



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 Lunch

Monday

Entree: Nachos Supreme
Vegetarian/Vegan: Artichoke, Olive & Rice Paella 
Deli: Cranberry Mango Turkey Sandwich
Salad: Antipasto Salad w/Tuna
<None>: Acapulco Chicken Wrap

Tuesday

Entree: French Dip Sandwich
Vegetarian/Vegan: Sweet & Sour Seitan  
Deli: Spicy Italian Sandwich
Salad: Greek Salad Plate
<None>: Buffalo Chicken Wrap

Wednesday

Entree: Chicken Cordon Bleu Sandwich
Vegetarian/Vegan: Polenta w/Red Bean Salsa
Deli: Chicken Caprese Sandwich
Salad: Beef Taco Salad
<None>: Tuscan Pesto Portobello Wrap

Thursday

Entree: Big Ole Beef Burrito
Vegetarian/Vegan: Kung Pao Tofu 
Deli: Tomato Pest Chicken Salad Sandwich
Salad: Chicken Caesar Salad
<None>: Hearty Beefeaters Wrap

Friday

Entree: Fiesta Lime Chicken Sandwich
Vegetarian/Vegan: Rice Cakes w/Asian Vegetables
Deli: Peppered Turkey Sandwich
<None>: Baja Beef Gordita