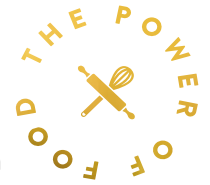


# Baptist Towers Café Menu



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

# Weekly Menu

Day	Item	Criteria	Calories
Monday	<b>entrée:</b> Baked Fish Vera Cruz	FIT	160
	<b>entrée:</b> Roasted Herb Chicken	FIT	260
	<b>side item:</b> Barley with Mushrooms	FIT V	120
	<b>side item:</b> Thyme Roasted Potatoes	FIT V	110
	<b>side item:</b> Fresh Braised Greens	FIT V+	25
	<b>side item:</b> Cream Style Corn	V+	45
	<b>soup:</b> Chicken Noodle, Corn Chowder		
Tuesday	<b>entrée:</b> Citrus Pork Carnitas		400
	<b>entrée:</b> Classic Chicken Cacciatore	FIT	180
	<b>side item:</b> Spaghetti	FIT V	110
	<b>side item:</b> Black Beans with Rice	V+	270
	<b>side item:</b> Chimichurri Chare Cauliflower	V	120
	<b>side item:</b> Italian Green Beans	FIT V+	40
<b>soup:</b> Red Beans Rice & Sausage, Corn & Green Chile Bisque			
Wednesday	<b>entrée:</b> Beer Marinated Beef Brisket		320
	<b>entrée:</b> Orange Flavored Chicken	FIT	220
	<b>side item:</b> Smoked Gouda Macaroni & Cheese		330
	<b>side item:</b> Vegetable Fried Rice	V FIT	90
	<b>side item:</b> Stir Fried Sugar Snap Peas	V+ FIT	60
	<b>side item:</b> Grilled Zucchini	FIT V+	50
<b>soup:</b> Beef Barley, Broccoli Cheese			
Thursday	<b>entrée:</b> Hoisin Pork Tacos		440
	<b>entrée:</b> Beef Fajitas	FIT	160
	<b>side item:</b> Lime Brown Rice	FIT V+	110
	<b>side item:</b> Seasoned Pinto Beans		120
	<b>side item:</b> Tomato, Zucchini & Yellow Squash	FIT V+	40
<b>soup:</b> Chicken Florentine, Curried Rice & Lentil			
Friday	<b>entrée:</b> Fried Chicken		330
	<b>entrée:</b> Cuban Pork Roast with Vegetables	FIT	230
	<b>side item:</b> Braised Collard Greens	FIT V+	25
	<b>side item:</b> Garlic Roasted Potatoes	FIT V+	120
	<b>side item:</b> Latin Black Beans	V+	70
<b>side item:</b> Macaroni & Cheese		170	
<b>soup:</b> Garden Vegetable, Clam Chowder			

\*Menu is subject to change due to availability.

April 16, 2018

FIT Criteria = Vegetarian = Vegan =