



Watch for  
Wellness and You!  
Menu Solutions...

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

Wellness entrees and salad recipes  
were developed by our regional  
and national chefs and dietitians.

Better By Design  
has healthier cuisine...

Hours

**Monday - Friday**

7:15 - 10:00  
11:00 - 1:30  
4:30 - 8:00

**General Manager**  
Hank Strashnick x2952

Managers

**Mike Nichols x2949**  
Jeremy Metcalf x2792  
Ellen Breen x2937

**Catering Manager**  
Steve Baietti x2658

Chef

**Executive Chef**  
Michael Klein x2201



# Saint Michael's Dining wk of 2/8 Lunch

## Monday

Entree: Chipotle Chicken Flatbread  
Vegetarian/Vegan: Polenta Cakes 🍅🌿  
Deli: Rosemary Roast Beef on Focaccia 🌿  
Salad: Tuna Antipasto Salad Plate 🌿  
<None>: Turkey Club Wrap 🍅

## Tuesday

Entree: Fish & Chips 🌿  
Vegetarian/Vegan: Vegan Burritos 🍅  
Deli: Baja Chipotle Chicken Sandwich  
Salad: Taco Beef Salad Plate 🍅🌿  
<None>: California Club Wrap 🌿

## Wednesday

Entree: Chicken Patty 🌿  
Vegetarian/Vegan: Polenta 🍅  
Deli: Black & Bleu Flatbread  
Salad: Chicken Salad Plate 🍅🌿  
<None>: Spicy Thai Beef Wrap 🌿

## Thursday

Entree: Chipotle Beef Flatbread 🌿  
Vegetarian/Vegan: Tofu Mochiko 🍅  
Deli: Turkey Swiss w/Ranch  
Salad: Hibachi Beef Salad Plate 🍅🌿  
<None>: Chicken Caesar Wrap 🌿

## Friday

Entree: Honey BBQ Chicken Sandwich 🌿  
International: Cuban Stack Biggie 🌿  
Vegetarian/Vegan: Fra Diavolo w/Pasta 🍅  
Salad: Turkey Caesar Salad 🍅🌿  
Pizza: Margharita Pizza

## Saturday

Soup: Cream of Tomato 🌿  
Grill: Omelet Bar 🌿  
Entree: Oatmeal 🍌🍅  
Scrambled Eggs 🍅🌿  
Vanilla Belgian Waffles w/Berries 🍅  
Waffles French with Strawberries 🍅

## Sunday

Soup: Broccoli Cheddar 🍅🌿  
Grill: Turkey Barley 🍌🌿  
Entree: Omelet Bar 🌿  
Oatmeal 🍌🍅  
Scrambled Eggs 🍅🌿  
Vanilla Belgian Waffles w/Berries 🍅