



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
11:30am - 2:00pm
5:00pm - 6:30pm

Saturday - Sunday
7:30am - 9:30am
11:30am - 1:30pm
5:00pm - 6:30pm

Manager

Melanie Robertson
x3708

Dietician

Mary Snyder
x3700



Baptist Medical Center Nassau Week of November 2, 2009 Monday

To Go: Hamburger on Bun
Hot Dog on Bun
Chicken Tenders
French Fries
Chicken Breast Sandwich

Tuesday

To Go: Hamburger on Bun
Hot Dog on Bun
Chicken Tenders
French Fries
Chicken Breast Sandwich

Wednesday

To Go: Hamburger on Bun
Hot Dog on Bun
Chicken Tenders
French Fries
Chicken Breast Sandwich

Thursday

To Go: Hamburger on Bun
Hot Dog on Bun
French Fries
Chicken Tenders
Chicken Breast Sandwich

Friday

To Go: Hamburger on Bun
Hot Dog on Bun
French Fries
Chicken Tenders
Chicken Breast Sandwich

Saturday

To Go: Hamburger on Bun
Hot Dog on Bun
French Fries
Chicken Tenders
Chicken Breast Sandwich

Sunday

To Go: Hamburger on Bun
Hot Dog on Bun
French Fries
Chicken Tenders
Chicken Breast Sandwich