



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 - Thursday

7:00am - 9:00am

11:30pm - 2:30pm

4:30pm - 6:30pm

Friday

7:00am - 9:00am

11:30pm - 1:30pm

4:30pm - 6:00pm

Saturday - Sunday

9:00am - 1:00pm

1:30pm - 5:30pm

Managers

General Manager

Leann VanSickle

750-1638

Manager

Rick Desjardins

750-1638

Cook

Chef

Rebecca Nail

ACA Graduate

McIntosh College

LUNCH

May 12th-May 18th

Monday

Entree: Chicken Nuggets
Greek Salad Wrap *Well Balanced Choice*
Manicotti
French Fries
Veggies

Tuesday

Entree: Hawaiian Stir-fry *Well Balanced Choice*
Beef Teryaki
Coconut Shrimp
Grilled Pineapple
White Rice

Wednesday

Entree: Black Bean Chili *Well Balanced Choice*
Chili
Cobb Salad
Texas Toast
Veggie

Thursday

Entree: Cheese & Bean Burrito
Chicken Quesdilla *Well Balanced Choice*
Refried Beans
Mexican Rice
Mexican Mixed Veggie

Friday

Entree: Chicken Alfredo *Well Balanced Choice*
Stuffed Shells
Salisbury Steak
Whipped Potato
Peas

Saturday

Entree: Scrambled Eggs
Bacon
Waffles
Homefries
Chef's Special

Sunday

Entree: Scrambled Eggs
Sausage
Pancakes
Homefries
Chef's Special