	Chicken Bowtie Alfredo	Chicken Cacciatore	Beef Stroganoff	Citrus Roasted Turkey Tenderloin
Entrée B	Chicken & Broccoli Casserole	Chicken Pot Pie	Veal Saltimbocca	Baked Salmon	Ham with Brown Sugar Glaze	Chicken Thigh Marsala	Smoked Sausage w/ Sauerkraut
Entrée C	Crab and Asparagus Crêpes w/ Mornay Sauce	Shrimp and Artichoke Mac and Cheese	Fried Catfish Nuggets	Salisbury Steak	Veggie Quiche	Butternut Squash Casserole with Leeks, Ham and Thyme	Pulled Pork
Vegetable	Creamed Spinach	Roasted Asparagus	Green Beans	Roasted Root Vegetable	Garlic Green Beans	Onion Stewed Tomatoes	Roasted Beets
Vegetable	Artichoke Hearts w/ Tomato and Leeks	Grilled Veggies	Black Eyed Peas	Cauliflower Gratin	Vegetable Medley	Braised Greens with Ham	Baked Beans
Vegetable	Roasted Turnips	Roasted Carrots w/ Honey and red wine Butter	Chef's Choice Bean	Green Peas and Tarragon	Seasoned Spinach	Corn on the Cob	Mashed Carrots w/ Chives
Starch	Wild Rice	Baked Potato	Red Potato	Jade Rice Blend	Creamy Polenta	Egg Noodles	Potato Salad
Starch	Sweet Potato Mash	Orzo	Quinoa	Sour Cream Mashed Potato	Rosemary Roasted Potato	Hoppin' John (Black Eyed Peas and Rice)	Savory Bread Pudding
Soup	Navy Bean Soup	Chicken Noodle	Vegetable Beef	Five Bean	Tomato Bisque	Fish Chowder	Split Pea with Ham
Bread	Wheat Roll	Garlic Roll	Wheat Roll	Wheat Roll	Wheat Roll	Cornbread	Cornbread
Salad Special	Chicken & Tuna Salad Duo	Chicken Caesar	Chicken Caesar	Wedge Salad with Poached Shrimp	Wedge Salad with Poached Shrimp	SW Cobb Salad	SW Cobb Salad
Sandwich Special	Smoked Salmon & Bagel w/ Cream Cheese	Italian Hoagie	Italian Hoagie	Chicken Salad Croissant	Chicken Salad Croissant	French Dip	French Dip
Grill Special	Breakfast (See Below)	Burger Bar	Burger Bar	Taco Salad	Taco Salad	Fried Chicken Tenders and Waffles	No Special

Sunday at The Grill (until 1pm)

Cheese omelet with choice of sauce

- Florentine
- Denver
- Bacon Cheddar

Pumpkin Spice Pancake w/ Caramel Apple Topping

Buttermilk Pancakes with Choice of Strawberry or Blueberry Topping

Corned Beef Hash with Fried Egg

Bistro Special Dec 28-Jan 1: Mushroom Swiss Burger or Shrimp Quesadilla

Take-Out Menu – Sunday, Jan 3 – Saturday, Jan 9

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 2	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
Entrée A	Prime Rib	Vegetable Strata	Bourbon and BBQ Glazed Salmon	Beef and Bean Chili	Maple Mustard Pork Loin	Grilled Skirt Steak	Corned Beef and Cabbage
Entrée B	Fried Chicken	Asian Pork	Smothered Pork Chops	Chicken Fricassée	Braised Short Ribs	Crispy Calamari	Eggplant Parmesan
Entrée C	Cioppino	Shiitake Mushroom Beef Tips	Italian Meatloaf	Pesto Crusted Baked Catch	Lemon-White Wine Baked Cod	Chicken and Sausage Jambalaya	Lemon Pepper Chicken Thigh
Vegetable	Vegetable Medley	Stir Fry Vegetables	Lemon Thyme Green Beans	Sauteed Spinach	Citrus Glazed Carrots	Sauteed Mixed Veggies	Green Peas and Onions
Vegetable	Steamed w/ Herbs Asparagus	Carrot and Parsnip Gratin	Broccoli and Sundried Tomatoes	Braised Greens	Creamy Braised Leeks	Broccoli with Bacon	Roasted Mushrooms
Vegetable	Garlic Spinach	Roasted Eggplant	Chef's Choice Bean	Roasted Winter Vegetables	Roasted Rutabagas	Collard Greens w/ Onion	Carrots w/ Orange and sage
Starch	Baked Potato	Sesame Egg Noodles	Buttermilk Mashed Potato	Brown Rice	Garlic Mashed Potato	Scalloped Potato	Pommes Anna
Starch	Cheesy Penne Pasta	Fried Brown Rice	Risotto w/ Herbs	Roasted Sweet Potato	Potato Wedges	Cabernet Rice Blend	Orange Almond Couscous
Soup	French Onion	Carrot and Ginger	Minestrone	Potato Leek	Turkey Noodle	NE Clam Chowder	Lentil and Spinach
Bread	Garlic Bread Stick	Wheat Roll	Focaccia	Corn Bread	Wheat Roll	Wheat Roll	Wheat Roll
Salad/Cold	Chicken & Tuna Salad Duo	Blackened Chicken Caesar	Blackened Chicken Caesar	Greek Salad	Greek Salad	Jell-O Fruit Salad	Jell-O Fruit Salad
Sandwich	Smoked Salmon and Cream Cheese Bagel	Turkey and Ham Club	Turkey and Ham Club	Tuna Salad on Croissant	Tuna Salad on Croissant	Cuban Sandwich	Cuban Sandwich
Grill Special	Breakfast (See Below)	Pasta Day	Pasta Day	Chicken Wings	Chicken Wings	Shrimp Cocktail	No Special

