



Watch for Wellness and You! Menu Solutions...

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

Wellness entrées & salad recipes
were developed by our regional
and national chefs and dietitians.

Better By Design
means healthier
cuisine...

Hours

Monday - Friday

Breakfast 6:30am - 10:00am

Lunch 11:00am - 1:30pm

Grill, Deli, Pizza, Salad Bar and

Soup - 4:30pm - 6:30pm

Saturday - Sunday

Continental Breakfast 6:30am -
10:00am

Lunch 11:00am - 1:30pm

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Soup - 4:30pm - 6:30pm

Managers

General Manager

Michael Stephans x41937

Operations Manager

Melanie Kangas x 58565

Tripoint Menu

Week of Monday July 12

Monday

Soup:	Baked Potato with Bacon or Vegetable Beef	\$2.19
Grill:	Cheesy Ham & Bacon Melt	\$3.39
Entree:	BBQ Baked Spareribs	\$3.99
	Oven Fried Chicken 🍷	\$2.99
Simply to go:	Boston Club Sub	\$3.39
Innovation:	Garlic Orange Chili Shrimp	\$4.99

Tuesday

Soup:	Homestyle Chicken Noodle or Cream of Broccoli	\$2.19
Grill:	Philly-Style Cheese Steak Sandwich	\$3.89
Entree:	Fried Cod	\$3.79
	Roast Turkey Breast 🍷	\$2.99
Simply to go:	Cobb Salad Plate	\$4.89
Innovation:	Wholly Ravioli	\$4.99

Wednesday

Soup:	Chili con Carne or Tortilla Chicken Soup	\$2.19
Grill:	Grilled Turkey Melt	\$3.39
Entree:	Roast Beef 🍷	\$2.99
	Stuffed Cabbage Roll	\$3.19
Simply to go:	Chicken Caesar Wrap	\$3.89
Innovation:	Fajita Salad	\$4.89

Thursday

Soup:	Tomato Florentine or Chicken Noodle	\$2.19
Grill:	Buffalo Meltdown	\$3.99
Entree:	Country Fried Steak with Cream Gravy	\$3.29
	Italian Chicken Breast 🍷	\$3.39
Simply to go:	Newport Deli Sandwich	\$3.29
Innovation:	Pierogi's	\$4.99

Friday

Soup:	Clam Chowder or Vegetarian Vegetable	\$2.19
Grill:	Fried Cod Sandwich	\$4.19
Entree:	Healthy Choice Chicken Chow Mein 🍷	\$3.69
	Chili Lime Tilapia	\$3.99
Simply to go:	Turkey, Ham & Swiss Sub	\$3.29
Innovation:	Baked Potato Bar	\$4.39

Saturday

Soup:	Chicken & Dumplings	\$2.19
Innovation:	Totally Tortellini	\$4.99
Vegetable:	Green Beans 🍷🍷	\$0.99
Simply to go:	Classic Chef Jazz Salad	\$4.89
	Cold Cut Combo	\$3.39

Sunday

Soup:	Pasta Fagioli 🍷	\$2.19
Innovation:	Carved Hot Roast Turkey Sandwich	\$4.59
Vegetable:	Succotash 🍷	\$0.99
Simply to go:	Cape Codder Turkey Sandwich	\$4.19
	Classic Chef Jazz Salad	\$4.89

🍷 Vegetarian 🌱 Vegan 🍷 Wellness 🍷 Wellness(Low Sodium)



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Operations Manager

Melanie Kangas x 58565

Tripoint Menu

Week of Monday July 19

Monday

Soup:	Golden Broccoli or French Onion 🍴	\$2.19
Grill:	BBQ Pork Sandwich 🍴	\$3.29
Entree:	Healthy Choice Beef Pepper Steak 🍴	\$3.89
	Fried Chicken	\$3.29
Simply to go:	Spicy Buffalo Chicken Wrap	\$4.29
Innovation:	Chicken Fajita Quesadilla	\$4.49

Tuesday

Soup:	Minestrone or Tomato 🍴	\$2.19
Grill:	Grilled Cheese Sandwich 🍴	\$1.69
Entree:	Healthy Choice Stuffed Shells 🍴	\$3.69
	Chicken Breast with Pecan Dijon Sauce	\$3.39
Simply to go:	Spicy Ranch Chicken Salad	\$4.89
Innovation:	Iron City Salad	\$4.89

Wednesday

Soup:	Potato Au Gratin or Italian Wedding	\$2.19
Grill:	Monte Cristo Sandwich	\$3.39
Entree:	Teriyaki Chicken Breast 🍴	\$3.39
	Breaded Pork Chop	\$3.79
Simply to go:	Roast Beef, Ham & Provolone Sub	\$3.39
Innovation:	Sizzling Salad w/Chicken and Cheddar	\$4.89

