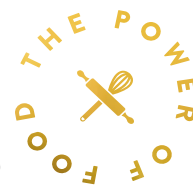


Towers Café Serving Line Menu



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

Weekly Menu

Monday

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

Soups: Corn & Chili Bisque, Pasta Fagioli

Tuesday

		Calories
entrée:	Chimichuri Mushroom Steaks	90
entrée:	Blackened Tilapia	170
side item:	Scallion Potatoes	120
side item:	Saffron Rice	140
side item:	Roasted Carrots w/Cumin	70
side item:	Mustard Greens	40

Action Station: Taco Tuesday

Soups: Chicken Noodle, Garden Vegetable Soup

Wednesday

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

Soups: Stuffed Baked Potato, Black Bean

Thursday

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

Action Station: Chicken Wing Bar



Soups: Chicken & Wild Rice, Garden Vegetable

Friday

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

Soups: Lobster Corn Bisque, Tomato Basil Bisque

***Menu is subject to change due to availability.**

FIT Criteria :  Vegetarian =  Vegan : 