



## 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. Lunch

Week of Monday February 20

## Monday

Entree: Cheese Enchiladas  
Soup: Creamy Potato Soup   
Old Fashioned Chicken Noodle Soup  
Vegetable: Orecchiette with Broccoli and Chickpeas   
Pizza: Bacon Spinach Alfredo Pizza  
Cheese Pizza

## Tuesday

Entree: Aromatic Basmati Rice   
Greek Lemon Chicken  
Tzatziki Sauce  
Soup: American Bounty Vegetable Soup   
Minnesota Wild Rice Soup  
Vegetarian/Vegan: Tomato Basil Spinach Fettuccine Plate

## Wednesday

Entree: Cheese Stuffed Shells   
Garlic Bread   
Spaghetti Squash with Basil & Parmesan   
Soup: Madras Pea Soup   
Turkey Vegetable Soup  
Vegetarian/Vegan: Cilantro Basmati Rice

## Thursday

Entree: Hot Italian Meatball Sandwich  
Oven Roast Garlic Red Potatoes   
Soup: Chicken Tortilla Soup  
Potato Leek Soup   
Vegetable: Greek Vegetable Wrap  
Grill: Cheeseburger on a Toasted Bun

## Friday

Entree: Chicken Nuggets  
French Fries  
Soup: New England Clam Chowder  
Pasta E Fagioli   
Vegetable: Spicy Vegetable Wrap   
Grill: Cheeseburger on a Toasted Bun

## Saturday

Breakfast: Buttermilk Pancakes   
French Fried Tater Tots  
Hard Cooked Eggs   
Oatmeal   
Omelet Bar  
Sausage Links

## Sunday

Breakfast: Chorizo Sausage  
Hard Cooked Eggs   
Hash Browned Potatoes   
Oatmeal   
Scrambled Eggs   
Waffle Bar

Vegetarian

Vegan

Well Balanced