

Menus are provided for SAS families and retirees and are updated each Friday afternoon.  
**We apologize that we are not able to post last-minute menu changes which occur throughout the week.**  
**Menus posted in the café reflect any changes that have been made for the day.**



[Monday](#) | [Tuesday](#) | [Wednesday](#) | [Thursday](#) | [Friday](#)

## Monday


### Daily Fare for the Bldg F - Skylight Cafe, Monday, May 14, 2012

Interested in helping reduce our use of disposables? Check out the [Green is Global](#) article on the SWW and let us know you're interested!










#### Soups

-   **Pasta Fagioli** - Navy and pinto beans, macaroni, tomatoes, onions, celery, carrots, parmesan cheese, olive oil, milk, egg whites, sugar, flour, cornstarch, sea salt and spices. **Contains milk, wheat, soy and egg.** 190 cal., 3g fat, 32g carbs 1.40/2.35/3.70
- Chicken and Dumpling Soup** - Dumplings, diced chicken, cream, celery and carrots in a savory chicken broth. **Contains wheat, egg and milk.** 1.40/2.35/3.70

#### Entrees

-  **Curried Grilled Chicken** - Boneless, skinless chicken breast marinated and grilled a sauce of sugar, vinegar, ketchup, Worcestershire sauce, ground mustard, paprika, curry powder, garlic, salt and pepper. **Contains wheat and soy.** 230 cal., 5g fat 2.85
- Cincinnati Chili Spaghetti** - Ground beef, onions, cinnamon, allspice, chili powder, cumin, cider vinegar, cayenne pepper, unsweetened chocolate and tomato juice. Served over vermicelli. Diced onions and cheese available on the side. **Contains wheat and soy.** 2.85

#### Sides

-   **Steamed Green Beans** .60
-   **Sautéed Cape Cod Blend Vegetables** - Broccoli, carrots, sugar snap peas, green peppers and cranberries tossed with olive oil blend. .80
-   **Vermicelli** - Tossed with olive oil blend. **Contains wheat.** .80
-   **Roasted Corn and Black Beans** - Corn, black beans, tomatoes, red onions, jalapenos, garlic, cilantro, olive oil and salt. .80
-  **Fried Okra** - **Contains wheat, soy and milk.** .80

#### Salads/Breads

- Salad of the Week: Monterey Bean and Bacon Salad** - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. **Contains milk.** .27 per oz.
- Bread: Artisan Garlic Bread** - **Contains wheat.** .40

## Sandwiches/Spread/Pizza

-  **Whole Cheese Pizza** (Order daily on the Leftover Form) 7.00
- Whole Pepperoni Pizza** (Order daily on the Leftover Form) 7.50
- Specialty Pizza:** (Order daily on the Leftover Form) **Pesto Chicken Pizza** - Our crust with marinara sauce, topped with chicken strips, peppers, onions, pesto, parmesan and mozzarella cheeses. *Contains pine nuts.* 8.50  
*Pizzas contain wheat and milk.*
- Hamburger of the Week: Habanero Cheeseburger** - Our 1/3-pound Angus burger topped with a slice of Habanero cheese, served on a seeded bun. *Contains wheat and milk.* 3.00
-  **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 0.75 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. *Contains milk.* 2.00
-  **Spread of the Week: Three Cheese and Sundried Tomato Spread** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains milk.* 2.80
- Sandwich of the Week: Chicken Fillet Sandwich** - Breaded chicken patty served on a seeded bun. *Contains wheat.* 3.05




## Desserts

Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.

- First Dessert: Carrot Cake** - Carrots, cinnamon and pecans, finished with a cream cheese frosting. *Contains pecans.* 1.60
- Second Dessert: Angus Barn Chocolate Chess Pie** - Buttery chocolate filling in a flaky crust. Garnished with fresh whipped cream. 1.60
- Cookie: Mega Chocolate Chip Cookie** .55
- Yogurt: Non-Fat Chocolate** - *Contains milk.* .22 per oz.

