9200 W. Wisconsin Avenue

Milwaukee, WI 53226

414.805.5001



**Welcome to the Skywalk Deli**

**Open Monday thru Friday 6:30 am to 4:30 pm**

**September 2016**

**Hot Case Dinners (Prices Posted Daily at the Hot Case)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Breakfast Hot Case  6:30 am to 10:00 am | 🟒 | Lunch Hot Case: 10:30 am to 1:30 pm  Grill: 10:30 am to 4:00 pm | 🟒 | Cold Deli Case  10:00 am to 3:00 pm | 🟒 | Grab n’ Go  6:30 am – 4:30 pm |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  |  |  | 9/1 | 9/2 |
|  |  |  | Broccoli & Cheese Stuffed Chicken Breast  Chili Lime Tilapia  Beef Stew  Vegetables  Peas  Mexican Corn | ¼ Baked Chicken  Breaded Pollack  (2) Mock Chicken Legs  Vegetables  Vegetable Medley  Brussel Sprouts |
| 9/5 | 9/6 | 9/7 | 9/8 | 9/9 |
| ***CLOSED***  ***for***  ***Labor Day*** | ¼ Baked Chicken  Potato Crusted Cod  Beef Salisbury  Vegetables  Spinach  Carrots | Cracked Pepper Shrimp  Chili Lime Tilapia  Chicken Tenders  Vegetables  Zucchini with Tomatoes  Broccoli | Baked Chicken Kiev  Garlic Herb Tilapia  Pot Roast  Vegetables  Corn  Brussel Sprouts | ¼ Baked Chicken  Panko Crusted Tilapia  Meat Lasagna  Vegetables  Mexican Corn  Green Beans |
| 9/12 | 9/13 | 9/14 | 9/15 | 9/16 |
| Chili Lime Tilapia  Chicken Tenders  Sweet n Sour Chicken  Vegetables  Asparagus  Carrots | ¼ Baked Chicken  Cheddarwurst with Sauerkraut  Potato Crusted Tilapia  Vegetables  Mexican Corn  Green Beans | Meatballs in Marinara Sauce  Parmesan Crusted Tilapia  Chicken Tenders  Vegetables  Corn  Peas | Chicken Cordon Bleu  5oz Tortilla Crusted Tilapia  Roast Turkey  Vegetables  Squash and Zucchini  Cauliflower | ¼ Baked Chicken  Breaded Pollack  Cracked Pepper Shrimp  Vegetables  Vegetable Medley  Spinach |
| 9/19 | 9/20 | 9/21 | 9/22 | 9/23 |
| Chicken Tenders  Garlic Herb Tilapia  Meatballs & Brown Gravy  Vegetables  California Blend  Collard Greens | ¼ Baked Chicken  Potato Crusted Cod  Chicken Chow Mein  Vegetables  Asparagus  Carrots | Cracked Pepper Shrimp  Parmesan Crusted Tilapia  Chicken Tenders  Vegetables  Corn  Broccoli | Broccoli & Cheese Stuffed Chicken Breast  Chili Lime Tilapia  Beef Stew  Vegetables  Peas  Mexican Corn | ¼ Baked Chicken  Breaded Pollack  (2) Mock Chicken Legs  Vegetables  Vegetable Medley  Brussel Sprouts |
| 9/26 | 9/27 | 9/28 | 9/29 | 9/30 |
| Tortilla Crusted Tilapia  Chicken Tenders  Roast Pork  Vegetables  California Blend  Beets | ¼ Baked Chicken  Potato Crusted Cod  Beef Salisbury  Vegetables  Spinach  Carrots | Cracked Pepper Shrimp  Chili Lime Tilapia  Chicken Tenders  Vegetables  Zucchini with Tomatoes  Broccoli | Baked Chicken Kiev  Garlic Herb Tilapia  Pot Roast  Vegetables  Corn  Brussel Sprouts | ¼ Baked Chicken  Panko Crusted Tilapia  Meat Lasagna  Vegetables  Mexican Corn  Green Beans |

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**SOUP SCHEDULE**

**8oz Cup $1.75 12oz Bowl $2.50**

**Daily:** Chicken Noodle and Chili

**Monday:** Baked Potato & Cheese **Tuesday:** Vegetable Beef Barley

**Wednesday:** Buffalo Chicken **Thursday:** Italian Wedding

**Friday:** Boston Clam Chowder

**DELI SANDWICHES**

$4.60, served with a Healthy Initiatives side.

