



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 3/8*
Lunch

Monday

Entree: Honey Chicken Sandwich
Vegetarian/Vegan: Rice Cakes 🍌🌿
Deli: Double Decker Turkey Caesar Sandwich 🌿
Salad: Super Foods Salad Plate 🌿
<None>: Beefeaters Wrap 🍌

Tuesday

Entree: Beef & Cheddar Enchiladas 🌿
Vegetarian/Vegan: Vegan Burritos 🍌
Deli: Roasted Asian Chicken Salad Sand
Salad: Buffalo Chicken Salad 🍌🌿
<None>: Italian Wrap 🌿

Wednesday

Entree: Fiesta Potatoes 🌿
Vegetarian/Vegan: Polenta w/Vegetables 🍌
Deli: Greek Gyro Sandwich
Salad: Shrimp Mojito Salad 🍌🌿
<None>: Chicken Bourbon Wrap 🌿

Thursday

Entree: BBQ Pulled Pork Sandwich 🌿
Vegetarian/Vegan: Tofu Mochiko 🍌
Deli: Beef & Cheddar Sandwich
Salad: Chicken Taco Salad 🍌🌿
<None>: Chipotle Chicken Wrap 🌿

Friday

Entree: Fish Sandwich 🌿
International: Chicken Fajitas 🌿
Vegetarian/Vegan: Tofu & Mushroom Noodle Bowl 🍌
Salad: Chicken Caesar Salad 🍌🌿
Pizza: Swiss Chard Flatbread