## Daily Fare for the Bldg R - Atrium Cafe, Monday, May 14, 2012



### Soups





-   **Yukon Gold Potato Soup** - Carrots, potatoes, celery, corn, onions, sweet red peppers, flour, brown sugar and salt. *Contains wheat.* 160 cal., 1g fat, 36g carbs. 1.40/2.35/3.70
-  **Vegetable Beef Soup** - Seasoned beef, potatoes, tomatoes, carrots, green beans, celery, barley, corn, peas, onions, burgundy wine and garlic. *Contains wheat and soy.* 180 cal., 3g fat, 28g carbs. 1.90/3.10/5.10

### Entree

- Chicken Cordon Bleu** - Breaded chicken breasts filled with ham and Swiss cheese, then baked until bubbly. *Contains wheat and milk.* 2.85

### Sides/Salads/Bread

-   **Oven Roasted Green Beans** - Olive oil blend and fajita seasoning. .80

-  **Oven Roasted Malibu Blend Vegetables** - Yellow and orange carrots, broccoli, cauliflower, canola and olive oil blend and fajita seasoning. .80
-  **Rice Pilaf** - Long grain white rice, orzo pasta and seasonings. *Contains soy and wheat.* .80
-  **Salad & Fruit Plate: Tuna Salad** - 183 cal., 3g fat *Contains fish, egg and soy.* 2.70
-  **Spread of the Week Sandwich: Three Cheese and Sundried Tomato Spread** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains wheat and milk.* 2.80
- Salad of the Week: Monterey Bean and Bacon Salad** - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* 3.00
- Bread: Artisan Garlic Bread** - *Contains wheat.* .40



## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**



- First Dessert: Carrot Cake** - Carrots, cinnamon and pecans, finished with a cream cheese frosting. *Contains pecans.* 1.60
- Second Dessert: Angus Barn Chocolate Chess Pie** - Buttery chocolate filling in a flaky crust. Garnished with fresh whipped cream. 1.60
- Cookie: Mega Chocolate Chip Cookie** .55
- Yogurt: Non-Fat Chocolate / Non-Fat Vanilla** - *Contains milk.* .22 per oz

## Daily Fare for the Bldg T - Overlook Cafe, Monday, May 14, 2012


### Soups






-  **Cream of Broccoli Soup** - Cream, broccoli, skim milk, onions, Smart Balance®, nutmeg, flour, salt and pepper. *Contains milk, soy and wheat.* 1.40/2.35/3.70
-  **French Onion Soup** - Beef broth and onions without toast or cheese. *Croutons and cheese available on the salad bar.* 160 cal., 8g fat, 16 carbs *Contains milk, soy and wheat.* 1.40/2.35/3.70

### Entrees

-  **Manicotti with Vodka Sauce** - Cheese stuffed manicotti topped with a creamy sauce of fire roasted tomatoes, cream, parmesan cheese and a splash of vodka. *Contains egg, milk and wheat.* 2.80
-  **Garlic Lemon Herb Cod** - Cod fillets lightly breaded with a lemon, herb and roasted garlic mixture. 261 cal., 9g fat *Contains fish, egg, soy and wheat.* 3.85



### Sides

-  **Steamed Broccoli** .60
-  **Sautéed Cabbage** - Olive oil and salt. .80




-   **Honey Dill Baby Carrots** - Baby carrots tossed in Smart Balance®, honey and dill. *Contains soy.* .80
-   **Boiled New Potatoes** - With parsley and Smart Balance®. *Contains soy.* .80
-  **Vegetable Casserole** - Corn, peas, green beans, carrots, potatoes, celery, lima beans, onions, water chestnuts, cheddar cheese and light mayonnaise, then topped with Ritz® crackers tossed with Smart Balance®. *Contains milk, egg, soy and wheat.* .80

## Salads/Breads

**Baked Potatoes, North Carolina Sweet Potatoes and Nachos available on the salad bar.** Salsa and sour cream are available in the cooler section.