Choose your bread, meat, and cheese, then add the toppings and/or extras of your choice.

Cheeses

Swiss, Provolone, Pepper Jack

American, Cheddar

Meats/Spreads

Turkey, Ham, Roast Beef, Salami

Egg Salad, Tuna Salad, Chicken Salad

or Crab Salad

Toppings

Lettuce, Tomato, Onion,

Mustard, Mayonnaise,

Miracle Whip

Specialty Rolls

*\*Traditional sliced bread available by request\**

White Ciabatta, Whole Grain Ciabatta, Telera Roll, Sheboygan Roll, Pretzel Roll, Rosemary Focaccia or Tortilla

**DAILY MEAL DEAL SANDWICH SPECIALS**

$5.00, served with a Healthy Initiatives side and beverage.

\*No additions or substitution of ingredients please\*

**Mondays:** *Skywalk Ciabatta Combo* – Turkey, Ham, Lettuce, & Tomato on a Ciabatta Roll (221 calories)

**Tuesdays:** *Sloppy Joe* – Sloppy Joe Meat with Pepper Jack Cheese on a Grilled Ciabatta Roll (300 calories)

**Wednesdays:** *Build Your Own Salad* – Greens with up to three salad toppings and one dressing (calories on salad menu)

**Thursdays:** *Chicken Quesadilla* – Chicken, Cheddar Jack Cheese, Sweet Peppers & Onions (\*600 calories)

**Fridays:** *Egg Salad on Ciabatta* – Egg Salad with Lettuce & Tomato on a Ciabatta Roll (306 calories)

**GRILLED SANDWICHES**

Served with a Healthy Initiatives side.

* Pub Burger $4.00 (w/cheese $4.50)
* Philly Cheesesteak (Beef or Chicken) $4.80
* Grilled Rueben or Rachel $4.80
* Tuna Melt $4.50
* Grilled Chicken Breast $4.80
* Patty Melt on Marble Rye $4.80
* Grilled Ham or Turkey with Provolone

and American Cheese $4.50

* Black Bean Burger $4.00
* Veggie Burger $4.00
* Grilled Cheese $4.00

Menu items & prices are subject to change

**BUILD YOUR OWN SALAD**

$3.50, served A La Carte. Includes lettuce mix, three salad toppings, and choice of dressing.

Additional toppings $0.50 each. Meats $1.25 each.

**Lettuce**

Romaine/Iceberg Blend, Baby Spinach ($1.00 extra), or 50/50 ($0.50 extra)

**Salad Toppings**

Grape tomatoes, diced cucumber, hard cooked egg, black olives, jalapenos, broccoli, garbanzo beans, Kalamata olives, banana peppers, red onion, carrots, mandarin oranges, craisins, croutons, sunflower seeds, mozzarella cheese, cheddar jack cheese, cheddar cheese

**Meats**

Turkey, ham, bacon, chicken breast, pepperoni, surimi

**Salad Dressings**

Ranch, Thousand Island, Red French, Creamy Italian, Caesar,

White French, FF Raspberry Vinaigrette, FF Balsamic Vinaigrette

**SPECIALTY SALADS**

Available in the grab-and-go case. Sold A La Carte.

**· Italian Antipasto Salad**

**· Deli Brunch Salad**

Available

September 19-23

**· Fajita Chicken Salad**

**· Chicken Caesar Salad**

Available

September 12-16

**· Skywalk Deli Spinach Salad**

**· Turkey Club Salad**

Available

September 6-9

September 26-30