



Watch for Well Balanced Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Well Balanced entrees & salad recipes
were developed by our regional
and national chefs and dietitians.

Hours

Monday - Friday
7:15am -8:00pm

Managers

Jeremy Metcalf x2949
Mike Nichols x2946
Anne Peck x2937

Catering Manager
Scott Quimby x2658

Chef

Executive Chef
Michael Klein

Saint Michael's Dining

Week Of January 23 Dinner

Monday

Grill: Grilled Cheese & Tomato Sandwich
Entree: Braised Pork Roast
International: Asian Pepper Steak
Vegetarian/Vegan: Sweet & Sour Tofu 
Pizza: Taco Pizza

Tuesday

Grill: Atomic Burger
Entree: Pasta & Meatballs
International: Grilled Chicken Fajitas
Vegetarian/Vegan: Tempura Tempeh 
Pizza: Roasted Garlic White Pizza

Wednesday

Grill: Italian Sausage Sandwich
Entree: Southern Fried Chicken
International: Pineapple Curry w/Shrimp
Vegetarian/Vegan: Stuffed Portobello
Pizza: Buffalo Chicken Pizza

Thursday

Grill: Rajun Cajun Burger
Entree: Apricot Glazed Turkey Breast
International: El Paso Beef
Vegetarian/Vegan: Vegetarian Paella
Pizza: B.L.T. Pizza

Friday

Grill: Chili Dog
Entree: Braised Spareribs
International: Beef & Mushroom Saute
Vegetarian/Vegan: Sweet & Sour Tofu

Saturday

Entree: Cajun BBQ Top Round
Vegetarian/Vegan: Polenta Alla Funghi 

Sunday

Grill: Bacon Cheeseburger
Entree: Herb Roasted Chicken
International: Pot Stickers
Salad: Cobb Salad w/Turkey
Pizza: Meatball Pizza