-   **Salad of the Day: Tropical Apple Salad** - Red delicious apples, granny smith apples, pineapple chunks, marshmallows, coconut, walnuts, raisins, chopped celery and light mayonnaise. *Contains coconut, walnuts, egg and soybean oil. Sold by weight.* .27 per oz.
- Bread: Garlic Toast** - *Contains milk, soy and wheat.* .40

## Sandwiches/Spread

-  **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 1 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. *Contains milk. Lettuce Wraps without cheese are also available.* 2.00
- Sandwich of the Week: Meatball Sub** - Plump meatballs smothered in marinara sauce and melted provolone cheese on a hoagie roll. *Contains milk and wheat.* 3.05
- Wrap of the Week: Chicken Caesar Wrap** - Grilled chicken strips with romaine lettuce and shredded parmesan cheese wrapped in a flour tortilla with Caesar dressing. *Contains anchovies, egg, milk and wheat.* 3.00
-   **Spread of the Week: Hummus** - Garbanzo beans, Tahini dressing, lemon juice, garlic, Tabasco®, olive oil, parsley and salt. *Made in house in the Overlook Cafe.* 2.80

## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**

- First Dessert: White Chocolate Bread Pudding** 1.60
- Second Dessert: Strawberry Cheesecake Pie** 1.60
- Cookie: Ranger Crisp Cookie** - Rice Krispies®. .55
- Bar: Lemon Bar** .55
- Yogurt: Edy's® Non-Fat Vanilla / Non-Fat Orange** *Contains milk.* .22 per oz.



## Tuesday

[Monday](#) | [Tuesday](#) | [Wednesday](#) | [Thursday](#) | [Friday](#)


**Daily Fare for the Bldg F - Skylight Cafe, Tuesday, May 15, 2012**

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## Soups

-  **Mushroom Barley Soup** - Barley, butter, onions, garlic, mushrooms, salt, soy sauce, cooking sherry and black pepper. *Contains milk, wheat and soy.* 1.40/2.35/3.70
-  **New England Clam Chowder** - Potatoes, skim milk, cream, clams, clam broth, sugar, celery, onions, salt, flour, butter and parsley. 200 cal., 4g fat, 30g carbs *Contains clams, cod, milk, soy and wheat.* 1.90/3.10/5.10

## Entrees

- Smoked Turkey Salad Wrap** - Smoked turkey, Gruyere cheese, sundried tomatoes, scallions, olive oil and lemon juice with an herbed mayonnaise of mustard, basil and chives. Wrapped in a jalapeno-cheddar tortilla. *Contains wheat, soy, milk and egg.* 3.00
-  **General Tso's Shrimp Stir-Fry** - Plump shrimp, water chestnuts, sweet red peppers, broccoli, carrots and straw mushrooms in a sauce of red wine vinegar, soy sauce, salt, sugar, ginger, citrus, garlic, molasses and paprika. *Contains shellfish, soy and wheat.* 191 cal., 2.4g fat 3.85


## Sides

-   **White Rice** .80
-   **Sautéed Broccoli Florets and Shredded Carrots** - Olive oil blend. .80
-  **Bottleneck Fries** - Potatoes, vegetable oil, beer, flour, corn starch and rice flour. *Contains soybean oil and wheat.* .80
-  **Tomato Mozzarella Bake** - Diced tomatoes, onions, mozzarella cheese, garlic, lemon juice, olive oil and basil. *Contains milk.* .80
-   **Steamed Asparagus** 1.40



## Salads/Breads

- Salad of the Week: Monterey Bean and Bacon Salad**- Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* .27 per oz.
- Bread: French Dinner Rolls** - *Contains wheat. May also contain soy and tree nuts.* .40

## Sandwiches/Spread/Pizza

-  **Whole Cheese Pizza** (Order daily on the Leftover Form) 7.00
- Whole Pepperoni Pizza** (Order daily on the Leftover Form) 7.50
- Specialty Pizza:** (Order daily on the Leftover Form) **Pesto Chicken Pizza** - Our crust with marinara sauce, topped with chicken strips, peppers, onions, pesto, parmesan and mozzarella cheeses. *Contains pine nuts. Pizzas contain wheat and milk.* 8.50
- Hamburger of the Week: Habanero Cheeseburger** - Our 1/3-pound Angus burger 3.00

topped with a slice of Habanero cheese, served on a seeded bun. **Contains wheat and milk.**

