



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

7:00am-10:00am-Hot Breakfast
10:45am-2:00pm- Lunch
2:00pm-4:00pm-Midday Cafe
4:00pm-9:00pm-Dinner

Saturday - Sunday

8:30am-1:00pm- Hot Brunch
1:00pm-4:00pm-Midday Cafe
4:00pm-6:30pm-Dinner

Managers

Chef/Manager

Bart Huntley

508-697-3900

Assistant Manager

Dianne Witkowski

ext. 2164



Flynn Dining Commons

Week of Monday February 8

Monday

Soup: Old Fashioned Chicken Noodle 🍅🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
Crispy Chicken BLT
Entree: Chicken Sofrito 🌿
Chinese Roast Pork 🌿
International: Ravioli Bar

Tuesday

Soup: Loaded Baked Potato 🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
Grilled Crab Cake Sandwich
Entree: Mojo Marinated Pork Butt 🌿
Roasted Beef Top Round 🌿
Sweet Potato Mash 🍅

Wednesday

Soup: Old Fashioned Turkey Noodle 🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
French Fries
Entree: Hamburger with Lettuce & Tomato
Kashi-Crusted French Toast Lollipops
Scrambled Eggs 🍅🌿

Thursday

Soup: Santa Fe Chicken & Black Bean 🍅🌿
Grill: Buffalo Meltdown
Hamburger with Lettuce & Tomato
Entree: Meatloaf Stacker
International: Caesar Salad Bar 🌿
Deli: Made to Order Deli Core

Friday

Soup: New England Clam Chowder 🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
Fish Nuggets
Entree: Baked Cod with Herb Crust 🍅🌿
Hush Puppies 🍅
International: Sundae Bar

Saturday

Soup: Creamy Tomato Basil 🍅🌿
Entree: Garlic Bread 🍅🌿
Meat Lasagna
Savory Baked Chicken 🌿
Deli: Made to Order Deli Core

Sunday

Soup: Creamy Tomato Basil 🍅🌿
Entree: Broccoli & Cheese Chicken Alfredo 🍅
Glazed Baked Ham 🌿
Parsley Fresh Potatoes 🍅
Deli: Made to Order Deli Core