Sunday at The Grill (until 1pm)

Cheese omelet with choice of sauce

- Mushroom & Onion
- Ranchero w/ Avocado
- Bacon Cheddar

Cheese Blintz (2) with Cranberry, Strawberry or Blueberry Topping

Eggs Benedict (Poached Egg, Canadian Bacon and Hollandaise)

**Bistro Special Jan 4-8: BBQ Bacon Cheddar Burger or
Pork Eggrolls w/ Sweet & Sour Sauce**

Take-Out Menu – Sunday, Jan 10 – Saturday, Jan 16

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 3	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
Entrée A	Roasted Turkey	Grilled Teriyaki Sirloin Steak	Parmesan Meatballs	BBQ Chicken Qtr	Honey Mustard Chicken Breast	Fried Chicken Tenders	Baby Back Ribs
Entrée B	Chicken Cordon Bleu	1/2 Cornish Hen	Tortellini Alfredo	Ham w/ Honey Pineapple Glaze	Asian Braised Beef Tips	Stuffed Pork Chop	Gnocchi w/ Sausage and Fennel
Entrée C	Tuscan Cream Salmon	Mushroom Bolognese Lasagna	Fish and Chips	Liver Smothered in Onions w/ Gravy	Smoked Sausage and Sauerkraut	Shrimp Newburg	Asparagus and Artichoke Strata
Vegetable	Cauliflower Gratin	Brown Butter Asparagus	Grilled Zucchini	Green Beans	Vegetable Medley	Cubed Watermelon	Harvard Beets
Vegetable	Green Beans w/ Cranberry and Walnuts	Steamed Broccoli	Roasted Corn	Lima Beans	Fried Green Tomatoes	Green Peas w/ Onions	Green Bean Casserole
Vegetable	Roasted Root Vegetable	Stewed Brussels Sprouts w/ Onions	Broccoli Slaw w/ Garlic Vinaigrette	Glazed Carrots	Chefs Choice Bean	Spaghetti Squash w/ Mushrooms and Tomato	Peas and Mushrooms
Starch	Warm Fingerling Potato Salad	Garlic Mashed Potato	Dirty Rice	Baked Sweet Potato	Lyonnise Potato	Farro Risotto	Couscous
Starch	Cornbread Dressing	Buttered Noodles	Whole Grain Penne w/ Lemon and Herbs	Smashed Potato w/ Cheddar	Rosemary Roasted Potatoes	Baked Potato Skins	Lemon Thyme Rice Pilaf
Soup	Tomato Bisque	Potato Leek	Chicken Orzo	Cuban Black Bean	Sweet Potato Bisque	Manhattan Style (red) Seafood Chowder	Cream of Broccoli
Bread	Wheat Roll	Breadstick	Wheat Roll	Biscuits	Wheat Roll	Wheat Roll	Wheat Roll
Salad/Cold	Chicken & Tuna Salad Duo	Chicken Caesar	Chicken Caesar	Shrimp Louie Salad	Shrimp Louie Salad	SW Cobb	SW Cobb
Sandwich	Smoked Salmon BLT	Italian Cold Cut Hoagie	Italian Cold Cut Hoagie	Tuna Salad Croissant	Tuna Salad Croissant	Turkey-Ham Club	Turkey-Ham Club
Grill Special	Breakfast (See Below)	Hot Dog Bar	Hot Dog Bar	Taco Bar	Taco Bar	Fisherman's Platter	No Special

Sunday At the Grill (until 1pm)