-  **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 0.75 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. **Contains milk.** 2.00
-  **Spread of the Week: Three Cheese and Sundried Tomato Spread** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. **Contains milk.** 2.80
- Sandwich of the Week: Chicken Fillet Sandwich** - Breaded chicken patty served on a seeded bun. **Contains wheat.** 3.05



## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**

- First Dessert: Marquesa** - Venezuelan Oreo® cheesecake on a chocolate graham cracker crust. 1.60
- Second Dessert: Pig Pickin' Cake** - Yellow cake layers with crushed mandarin oranges, frosted with a creamy mixture of crushed pineapple, vanilla pudding and whipped topping. 1.60
- Cookie: Oatmeal White Chocolate Cranberry Cookie** .55
- Bar: Heath® Bar Brownie** - **Contains almonds.** .55
- Yogurt: Non-Fat Chocolate** - **Contains milk.** .22 per oz.

## Daily Fare for the Bldg R - Atrium Cafe, Tuesday, May 15, 2012






### Soups


-   **Pasta Fagioli** - Navy and pinto beans, macaroni, tomatoes, onions, celery, carrots, 1.40/2.35/3.70 parmesan cheese, olive oil, milk, egg whites, sugar, flour, cornstarch, sea salt and spices. **Contains milk, wheat, soy and egg.** 190 cal., 3g fat, 32g carbs
- Artichoke Chicken Florentine Soup** - White meat chicken, artichokes, American 1.40/2.35/3.70 cheese, heavy cream, Yukon gold potatoes, spinach, asparagus, butter, parmesan cheese, carrots, celery, onions, sugar, vinegar, salt, Tabasco® and red pepper. **Contains milk, wheat and soy.**

### Entree

- Austin Blue's® BBQ Beef Brisket** - Hickory smoked beef brisket with salt, black pepper, paprika, red pepper, garlic and cornstarch. 3.35

### Sides/Salads/Bread


-   **Steamed Broccoli** .60
-  **Oven Roasted Mediterranean Blend Vegetables** - Yellow squash, zucchini, green beans, carrots, red, green and yellow bell peppers, onions, tomatoes and cheddar cheese with canola and olive oil blend. **Contains soybean oil and milk.** .80
-  **Mashed Potatoes** - Cream cheese, milk, vegetable oil, onion powder, garlic and salt. **Contains milk.** .80
-  **Salad & Fruit Plate: Chicken Salad** - 203 cal., 7g fat **Contains egg and soy.** 2.70

-  **Spread of the Week Sandwich: *Three Cheese and Sundried Tomato Spread*** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains wheat and milk.* 2.80
- Salad of the Week: *Monterey Bean and Bacon Salad*** - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* 3.00
- Bread: *French Dinner Rolls*** - *Contains wheat. May also contain soy and tree nuts.* .40

## Sushi

**Salmon Origin: Atlantic, Tuna Origin: Indonesia Served with chopsticks, soy sauce, pickled ginger and Wasabi.**

*The following Sushi choices are available in our cooler section: Vegetarian Roll, California Roll, Spicy Yellow Fin Tuna Roll, Spicy Salmon Roll and Blue Sea Roll. Please see the sign located with the Sushi for a more detailed description and allergens on the Sushi we offer here. Made on SAS Campus in the Overlook Cafe.* 5.50

-  Seasoned Seaweed Salad - Seaweed, red seaweed, wood ear mushrooms, sesame seed, red chili pepper, sugar, soy sauce, sesame oil and vinegar. *Contains soy and wheat.* 2.00





## Desserts

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- First Dessert: *Marquesa*** - Venezuelan Oreo® cheesecake on a chocolate graham cracker crust. 1.60
- Second Dessert: *Pig Pickin' Cake*** - Yellow cake layers with crushed mandarin oranges, frosted with a creamy mixture of crushed pineapple, vanilla pudding and whipped topping. 1.60
- Cookie: *Oatmeal White Chocolate Cranberry Cookie*** .55
- Bar: *Heath® Bar Brownie*** - *Contains almonds.* .55
- Yogurt: *Non-Fat Chocolate / Non-Fat Vanilla*** - *Contains milk.* .22 per oz

