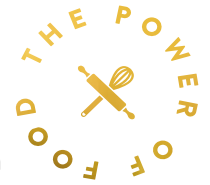


Baptist Towers Café Menu



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

Weekly Menu

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

*Menu is subject to change due to availability.

January 22, 2018

FIT Criteria = Vegetarian = Vegan =