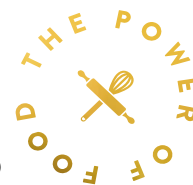


# Towers Café Serving Line Menu



Hours of Operation: Mon-Fri 7:00a-2:00p

# Weekly Menu

## Monday

		Calories
<b>entrée:</b>	BBQ Chicken	240
<b>entrée:</b>	Pot Roast with Potatoes	250
<b>side item:</b>	Macaroni & Cheese	360
<b>side item:</b>	Garlic Roasted	110
<b>side item:</b>	Roasted Vegetables	50
<b>side item:</b>	Blanched Green Beans	30

Soups: Red Beans Rice & Sausage, Pasta Fagioli

## Tuesday

		Calories
<b>entrée:</b>	Chicken w/Gravy	190
<b>entrée:</b>	Blackened Tilapia	170
<b>side item:</b>	Scallion Potatoes	120
<b>side item:</b>	Saffron Rice	140
<b>side item:</b>	Ratatouille with Fresh Herbs	50
<b>side item:</b>	Mustard Greens	40

**Action Station:** Taco Tuesday

Soups: Chicken Noodle, Corn & Green Chile Bisque

## Wednesday

		Calories
<b>entrée:</b>	Roasted Turkey Breast	80
<b>entrée:</b>	Meatloaf	210
<b>side item:</b>	Loaded Mashed Potatoes	120
<b>side item:</b>	Classic Bread Stuffing	180
<b>side item:</b>	Baked Green Bean Casserole	150
<b>side item:</b>	Broccoli	110

Soups: Stuffed Baked Potato, Black Bean

## Thursday

		Calories
<b>entrée:</b>	Soy Ginger Chicken	320
<b>entrée:</b>	Sweet & Sour Spare Ribs	440
<b>side item:</b>	Vegetable Lo Mein	340
<b>side item:</b>	Vegetable Fried Rice	260
<b>side item:</b>	Sesame Broccoli and Carrots	35
<b>side item:</b>	Roasted Zucchini	60

**Action Station:** Chicken Wing Bar

Soups: Cream of Chicken & Rice, Garden Vegetable

## Friday

		Calories
<b>entrée:</b>	Carne Asada	110
<b>entrée:</b>	Signature Fried Chicken	420
<b>side item:</b>	Poblano Mashed Potatoes	45
<b>side item:</b>	Cilantro Lime Rice	150
<b>side item:</b>	Cuban Black Beans	100
<b>side item:</b>	Roasted Vegetables	170

Soups: Lobster Corn Bisque, Tomato Basil Bisque