## Daily Fare for the Bldg T - Overlook Cafe, Tuesday, May 15, 2012

### Soups

-   ***Vegetable Minestrone Soup*** - Diced tomatoes, kidney beans, carrots, potatoes, zucchini, Italian green beans, spinach, pasta, mushrooms, celery and onions. 1.40/2.35/3.70  
190 cal., 6g fat per 8oz cup *Contains egg, milk, soy and wheat.*
-   ***Green Tomato Soup With Bacon and Jalapeno*** - Green and red tomatoes simmered in chicken broth with caramelized onions, bacon, fresh jalapeno and garlic then pureed. 1.40/2.35/3.70










### Entrees

-  ***Turkey Meatloaf*** - Meatloaf of ground turkey, chopped rosemary, balsamic vinegar, onions, garlic, eggs, milk and breadcrumbs, topped with a sweet tomato sauce. 280 3.00

cal., 10g fat **Contains egg, milk, soy and wheat.**


**Curried Shrimp and Scallops** - Shrimp and scallops lightly simmered with onions and tomatoes in a creamy curry sauce. **Contains shellfish, milk and wheat.** 3.85

## Sides




-   **Steamed Green Beans** .60
-   **White Rice** .60
-  **Au Gratin Potatoes** - Sliced potatoes baked with American and Swiss cheeses. **Contains milk and wheat.** .80
-  **Cherry Crisp** - Rolled oats, flour, brown sugar, cinnamon, nutmeg, Smart Balance,® sugar, salt, honey, vanilla, almond and coconut. **Contains wheat, milk, soy, almonds and coconut.** .80
-   **Sautéed Asparagus** - Olive oil, garlic and salt. 1.40
-  **Fried Mushrooms** - **Contains milk and wheat.** 1.40

## Salads/Breads

**Baked Potatoes, North Carolina Sweet Potatoes and Nachos available on the salad bar.** Salsa and sour cream are available in the cooler section.

-  **Salad of the Day: Oriental Pasta Salad** - Linguine tossed with shredded carrots, broccoli florets, soy sauce, lemon juice, sesame seeds, vegetable oil, garlic and hot sauce, garnished with grape tomatoes. **Contains soy and wheat. Sold by weight.** .27 per oz.
- Bread: Cornbread** - **Contains egg, milk and wheat.** .40


## Sandwiches/Spread

-  **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 1 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. **Contains milk. Lettuce Wraps without cheese are also available.** 2.00
- Sandwich of the Week: Meatball Sub** - Plump meatballs smothered in marinara sauce and melted provolone cheese on a hoagie roll. **Contains milk and wheat.** 3.05
- Wrap of the Week: Chicken Caesar Wrap** - Grilled chicken strips with romaine lettuce and shredded parmesan cheese wrapped in a flour tortilla with Caesar dressing. **Contains anchovies, egg, milk and wheat.** 3.00
-   **Spread of the Week: Hummus** - Garbanzo beans, Tahini dressing, lemon juice, garlic, Tabasco®, olive oil, parsley and salt. *Made in house in the Overlook Cafe.* 2.80

## Sushi

Made fresh while you wait!

**Salmon Origin: Atlantic, Tuna Origin: Indonesia Served with chopsticks, soy sauce, pickled ginger and Wasabi.**

-  **Seasoned Seaweed Salad** - Seaweed, red seaweed, wood ear mushrooms, sesame seed, red chili pepper, sugar, soy sauce, sesame oil and vinegar. **Contains soy beans and wheat.** 2.00

## Desserts

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<b>First Dessert: <i>Blueberry Pie</i></b>	1.60
<b>Second Dessert: <i>Classic Chocolate Cake</i></b> - Dark chocolate layers filled and frosted with chocolate buttercream.	1.60
<b>Cookie: <i>Mocha Chocolate Chip Cookie</i></b> - Coffee.	.55
<b>Yogurt: <i>Edy's® Non-Fat Vanilla / Non-Fat Orange</i></b> <i>Contains milk.</i>	.22 per oz.



