Would you like to be a part of The Dining Dish...

...we are seeking Dining Dish members!

Be a part of this exciting committee. Try new recipes, meet with our chef, learn some things about cooking, another way to have your voice heard and have some fun.

Call Becky at x 3088 for details today!

The Dining Dish Committee
Helping Make Every Day Better..

---

**COLBY-SAWYER COLLEGE DINING — Dinner For Athletes**

**Friday — Aug 19 (5:30pm) & Aug 26**
- Chicken Marsala
- Baked Salmon
- Green Beans
- Toasted Orzo
- Pasta Primavera
- Alfredo Sauce
- Cookies
- Salad Bar

**Saturday — Aug 20 and 27**
- Roast Top Round of Beef
- Chicken Tenders
- Pasta Primavera
- Alfredo Sauce
- Red Potatoes
- Broccoli Florets
- Pie
- Salad Bar

**Sunday — Aug 21 & 28**
- Salad Bar
- Hamburger
- Hot Dog on Bun
- French Fries
- Corn on the Cob
- Broccoli Florets
- Pasta Primavera
- Alfredo Sauce
- Pie

**Monday — Aug 22 & 29**
- Salad Bar
- Bread and Butter
- Roast Turkey and Gravy
- Portobello Mushroom Stuffed
- Mashed Potatoes
- Green Beans
- Cake
- Pasta Primavera and Alfredo Sauce

**Tuesday — Aug 23 & 30**
- Bread and Butter
- Pasta Primavera
- Salad Bar
- Chicken Breast
- Lasagna Vegetarian and Pasta Primavera
- Peas & Carrots
- Pie
- Alfredo Sauce, & Smashed Red Skin Potato

**Wednesday — Aug 24 & 31**
- Bread and Butter, Roasted Chicken Quarters
- Baked Haddock
- Pasta Primavera
- Alfredo Sauce
- Broccoli Florets
- Rice Pilaf
- Brownies
- Salad Bar

**Thursday — Aug 25 & Sept 1**
- Salad Bar
- Bread and Butter
- Spinach Strudel
- Pasta Primavera
- Alfredo Sauce
- Green Beans
- Rice
- Cake

---

**VG** Vegan Items  **V** Vegetarian Items  **WB** Well Balanced Items