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 ..

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**COLBY-SAWYER COLLEGE**
**DINING — Lunch for Athletes**

**Friday — Aug 19th**
Chef’s Choice

**Friday — Aug 26 & Sept 2**
Deli Sandwich Buffet
Turkey Burger 🍔
Garden burger 🍔
French Fries
Vegetable Medley 🥗
Brownies 🍕

: Salad Bar

**Saturday — Aug 20 & 27**
Salad Bar
Deli Sandwich Buffet
Pork BBQ Sandwich
Vegetarian Pizza Whole Wheat Crust 🍕
Peas 🥗
Brownies 🍕
Rice Pilaf

**Sunday — Aug 21 & 28**
Salad Bar
Deli Sandwich Buffet
Pork BBQ Sandwich
Vegetarian Pizza Whole Wheat Crust 🍕
Peas 🥗
Brownies 🍕
Rice Pilaf

**Monday — Aug 22 & 29**
Salad Bar
Deli Sandwich Buffet
Grilled Turkey Burger 🍔
Vegetable Quiche
Brown Rice 🍚
Broccoli Florets 🥗
Cookies 🍪

**Tuesday — Aug 23 & 30**
Salad Bar
Deli Sandwich Buffet
Chicken Breast Patty
Mac and Cheese
Cauliflower 🥗
Cookies 🍪

**Wednesday — 24 & 31**
Garlic Bread 🍕
Deli Bar
Salad Bar
Roasted Vegetable Pizza 🍕
Spaghetti & Meatballs
Italian Mixed Vegetables 🍚
Cookies 🍪

**Thursday — Aug 25 & Sept 1**
Deli Setup
Baked Haddock
Grilled Cheese with Sliced Tomatoes 🍕
Tater Tots
Brownies 🍕
Salad Bar

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| VC | Vegan Items |
| V | Vegetarian Items |
| 🍱 | Well Balanced Items |