## Wednesday

[Monday](#) | [Tuesday](#) | [Wednesday](#) | [Thursday](#) | [Friday](#)



## Daily Fare for the Bldg F - Skylight Cafe, Wednesday, May 16, 2012

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### Soups

  <b>Tomato Soup with Orzo and Basil</b> - Olive oil, onions, garlic, fresh basil and tomatoes with parmesan cheese on the side. <i>Contains wheat.</i> 192 cal., 8g fat, 34g carbs	1.40/2.35/3.70
<b>Loaded Baked Potato Soup</b> - Chicken broth, bacon, potatoes, half and half, milk, cream cheese, parmesan cheese, flour, canola oil, green onions, carrots, hot sauce and spices. <i>Contains wheat, soy and milk.</i>	1.40/2.35/3.70

### Entrees

 <b>BBQ Chicken</b> - Chicken breast quarters baked and served in a sauce of tomatoes, honey, soy sauce, ground mustard, horseradish and red pepper sauce. <i>Contains wheat and soy.</i>	2.85
 <b>Fresh Fish</b>	3.85



### Sides

  <b>Steamed Carrots</b>	.60
  <b>Sautéed Green Beans and Roasted Red Peppers</b> - Olive oil blend.	.80
  <b>Brown Rice</b>	.80
 <b>Baked Beans</b> - Mustard, onions, baked beans, molasses, brown sugar, allspice and ginger.	.80
 <b>Cinnamon Glazed Apples</b> - Sliced apples, sugar, butter, cinnamon, cornstarch, orange juice and salt. <i>Contains milk.</i>	.80

### Salads/Breads

<b>Salad of the Week: <i>Monterey Bean and Bacon Salad</i></b> - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. <b><i>Contains milk.</i></b>	.27 per oz.
<b>Bread: <i>White Bread</i></b>	.40

## Sandwiches/Spread/Pizza

 <b>Whole Cheese Pizza</b> ( <i>Order daily on the Leftover Form</i> )	7.00
<b>Whole Pepperoni Pizza</b> ( <i>Order daily on the Leftover Form</i> )	7.50
<b>Specialty Pizza:</b> ( <i>Order daily on the Leftover Form</i> ) <b>Pesto Chicken Pizza</b> - Our crust with marinara sauce, topped with chicken strips, peppers, onions, pesto, parmesan and mozzarella cheeses. <b><i>Contains pine nuts.</i></b> <b><i>Pizzas contain wheat and milk.</i></b>	8.50
<b>Hamburger of the Week: <i>Habanero Cheeseburger</i></b> - Our 1/3-pound Angus burger topped with a slice of Habanero cheese, served on a seeded bun. <b><i>Contains wheat and milk.</i></b>	3.00
 <b>Dieter's Delight: <i>Lettuce Wraps</i></b> - 3 oz. turkey and 0.75 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. <b><i>Contains milk.</i></b>	2.00
 <b>Spread of the Week: <i>Three Cheese and Sundried Tomato Spread</i></b> - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. <b><i>Contains milk.</i></b>	2.80
<b>Sandwich of the Week: <i>Chicken Fillet Sandwich</i></b> - Breaded chicken patty served on a seeded bun. <b><i>Contains wheat.</i></b>	3.05



## Desserts

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<b>First Dessert: <i>Chocolate Cake with Peanut Butter Cream Cheese Frosting</i></b> - <b><i>Contains peanuts.</i></b>	1.60
<b>Second Dessert: <i>Sweet Potato Pie</i></b> - Garnished with whipped cream.	1.60
<b>Cookie: <i>Coconut Almond Cookie</i></b>	.55
<b>Bar: <i>Seven Layer Dream Bar</i></b> - Pecans, coconut, graham crackers, butterscotch and chocolate chips.	.55
<b>Yogurt: <i>Non-Fat Vanilla</i></b> - <b><i>Contains milk.</i></b>	.22 per oz.

