



McIntosh College

LUNCH

May 26th-June 1st

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

Monday

Entree: Fried Chicken
Macaroni & Cheese *Well Balanced Choice*
Hot Dogs
Oven Roasted Potatoes
Veggies

Tuesday

Entree: Tuna Salad Wrap
Lasagna
Baked Stuffed Fish *Well Balanced Choice*
Rice Pilaf
Broccoli

Wednesday

Entree: Grilled Sausage
Corn Dog
Pasta Salad *Well Balanced Choice*
Oven Roasted Potatoes
Peppers & Onions

Thursday

Entree: Chicken Caesar Wrap
Shrimp Alfredo
Stuffed Shells *Well Balanced Choice*
Garlic Linguine
Garlic Bread

Friday

Entree: Soup Bar
Chicken Noodle *Well Balanced Choice*
Cheese & Broccoli
Bread Bowl
Chef Salad

Saturday

Entree: Scrambled Eggs
Bacon
Waffles
Homefries
Chef's Special

Sunday

Entree: Scrambled Eggs
Sausage
Pancakes
Homefries
Chef's Special