









STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

October 27-31 2008

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|--|
|  | <ul style="list-style-type: none"> ● Tuscan White Bean ● Lobster Bisque | <ul style="list-style-type: none"> ● Loaded Potato Soup ● Chicken & Rice | <ul style="list-style-type: none"> ● Tomato Bisque ● Vegetable Beef | <ul style="list-style-type: none"> ● Garden Vegetable ● Seafood Chowder | <ul style="list-style-type: none"> ● Minestrone ● Cream of Mushroom |
|  | <ul style="list-style-type: none"> ● Wild Rice & Shrimp | <ul style="list-style-type: none"> ● Southwest Coleslaw | <ul style="list-style-type: none"> ● Antipasto | <ul style="list-style-type: none"> ● Caesar Salad | <ul style="list-style-type: none"> ● Curry Chicken |
|  | <ul style="list-style-type: none"> ● Chicken Quesadillas | <ul style="list-style-type: none"> ● Spicy Popcorn Chicken | <ul style="list-style-type: none"> ● Meatball Sub | <ul style="list-style-type: none"> ● Chicken Caesar Wrap | <ul style="list-style-type: none"> ● Pulled Pork Sandwich |
|  | <ul style="list-style-type: none"> ● Roast Beef W/ Gravy ● Bow Tie Primavera ● Mashed Sweet Potatoes ● Mixed Vegetables ● Sesame Broccoli | <ul style="list-style-type: none"> ● Teriyaki Leg of Lamb ● Veggie & Tofu Lo Mein ● Fried Rice ● Sesame Lima Beans ● Vegetable Egg Rolls ● Fortune Cookies | <ul style="list-style-type: none"> ● Baked Mahi Mahi with Citrus Sauce ● Roasted Potatoes ● Fruited Cous Cous ● Sugar Snap Peas ● Lemon Dill Baby Carrots | <ul style="list-style-type: none"> ● Fried Chicken ● Mashed Potatoes ● Mixed Vegetables ● Sesame Broccoli ● Mac & Cheese | <ul style="list-style-type: none"> ● Baked Penne with Italian Sausage ● Eggplant Parmesan ● Mushroom Risotto ● Sauteed Broccoli ● Squash Marinara |
|  | <ul style="list-style-type: none"> ● Cheesecake W/ Fresh Berries ● Fresh Cut Fruit | <ul style="list-style-type: none"> ● Bread Pudding ● Fresh Cut Fruit | <ul style="list-style-type: none"> ● Fresh Berry Shortcake ● Fresh Cut Fruit | <ul style="list-style-type: none"> ● Yellow Cake ● Fresh Cut Fruit | <ul style="list-style-type: none"> ● Tiramisu ● Fresh Cut Fruit |
|  | <ul style="list-style-type: none"> ● Bbq Bar | <ul style="list-style-type: none"> ● Pasta Bar | <ul style="list-style-type: none"> ● Baked Potato Bar | <ul style="list-style-type: none"> ● Pasta Bar | <ul style="list-style-type: none"> ● Caramel Apple Bar |

At The Salad Works salad bar a variety of prepared salads are served alongside fresh salad greens and toppings each day. SAGE's chefs offer at least six low fat, made-from-scratch salad dressings along with traditional favorites. At The Classic Cuts Deli® bar, a variety of cheeses, ham, turkey, and deli salads are freshly prepared each day. Students can create their own favorite sandwich.

