

M-F) Breakfast: 6:00 AM-10:00 AM

Lunch: 11:00 AM – 2:00 PM


TOP OF THE TOWER MENU

Menu Line: 202-3395

Week of January 30, 2012

e-baptisthealth.com/towermenu

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
 Turkey Rice Soup Tomato Florentine	 Brunswick Stew Mushroom Barley Soup	Texas Chili  Cream of Broccoli Soup	Chicken Tortilla Soup  Potato & Corn Chowder	 Asian Vegetable Soup New England Clam Chowder
Apple-Carrot Slaw with Mint  Herbed Chicken on a Bun	Cucumber Jazz Salad with Ginger Vinaigrette  Hoisin Chicken Pita	Marinated Mushroom Jazz Salad  Roasted Vegetable on a Multi-Grain Roll	Tangy Asian Broccoli Jazz Salad Wings & Things with Dr. Nieto's Hot Wings	Curried Carrot Raisin Jazz Salad Lemon Tarragon Chicken Salad Sandwich
Monte Cristo Sandwich Chopped Steak with Mushrooms & Onions	Crab Cake Sandwich Smothered Pork Chops	Crispy Chicken Po' Boy  Chicken Francese	 Portobello 'Burger' On a Multi Grain Roll Tuscan Style Roasted Turkey Breast	Chipotle Chicken & Cheese Philly Sandwich  Grilled Teriyaki Tuna
 Tilapia Provencal 'Made to Order' Chef's Choice Caesar Salad	 Baked Cod Peperonata 'Made to Order' Seared Chicken and Faralle	Cheese Enchiladas 'Made to Order' Chicken & Broccoli Alfredo	 Baked Salmon w/ Pineapple Chutney 'Made to Order' Mushroom & Shrimp Stir-Fry	Fried Chicken or Herb Baked Chicken  'Made to Order' Chicken with Peppers on Wheat Pasta
'Simply to Go'  Thai Shrimp & Avocado Salad	'Simply to Go'  Hunter Steak Salad Rice Pilaf Smashed Red Skin Potatoes & Gravy	'Simply to Go' Mandarin Chicken Salad Baja Black Beans White Rice	'Simply to Go' Grilled Chicken Caesar Salad 'Simply to Go' Steamed Brown Rice Country Mashed Potatoes & Gravy	'Simply to Go' Honey Lime Turkey Salad Plate Macaroni & Cheese Dr. Etzkorn's Mashed Potatoes & Gravy
Oven Roasted Potatoes Basmati Rice with Shallots & Garlic Fresh Broccoli California Blend Apple Glazed Baby Carrots	Green Beans Creamed Spinach Roasted Yellow Squash with Pesto	Collard Greens Corn O'Brien Vegetable Medley	Peas Braised Cabbage Parmesan Tomato	Dr. Gopal's Green Beans Corn on the Cob Broccoli

 Healthy for Life Recipe
Menu subject to change.1