



8th Floor Tower Cafe³

Week of Monday March 15

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:	Goulash Soup 🍷
Salad:	Feta, Olive & Orzo Jazz Salad 🌱
Deli:	Baja Beef Sandwich 🍷
Entree:	Mojo Chicken 🌱 Baked Herb Tilapia 🍷
To Go:	Jerk Chicken Salad Plate
Dessert:	Blueberry Cobbler 🌱🍷

Tuesday

Soup:	Cream of Mushroom Soup 🍷
Salad:	Confetti Slaw 🌱🍷
Deli:	Roasted Chicken Pita Pocket 🍷
Entree:	Chicken Cordon Bleu Cod Cakes
Exhibition:	Chicken & Broccoli Alfredo
To Go:	Avocado, Black Bean & Cilantro Salad 🌱
Dessert:	Banana Cobbler Dessert 🌱

Wednesday

Soup:	Potato Leek Soup 🍷
Salad:	Carrot Raisin Salad 🌱🍷
Deli:	Grill Roast Beef & Swiss Sandwich
Entree:	Fish & Chips Shepherd's Pie
Exhibition:	Corned Beef & Cabbage
To Go:	Greek Salad Bowl 🌱
Dessert:	Leprechaun Cheesecake Brownies 🌱

Thursday

Soup:	Beef Chile & Rice Soup 🍷
Salad:	Roasted Vegetable Salad 🌱🍷
Entree:	Spaghetti & Meatballs with Sauce 🍷 Catfish Veracruz 🍷
Exhibition:	Prime Rib Luncheon 🍷
Theme Cuisine:	Wings & Things Bar
To Go:	Spinach Salad with Chicken
Dessert:	Bread Pudding 🌱🍷

Friday

Soup:	Clam Chowder 🍷
Salad:	March Madness Salad 🌱
Entree:	Fried or Baked Chicken Norwegian-Style Oven Roasted Salmon 🍷
Exhibition:	Swordfish Acapulco 🍷
To Go:	Asian Chicken Fruit Salad Plate
Dessert:	Peach Cobbler 🌱🍷
Grill:	Meatball Sub 🍷

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