



Flynn Dining Commons

Week of Monday February 20

Watch for
Well Balanced
Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Well Balanced entrees & salad recipes
were developed by our regional
and national chefs and dietitians.

Hours

Monday - Friday

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

Saturday - Sunday

8:30 am - 2:00 pm Hot Brunch
2:00 pm - 4:00 pm Midday Cafe
4:00 pm - 6:30 pm Dinner

Managers

Chef/ Manager

Bart Huntley
508-697-3900

Assistant Manager

Dianne Witkowski
x 2164

Monday

Entree: Fresh Broccoli **VG** **W**
Garlic Bread **V**
Mashed Potatoes
Meat Lasagna
Stuffed Chicken Breast

Tuesday

Entree: BBQ-Style Chicken Wings
Buffalo-Style Chicken Wings
Grill: Caprese Turkey Burger on Focaccia
Cheeseburger on a Toasted Bun
International: Nacho Bar
Soup: Loaded Baked Potato Soup

Wednesday

Entree: Cheese Ravioli **V**
Meatball Submarine Sandwich
Grill: BBQ Pork Sliders
Cheeseburger on a Toasted Bun
International: Teriyaki Cashew Chicken
Soup: Cheesy Corn Chowder

Thursday

Entree: Chicken Parmesan
Meatloaf
Grill: Cheese Quesadilla & Salsa
Cheeseburger on a Toasted Bun
International: Caesar Salad Bar
Soup: Old Fashioned Turkey Noodle Soup

Friday

Entree: Fish Nuggets
Tater Tot Casserole
Grill: Cheese Quesadilla & Salsa
Cheeseburger on a Toasted Bun
International: Sundae Bar
Soup: Chicken Corn Chowder

Saturday

Entree: Beef Machaca & Salsa Quesadilla
Chicken Tenders
Scalloped Potatoes
Soup: American Bounty Vegetable Soup **V**
Vegetarian/Vegan: Spaghetti with Olive Oil & Garlic **VG**

Sunday

Entree: Herbed Breaded Pork Chops (1)
Oven Roast Rosemary Red Potatoes **VG** **W**
Steamed Corn **VG** **W**
Soup: Creamy Tomato Basil Soup **V**

V Vegetarian

VG Vegan

W Well Balanced