



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: Buffalo-Style Chicken Wings 🌿
Garlic Mashed Potatoes 🌿

Tuesday

Soup: Loaded Baked Potato 🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
Grilled Crab Cake Sandwich
Entree: Shepherd's Pie RECIPE
Exhibition: Taco Bar

Wednesday

Soup: Old Fashioned Turkey Noodle 🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
Salmon Slider w/ Relish & Honey Mustard
Entree: Hot Open Faced Roast Beef Sandwich
Open Faced Hot Turkey Sandwich 🍅🌿
Deli: Made to Order Deli Core

Thursday

Soup: Santa Fe Chicken & Black Bean 🍅🌿
Grill: Buffalo Meltdown
Cheeseburger w/Lettuce & Tomato on Bun
Entree: Fried Breaded Chicken Tenders 🌿
Herbed Stuffing 🌿
Exhibition: Caesar Salad Bar 🌿

Friday

Soup: New England Clam Chowder 🌿
Grill: Cheeseburger w/Lettuce & Tomato on Bun
Fish Nuggets
Texas-Style Grilled Cheese Sandwich 🍅
Entree: Citrus Crusted Baked Tilapia 🍅🌿
Lemon Rice 🍅

Saturday

Soup: Old Fashioned Chicken Noodle 🍅🌿
Grill: Omelet Bar 🌿
Entree: Roast Pork Loin with Mustard Herb Crust 🌿
Scrambled Eggs 🍅🌿
Waffles French with Strawberries 🍅

Sunday

Soup: Homestyle Chicken & Rice 🌿
Grill: Omelet Bar 🌿
Entree: Hard Cooked Eggs 🍅🌿
Oatmeal 🍅🌿
Scrambled Eggs with Cheddar 🍅🌿
Turkey London Broil 🌿