Thursday

Soup:	Tortilla Chicken or Navy Bean 🍴	\$2.19
Grill:	Patty Melt	\$3.29
Entree:	Baked Cod with Herb Crust 🍴	\$3.79
	Meat Lasagna	\$3.49
Simply to go:	Fruit & Cottage Cheese Plate 🍴🍴	\$4.89
Innovation:	Beef and Broccoli Stir Fry	\$4.89

Friday

Soup:	Vegetable Beef or Boston Clam Chowder 🍴	\$2.19
Grill:	Italian Melt	\$3.59
Entree:	London Broil 🍴	\$4.49
	Blazin' Red Fish	\$3.79
Simply to go:	Chicken Salad Sub	\$3.29
Innovation:	Beef Soft Tacos made to order	\$4.59

Saturday

Soup:	Chili con Carne	\$2.19
Innovation:	Teriyaki Chicken Stir Fry	\$4.99
Simply to go:	Roast Turkey Classic with Baguette	\$3.29
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Stuffed Green Pepper	\$2.19
Innovation:	Chicken Salad Sub	\$3.29
Vegetable:	Baby Carrots 🍴	\$0.99
Simply to go:	Classic Chef Jazz Salad	\$4.89
	Newport Deli Sandwich	\$3.29

🍴 Vegetarian 🌱 Vegan 🍴 Wellness 🍴 Wellness(Low Sodium)



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General Manager

Michael Stephans x41937

Operations Manager

Melanie Kangas x 58565

Tripoint Menu

Week of Monday July 26

Monday

Soup:	Chili con Carne or Pasta Fagoli	\$2.19
Grill:	Chicken Parmesan Sandwich	\$3.79
Entree:	Rosemary Lemon Chicken Breast 🍋	\$3.79
	Sausage with Peppers & Onions Sandwich	\$3.79
Simply to go:	Honey Mustard Chicken Wrap	\$3.79
Innovation:	Ginger Shrimp Stir Fry	\$4.99

Tuesday

Soup:	Chicken & Wild Rice or Vegetable Beef	\$2.19
Grill:	Grilled Reuben Sandwich	\$3.89
Entree:	Baked Ziti with Four Cheeses 🍋🍋	\$3.19
	Chicken & Dumplings	\$2.79
Simply to go:	Cobb Salad Plate	\$4.89
Innovation:	Carved London Broil Sandwich	\$4.59

Wednesday

Soup:	Chicken Soup or Split Pea 🍋	\$2.19
Grill:	Roast Beef & Garlic Melt with Cheese	\$3.19
Entree:	Healthy Choice Sweet & Sour Chicken 🍋	\$3.69
	Swedish Meatballs	\$3.29
Simply to go:	Southern Delight Sandwich	\$3.29
Innovation:	Hotdog, Sausage and Nacho Bar	\$3.29

Thursday

Soup:	Baked Potato or Vegetarian Vegetable 🍋🍋	\$2.19
Grill:	Grilled Cheese & Tomato Sandwich 🍋	\$1.89
Entree:	Beef Pot Roast 🍋	\$3.19
	Chicken Chimichanga	\$2.69
Simply to go:	Turkey Club Wrap	\$3.99
Innovation:	Chicken Stir Fry w/ Orange Sauce	\$4.99

Friday

Soup:	Chicken Noodle or New England Clam Chowder	\$2.19
Grill:	Grilled Turkey Melt	\$3.39
Entree:	Roast Turkey Breast 🍋	\$2.99
	Seared Tilapia w/Garlic & Herbs 🍋	\$3.99
Simply to go:	Turkey, Roast Beef and Swiss Wrap	\$3.99
Innovation:	Sizzling Caesar Salad	\$4.89

Saturday

Soup:	Cream of Broccoli	\$2.19
Innovation:	Mega Wrap Bar	\$4.89
Simply to go:	Ham & Turkey Grinder	\$3.39
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Tuscan Chicken Noodle	\$2.19
Innovation:	Pasta Pronto	\$4.99
Vegetable:	Italian Cut Green Beans 🍋🍋	\$0.99
Simply to go:	Tuna Salad Sub	\$3.39
	Classic Chef Jazz Salad	\$4.89

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Operations Manager

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Tripoint Menu

Week of Monday August 2

Monday

Soup:	Potato Au Gratin or Vegetable Beef	\$2.19
Grill:	Caesar Grill Chicken Breast Sandwich	\$3.79
Entree:	Baked BBQ Chicken	\$3.39
	Healthy Choice Salisbury Steak 🍌	\$3.49
Simply to go:	Spicy Buffalo Chicken Wrap	\$4.29
Innovation:	Beef Fajita Quesadilla	\$4.49