## Daily Fare for the Bldg R - Atrium Cafe, Wednesday, May 16, 2012

### Soups

 <b><i>Butternut Squash Soup</i></b> - Butternut squash, cream, butter, salt, sugar, tomato paste, vegetable broth, celery, onions, carrots, curry, turmeric and garlic. <b><i>Contains milk and modified food starch.</i></b>	1.40/2.35/3.70
 <b><i>Maryland Style Crab Soup</i></b> - Imitation crab, potatoes, yellow corn, leeks and carrots. <b><i>Contains fish, shellfish, wheat, egg and soy.</i></b> 140 cal., 1g fat, 28g carbs.	1.90/3.10/5.10

## Entrees - WEIGH DAY


-   **Cheese Lasagna** - Monterey Jack, mozzarella, ricotta, parmesan, cottage and Asiago cheeses layered with noodles, tomatoes, onions and garlic. 240 cal., 5g fat. *Contains wheat, eggs and milk.* .27 per oz.


OR

**Beef Lasagna** - Layers of ground beef, lasagna noodles, mozzarella, cheddar and cottage cheeses.

- Assorted Vegetables** .27 per oz.

## Salads/Bread

-  **Salad & Fruit Plate: Chicken Salad** - 203 cal., 7g fat *Contains egg and soy.* 2.70

-  **Spread of the Week Sandwich: Three Cheese and Sundried Tomato Spread** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains wheat and milk.* 2.80

- Salad of the Week: Monterey Bean and Bacon Salad** - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* 3.00

- Bread: White Bread** .40

## Desserts

Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.

- First Dessert: Chocolate Cake with Peanut Butter Cream Cheese Frosting** - *Contains peanuts.* 1.60

- Second Dessert: Sweet Potato Pie** - Garnished with whipped cream. 1.60



- Cookie: Coconut Almond Cookie** .55

- Bar: Seven Layer Dream Bar** - Pecans, coconut, graham crackers, butterscotch and chocolate chips. .55

- Yogurt: Non-Fat Chocolate / Non-Fat Vanilla** - *Contains milk.* .22 per oz

## Daily Fare for the Bldg T - Overlook Cafe, Wednesday, May 16, 2012

### Soups

-   **Corn Chowder** - Vegetable broth, potatoes, skim milk, celery, garlic, onions, sweet red, yellow and green peppers, butter, sugar, salt and white pepper. 1.40/2.35/3.70  
120cal., 3.5g fat *Contains milk, soy and wheat.*

- Beef and Vegetable Soup** - Plenty of hardy vegetables, simmered with beef in a flavorful broth. *Contains milk, soy and wheat.* 1.90/3.10/5.10

### Entrees

- V **Cheese**, V **Veggie** and **Pepperoni French Bread Pizzas** - French bread topped with pizza sauce, mozzarella cheese and toppings. *All pizzas feature fresh basil and oregano from the Overlook's patio herb garden. Made fresh in the Overlook Cafe.* **Contains milk, soy and wheat.** 2.80
- ♥ **Orange Chipotle Chicken** - Boneless, skinless chicken breast smothered with orange marmalade and chipotle peppers. 220 cal., 10g fat 2.85

## Sides

- ♥ V **Steamed Cauliflower** .60
- ♥ V **Steamed Yellow Corn** .60
- V **Roasted Sweet Potatoes** - Brown sugar, maple syrup, pecans and salt. **Contains pecans, egg, soy and wheat.** .80
- ♥ V **Balsamic Glazed Brussels Sprouts** .80
- V **Chile Rellenos** - Diced chiles, green onions, diced tomatoes, flour, milk, eggs, shredded cheddar and Monterey Jack cheeses. **Contains egg, milk and wheat.** .80
- V **Mozzarella Sticks** - 4 per serving. *Marinara sauce is available in our cooler section.* **Contains milk and wheat.** 1.40

## Salads/Breads

- Baked Potatoes, North Carolina Sweet Potatoes and Nachos available on the salad bar.** Salsa and sour cream are available in the cooler section.
- V **Salad of the Day: Oriental Pasta Salad** - Linguine tossed with shredded carrots, broccoli florets, soy sauce, lemon juice, sesame seeds, vegetable oil, garlic and hot sauce, garnished with grape tomatoes. **Contains soy and wheat. Sold by weight.** .27 per oz.
  - Bread: Soft Rolls** - Contains egg and wheat. .40