Cheese omelet with choice of sauce

- Florentine
- Denver
- Bacon Cheddar

Waffle w/ Strawberry or Blueberry Topping

Buttermilk Biscuits and Sausage Gravy

Bistro Special Jan 11-15: Fiesta Burger w/ Guacamole & Pepper Jack Cheese or Bagel BLT

Take-Out Menu – Sunday, Jan 17 – Saturday, Jan 23

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 4	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
Entrée A	Porchetta-Stuffed Roasted Pork Belly	Grilled Skirt Steak	Country Pork Chop	Pork Schnitzel w/ Sauerkraut	Teriyaki Chicken	Shepherd's Pie	Veal Piccata
Entrée B	Smothered Pork Loin	Vegetable Lasagna	Smothered Chopped steak w/ Onions	Lamb Shish Kebab	Turkey Enchiladas	Kielbasa with Sauerkraut	Chicken and Dumplings
Entrée C	Almond Crusted Trout w/ Lemon Herb Butter	Southwestern Frittata	Fried Shrimp	Penne Pasta Primavera	Hamburger Casserole	Broiled Salmon	Cheese Ravioli w/ Pesto Alfredo
Vegetable	Parmesan Roasted Carrots	Chopped Kale Salad	Braised Red Cabbage	Garlic Spinach	Green Beans with Tomato and Cilantro	Braised Greens	Roasted Zucchini
Vegetable	Cauliflower w/ Crumb Topping	Broccoli w/ Caramelized Onions	Baby Lima Beans	Peas w/ Fresh Herbs and Onions	Squash Casserole	Buttered Corn Kernels	Chef's Choice Bean
Vegetable	Braised Brussel Sprouts w/ Onion and Apple	Whole Kernel Corn	Hoisin Eggplant	Vegetable Medley	Baked Maple Butternut Squash	Roasted Vegetables w/ Herbs	Roasted Mushrooms
Starch	Buttered Noodles	Creamy Polenta	Buttered Penne	Egg noodles	Cowboy Pinto Beans	Lemon Basil Cous-Cous	Mashed Sweet Potato Casserole
Starch	Sour Cream Chive Mashed Potato	Warm Red Potato Salad	Brown Rice Pilaf	Rosemary Roasted Red Potato	Mexi-Rice	Smashed Potato	Wild Rice Pilaf
Soup	White Bean Soup	Turkey Noodle	Cream of Asparagus	Vegetable Soup	Chicken Tortilla	Shrimp Bisque	Cream of Wild Mushroom
Bread	Wheat Roll	Garlic Roll	Breadstick	Biscuit	Cornbread Muffins	Wheat Roll	Wheat Roll
Salad/Cold	Chicken & Tuna Salad Duo	Blackened Chicken Caesar	Blackened Chicken Caesar	Tuna Salad Niçoise	Tuna Salad Niçoise	Waldorf Salad on Butter Lettuce	Waldorf Salad on Butter Lettuce
Sandwich	Smoked Salmon and Cream Cheese Bagel	Meatball Sub	Meatball Sub	Egg Salad Croissant	Crab and Shrimp Roll	Crab and Shrimp Roll	Chef's Choice
Grill Special	Breakfast (See Below)	Chicken Sandwich Day	Chicken Sandwich Day	Grilled Cheese Bar	Grilled Cheese Bar	Grilled Catch	No Special

Sunday At the Grill (until 1pm)

Cheese omelet with choice of sauce

- Florentine
- Ranchero w/ Avocado
- Bacon Cheddar

Waffle w/ Strawberry or Blueberry Topping

Rancho Benedict, Toasted Sweet Cornbread, Roasted Pork Loin, Cowboys Beans, Cream Gravy and Fried Egg

