



# 8th Floor Tower Cafe'

Week of Monday October 6

## 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



## Monday

Soup: Italian Wedding Soup  
Salad: Feta, Olive & Orzo Jazz Salad 🌱  
Entree: Chicken Enchiladas  
Tilapia with Mango Chutney 🌱  
Exhibition: Curry Chicken & Shrimp Stir Fry 🌱  
Theme Cuisine: Baked Potato Bar  
To Go: Jerk Chicken Caesar Salad Plate  
Dessert: Blueberry Cobbler 🌱🌱

## Tuesday

Soup: Caribbean Chicken & Wild Rice Soup 🌱  
Salad: Confetti Slaw 🌱🌱  
Deli: New York Club Sub  
Entree: Beef Stew 🌱  
Panko Crusted Cod with Miso Glaze  
Exhibition: Caesar Salad Bar with Chicken or Shrimp  
Tastechanger: Fried Chicken Drumsticks 🌱  
To Go: Turkey Cobb Salad Bowl

## Wednesday

Soup: Chicken Tortilla Soup with Guacamole 🌱  
Salad: Marinated Cucumber & Tomato Salad 🌱🌱  
Entree: Chicken Marsala  
Broiled Salmon with Caribbean Jerk  
Exhibition: Taco & Burrito Bar  
Theme Cuisine: Wings & Things Bar  
To Go: Classic Fried Chicken Salad Plate  
Dessert: Apple Cobbler 🌱🌱

## Thursday

Soup: Cajun Beef & Vegetable Soup  
Salad: Roasted Vegetable Salad 🌱🌱  
Deli: Southern Delight Sandwich  
Entree: Garden Vegetable Quiche 🌱  
Barbeque Ribs & Beans  
Exhibition: French Dip Sandwich 🌱  
To Go: Hawaiian Chicken Salad Cold Plate w/ Fruit 🌱  
Dessert: Bread Pudding 🌱🌱

## Friday

Soup: Chicken Cordon Bleu Soup  
Salad: Asian Noodle Jazz Salad 🌱🌱  
Deli: Chicken Taco Salad Wrap  
Entree: Fried Chicken  
Sole Francais 🌱  
Exhibition: Hamburger Bar  
To Go: Asian Chicken Fruit Salad Plate  
Dessert: Peach Cobbler 🌱🌱

🌱 Vegetarian   🌱 Vegan   🌱 Wellness   🌱 Wellness (low sodium)