



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
7:00am - 7:30pm

Saturday - Sunday
10:00am - 7:00pm

Managers

Day Manager
Gary Corseri x2892

Operations Manager
Gail Rotondi x2205



Chef

Executive Chef
Arthur Morrissette x2892

E.C.C. Dinner

Week of Monday February 20

Monday

Entree: London Broil
Vegetable Lo Mein 
Soup: Creamy Potato Soup 
Old Fashioned Chicken Noodle Soup
Grill: Cheeseburger
Cheese Quesadilla




Tuesday

Entree: Mashed Yukon Gold Potatoes
Rosemary Thyme Rotisserie Chicken
Soup: American Bounty Vegetable Soup 
Minnesota Wild Rice Soup
Vegetable: Penne Primavera with Vodka Sauce
Grill: Beef Chili Hot Dog

Wednesday

Entree: Italian Beef Top Round
Parsley Boiled Potatoes 
Soup: Madras Pea Soup 
Turkey Vegetable Soup
Vegetarian/Vegan: Cilantro Basmati Rice 
Borracho Beans 

Thursday

Entree: Chicken Marsala 
Spaghetti with Olive Oil & Garlic 
Soup: Chicken Tortilla Soup
Potato Leek Soup 
Grill: Cheese Quesadilla
Cheeseburger on a Toasted Bun

Friday


Entree: Chorizo Topped Pollock w/ Romesco Sauce
Citrus Rice 
Breakfast: Jasmine Rice 
Sweet & Sour Tofu Stir Fry
Soup: New England Clam Chowder
Pasta E Fagioli 


Saturday


Grill: Cheese Quesadilla
Cheeseburger
Chicken Tenders
French Fries
Hamburger
Theme Cuisine: Garlic Black Pepper Rotisserie Chicken

Sunday

Entree: Broccoli in Cheese Sauce
Brown Gravy
Garlic Mashed Potatoes 
Meatloaf

 Vegetarian

 Vegan

 Vegetarian/Vegan
Well Balanced
Grill: Cheese Quesadilla

Vegetarian Lo Mein 