Tuesday

Soup:	Tomato Florentine or French Onion	\$2.19
Grill:	Fried Cod Sandwich	\$4.19
Entree:	London Broil 🍌	\$4.49
	Chicken Breast Paprikash	\$3.49
Simply to go:	Spicy Ranch Chicken Salad	\$4.89
Innovation:	Egg Skillet	\$3.99

Wednesday

Soup:	Chicken and Dumpling or Minestrone 🍌🍌	\$2.19
Grill:	Patty Melt	\$3.29
Entree:	Teriyaki Chicken Breast 🍌	\$3.39
	Stuffed Cabbage Roll	\$4.09
Simply to go:	Chicken Caesar Wrap	\$3.79
Innovation:	Chicken Soft Tacos made to order	\$4.59

Thursday

Soup:	Corn Chowder or Italian Wedding	\$2.19
Grill:	Philly-Style Cheese Steak Sandwich	\$3.89
Entree:	Rosemary Roast Pork Loin 🍌	\$3.89
	Spaghetti & Meat Sauce	\$2.99
Simply to go:	Fruit & Cottage Cheese Plate 🍌🍌	\$4.89
Innovation:	Sizzling Salad w/ Chicken and Cheddar	\$4.89

Friday

Soup:	Vegetarian Vegetable 🍌🍌 or Boston Clam Chowder	\$2.19
Grill:	Grilled Turkey Reuben	\$3.39
Entree:	Cod Vera Cruz 🍌	\$3.79
	Southern Fried Chicken	\$3.29
Simply to go:	Italian Deli Wrap	\$3.39
Innovation:	Garlic Orange Chili Shrimp Stir Fry	\$4.99

Saturday

Soup:	Chicken Wild Rice	\$2.19
Innovation:	Pierogi's	\$4.99
Simply to go:	Roast Beef Sandwich with Cheddar	\$3.19
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Chicken Tortilla	\$2.19
Innovation:	Beef and Broccoli Stir Fry	\$4.89
Simply to go:	Boston Club Sub	\$3.39
	Classic Chef Jazz Salad	\$4.89

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Tripoint Menu

Week of Monday August 9

Monday

Soup:	Vegetable Beef or Cream of Tomato	\$2.19
Grill:	Grilled Cheese Sandwich	\$1.69
Entree:	Chicken Breast Saltimbocca	\$3.39
	Baked Ziti with Four Cheeses	\$3.19
Simply to go:	Turkey & Swiss Sandwich on Rye	\$3.19
Innovation:	Carved Hot Turkey Sandwich	\$4.59

Tuesday

Soup:	Chicken Noodle or Stuffed Green Pepper	\$2.19
Grill:	Italian Melt	\$3.59
Entree:	Dijon Pork Tenderloin	\$3.89
	Chicken Breast Florentine	\$4.19
Simply to go:	Chicken, Bacon & Swiss Sub	\$3.39
Innovation:	Teriyaki Chicken Stir Fry	\$4.99

Wednesday

Soup:	Cauliflower Cheese or Italian Wedding	\$2.19
Grill:	Ranch Burger	\$3.49
Entree:	Chicken Chimichanga	\$2.69
	Cod Northwestern	\$3.79
Simply to go:	Kentucky Club Sub	\$3.39
Innovation:	Totally Tortellini	\$4.99

Thursday

Soup:	California Medley or French Onion	\$2.19
Grill:	Grilled Reuben Sandwich	\$3.89
Entree:	Rosemary Lemon Chicken Breast	\$3.79
	Meat Lasagna	\$3.49
Simply to go:	Turkey, Roast Beef and Swiss Wrap	\$3.99
Innovation:	Chicken Fajita Quesadilla	\$4.49

Friday

Soup:	Pasta Fagoli or New England Clam Chowder	\$2.19
Grill:	Monte Cristo Sandwich	\$3.39
Entree:	Baked Cod with Herb Crust	\$3.79
	Stuffed Green Peppers	\$2.59
Simply to go:	Grilled Chicken with Roasted Red Pepper	\$3.99
Innovation:	Mega Wrap Bar	\$4.89

Saturday

Soup:	Chili con Carne	\$2.19
Innovation:	Baked Potato Bar	\$4.39
Simply to go:	Classic Chef Jazz Salad	\$4.89
	Roast Beef, Ham & Provolone Sub	\$3.39

Sunday

Soup:	Minestrone	\$2.19
Innovation:	Chicken Stir Fry w/ Orange Sauce	\$4.99
Simply to go:	Classic Chef Jazz Salad	\$4.89
	Southern Delight Sandwich	\$3.29

Vegetarian Vegan Wellness Wellness(Low Sodium)

