



8th Floor Tower Cafe'

Week of Monday November 16

Monday

Soup:	Caribbean Beef Soup with Wild Rice 🍲
Salad:	Green Pepper & Tomato Salad 🌿🍷
Entree:	Arroz con Pollo Tilapia Amandine 🍷
Exhibition:	Sausage Creole Saute with Pasta
Theme Cuisine:	Baked Potato Bar
To Go:	Fresh Tomato, Fresh Mozzarella & Basil Salad 🌿
Dessert:	Blueberry Cobbler 🍷🍷

Tuesday

Soup:	Black Bean, Sausage and Rice Soup
Salad:	Carrot Raisin Salad 🌿🍷
Entree:	Chicken Florentine 🌿 Almond Coconut Flounder with Salsa
Exhibition:	Chicken Cobb Salad
Tastechanger:	Fried Chicken Drumstick
To Go:	Greek Salad Bowl 🌿
Dessert:	Glazed Cheesecake Brownies 🌿

Wednesday

Soup:	Corn & Shrimp Chowder 🍲
Salad:	Pizza Pasta Salad 🌿🍷
Deli:	Eggplant Parmesan 🌿
Entree:	Country Fried Steak with White Gravy Poached Salmon with Orange Dill sauce 🍷
Exhibition:	Taco & Burrito Bar
To Go:	Curried Chicken Salad with Raisins 🍷
Dessert:	Banana Foster Bar Cookies

Thursday

Soup:	Chicken Noodle Soup 🍲
Salad:	Vegetable Pasta Salad
Entree:	Beef Stew 🍲 Corn Meal Crusted Catfish
Exhibition:	Chicken & Broccoli
Theme Cuisine:	Wings & Things Bar
To Go:	Stuffed Portobello Salad Plate
Dessert:	Apple Pie 🌿🍷

Friday

Soup:	Chicken Gumbo 🍷
Salad:	Marinated Cucumber, Tomato & Onion Salad 🌿🍷
Entree:	Fried or Roasted Chicken Quarters Mahi Mahi with Apricot Glaze
Exhibition:	Chicken Fajita 🍷
To Go:	Buffalo Fried Chicken Salad Plate
Dessert:	Peach Cobbler 🍷

Watch for
Wellness and You!
Menu Solutions...

...good food that tastes great!
Wellness Entrees and Salad recipes are
denoted with symbols for your
recognition & decision

Better By Design

allows you to make the decision. All menu items
have their nutritional value listed for you

We're Listening

Drop us a line with your comment or suggestion

Hours

Monday - Friday
Breakfast
6:00am - 10:00am
Lunch
11:00am - 1:45pm
Saturday - Sunday
Closed

Manager

Eddie DeLeon
Cafeteria
202-1070
Dave Sorensen
Catering
Pager 889-0729
Menu Line
202-3395

Chefs

Michael "Mr. Production" Cotter
Johnnie 'Mae Mae' Williams