Bistro Special Jan 18-22: Grilled Onion & Provolone Burger
or Chicken Wings

Take-Out Menu – Sunday, Jan 24 – Saturday, Jan 30

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 1	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
Entrée A	Roasted Leg of Lamb	Spanish Style Braised Pork	Stuffed Cabbage	Salisbury Steak	Chicken Cacciatore	Beef Stroganoff	Citrus Roasted Turkey Tenderloin
Entrée B	Chicken and Broccoli Casserole	Chicken Pot Pie	Veal Saltimbocca	Baked Salmon	Ham with Brown Sugar Glaze	Chicken Thigh Marsala	Smoked Sausage w/ Sauerkraut
Entrée C	Crab and Asparagus Crepes w/ Mornay Sauce	Shrimp-Artichoke Mac and Cheese Casserole	Fried Catfish Nuggets	Chicken Bowtie Alfredo	Veggie Quiche	Turkey Meatballs	Pulled Pork
Vegetable	Creamed Spinach	Roasted Asparagus	Green Beans	Roasted Root Vegetable	Garlic Green Beans	Acorn Squash	Roasted Beets
Vegetable	Artichoke Hearts w/ Tomato and Leeks	Grilled Veggies	Black Eyed Peas	Cauliflower Gratin	Vegetable Medley	Cauliflower "Rice"	Baked Beans
Vegetable	Roasted Turnips	Roasted Carrots w/ Honey and Red Wine Butter	Chefs Choice Bean	Green Peas and Tarragon	Seasoned Spinach	Street Corn	Mashed Carrots w/ Chives
Starch	Wild Rice	Baked Potato	Red Potato	Jade Rice Blend	Creamy Polenta	Egg Noodles	Potato Salad
Starch	Sweet Potato Mash	Orzo	Quinoa	Sour Cream Mashed Potato	Rosemary Roasted Potato	Lemon Rice Pilaf	Savory Bread Pudding
Soup	Navy Bean Soup	Chicken Noodle	Vegetable Beef	Five Bean	Tomato Bisque	Fish Chowder	Split Pea with Ham
Bread	Wheat Roll	Garlic Roll	Hushpuppies	Wheat Roll	Wheat Roll	Biscuit	Cornbread
Salad/Cold	Chicken & Tuna Salad Duo	Chicken Caesar	Chicken Caesar	Wedge Salad w/ Shrimp	Wedge Salad w/ Shrimp	SW Cobb	SW Cobb
Sandwich	Smoked Salmon BLT	Italian Cold Cut Hoagie	Italian Cold Cut Hoagie	Chicken Salad Croissant	Chicken Salad Croissant	California Roll	California Roll
Grill Special	Breakfast (See Below)	Burger Bar	Burger Bar	Seasoned Ground Beef or Pulled Chicken Taco Salad	Seasoned Ground Beef or Pulled Chicken Taco Salad	Fisherman's Platter	No Special

Sunday at The Grill (until 1pm)

Cheese omelet with choice of sauce

- Florentine
- Denver
- Bacon Cheddar

Pumpkin Spice Pancake w/ Caramel Apple Topping

Buttermilk Pancakes with Choice of Strawberry or Blueberry Topping

Corned Beef Hash with Fried Egg

Bistro Special Jan 25-29: Mushroom Swiss Burger or Shrimp Quesadilla

Winter Citrus Salad with Black Pepper, Feta, and Mint Recipe



Ingredients

- 3 blood oranges
- 3 Minneolas or tangerines
- 1 navel orange or Cara Cara orange
- 1 white grapefruit
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon honey
- Kosher salt
- 2 tablespoons minced fresh mint leaves
- 3 ounces feta cheese, crumbled
- Cracked black pepper

Directions

1. Peel citrus using a knife to remove as much white pith as possible. Slice into wheels about 1/4-inch thick, discarding any seeds. Layer fruit on a large serving platter, overlapping slices.

2. Whisk together olive oil, vinegar and honey and season with salt. Drizzle vinaigrette over salad and garnish with mint, feta, and pepper. Serve immediately.

Blue Skies of Texas West Dining Services

Advance Sales

- Place requests in the Drop Box at the entry to the Dining Room **by 2pm, 48 hours prior to pick up.** Contact Main Dining Room (210) 568-3235 for questions/concerns.
- **Pick-Up Times: 1-2:30pm, Wednesday or Saturday.**
- Pick-Up Location: Dinner entrance to the Main Dining Room. **Masks required. Maintain social distancing.**
- Proteins will be served raw unless requested to be seared.
- **Resident meal plan will be charged in the month of the pickup day.**

Printed Name _____

Apt # _____

Phone # _____

Signature _____

Day Placed in Box: _____

Pick-Up Day (Circle One):

Wednesday

Saturday

Item	Max Quantity	# Requested	Cost Per Item
Wine (BSTW Only) Type:	Two Bottles		Varies
Beer (BSTW Only) Type:	Two Six Packs		Varies
Soda/Water Type:	Six Bottles <u>or</u> Cans (based on availability)		\$1.35 per
Ensure	One Case		\$42.00
Small Pizza Cheese or Pepperoni	Three		\$6.50 per
Chicken Breast (6oz)	Four		\$4.00 per
Hamburger	Four		\$3.25 per
Chicken Cordon Bleu	Four		\$9.00 per
Ribeye (12oz)	Four		\$25.00 per
Filet (6oz)	Four		\$22.00 per
Boneless Pork Loin Chop (12oz)	Four		\$15.00 per
One Pound Large (16/20) Peeled Tail-On Shrimp	4 lbs		\$14.00 / per pound
Salmon (6oz)	Four		\$14.50 per
Eggs	1/2 Dozen		\$2.05 per
Loaf of Bread	One Loaf		\$2.50 per