



Watch for
Healthy For Life
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-9:30am
11:00am -1:30pm
4:30pm - 6:00pm

Saturday - Sunday
7:30am-9:30am
11:00am -1:30pm
4:30pm - 6:00pm

Managers

Nancy Dam
7-2930

Matt Clayton
7-1381

Check out the Menu on the Web



Beaches Cafe

Week of Monday March 22

Monday

Soup: Chicken Florentine
Entree: Beef Soft Tacos
Crispy Parmesan Cod 🍷
Vegetable: Fiesta Vegetables 🍷
Broccoli Spears with Cheese Sauce
Wild Rice Blend with Mushrooms & Almonds 🍷🌱

Tuesday

Soup: New England Clam Chowder
Entree: Asian Pepper Steak
Grilled Crab Cake with Remoulade Sauce
Vegetable: Spring Rolls
Jasmine Rice with Ginger 🌱
Green Beans with Tomatoes 🌱🍷

Wednesday

Soup: Mexican Tortilla
Bread: Garlic & Thyme Crostini 🌱
Entree: Chicken Alfredo
Beef Fajitas
Vegetable: Asparagus Cuts 🍷
Mexican Medley 🌱🍷

Thursday

Soup: Seven Bean 🍷
Bread: Texas Toast 🍷
Entree: Pulled BBQ Pork
Roasted Vegetable Lasagna
Vegetable: Roasted Corn On The Cob 🌱
September Roast Vegetables 🌱
Bar: Napa Valley Chicken Salad

Friday

Soup: Wisconsin Cheese
Grill: Steak Cut French Fries
Entree: Crispy Batter Shrimp
Chicken with Peppers 🍷
Vegetable: Hush Puppies 🌱
Basmati Rice 🌱🍷

Saturday

Soup: Wild Rice
Grill: French Dip Beef Sandwich 🍷
Entree: Chicken Piccata Saute
Vegetable: California Mixed Vegetables 🌱🍷
Rice Pilaf 🌱🍷

Sunday

Soup: Tomato Basil 🌱🍷
Grill: Sausage with Peppers & Onions Sandwich
Entree: Beef & Broccoli Stir-Fry with Brown Rice 🍷
Vegetable: Asian Vegetable Blend 🌱🍷
Brown Rice 🌱🍷
Potato: Roasted Sweet Potatoes 🌱🍷