## Sandwiches/Spread

- ♥ **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 1 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. **Contains milk.** *Lettuce Wraps without cheese are also available.* 2.00
- Sandwich of the Week: Meatball Sub** - Plump meatballs smothered in marinara sauce and melted provolone cheese on a hoagie roll. **Contains milk and wheat.** 3.05
- Wrap of the Week: Chicken Caesar Wrap** - Grilled chicken strips with romaine lettuce and shredded parmesan cheese wrapped in a flour tortilla with Caesar dressing. **Contains anchovies, egg, milk and wheat.** 3.00
- ♥ V **Spread of the Week: Hummus** - Garbanzo beans, Tahini dressing, lemon juice, garlic, Tabasco®, olive oil, parsley and salt. *Made in house in the Overlook Cafe.* 2.80

## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**

- First Dessert: Sour Cream Coconut Cake** - Tender white layers filled and frosted with a sour cream and coconut icing. **Contains nuts.** 1.60
- Second Dessert: French Cherry Pie** - A fluffy filling of cream cheese and whipped cream nestled in a graham cracker crust. Finished on top with sweet cherries. 1.60

**Cookie: *Snickerdoodles*** - Orange zest flavors this delightful cookie, rolled in cinnamon sugar. .55

**Bar: *Strawberry Cheesecake Bar*** - Strawberry filling, graham cracker crust. .55

**Yogurt: *Edy's® Non-Fat Chocolate / Non-Fat Vanilla*** *Contains milk.* .22 per oz.


## Thursday

[Monday](#) | [Tuesday](#) | [Wednesday](#) | [Thursday](#) | [Friday](#)

## Daily Fare for the Bldg F - Skylight Cafe, Thursday, May 17, 2012


Interested in helping reduce our use of disposables? Check out the [Green is Global](#) article on the SWW and let us know you're interested!


### Soups

 ***Cream of Broccoli Soup*** - Cream, broccoli, skim milk, onions, vegetable oil, flour and salt. *Contains milk, wheat and soy.* 1.40/2.35/3.70

***Sweet Russian Cabbage Soup*** - Ground beef, tomatoes, onions, cabbage, garlic, vinegar and beef broth. 1.90/3.10/5.10

### Entrees


 ***Vegetarian Enchilada Casserole*** - Tomatoes, salsa, black beans, corn, green chilies, cumin, garlic, corn tortillas and black olives. 2.80


 ***BBQ Pulled Chicken*** - Pulled dark meat chicken with a sauce of vinegar, sugar, salt and mustard seed. *Contains wheat and soy.* 120 cal., 3g fat 2.85


### Sides

  ***Steamed Corn*** .60

  ***Sautéed Cabbage with Red Pepper Flakes*** - Olive oil blend. .80

 ***Coleslaw*** - Mayonnaise, half and half, apple cider vinegar, cabbage, carrots, sugar and celery seed. *Contains milk, egg and soy.* .80

 ***White Cheddar Cheese Grits*** - Grits, white cheddar cheese, milk, butter, salt and white pepper. *Contains milk.* .80



 ***Ranch Potato Casserole*** - Hash brown potatoes tossed with ranch dressing and baked until bubbly. *Contains milk and egg.* .80

### Salads/Breads

**Salad of the Week: *Monterey Bean and Bacon Salad***- Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* .27 per oz.

**Bread: *Hushpuppies*** - *Contains wheat, egg and soy.* .40

## Sandwiches/Spread/Pizza

 <b>Whole Cheese Pizza</b> (Order daily on the Leftover Form)	7.00
<b>Whole Pepperoni Pizza</b> (Order daily on the Leftover Form)	7.50
<b>Specialty Pizza:</b> (Order daily on the Leftover Form) <b>Pesto Chicken Pizza</b> - Our crust with marinara sauce, topped with chicken strips, peppers, onions, pesto, parmesan and mozzarella cheeses. <i>Contains pine nuts.</i> <i>Pizzas contain wheat and milk.</i>	8.50
<b>Hamburger of the Week: Habanero Cheeseburger</b> - Our 1/3-pound Angus burger topped with a slice of Habanero cheese, served on a seeded bun. <i>Contains wheat and milk.</i>	3.00
 <b>Dieter's Delight: Lettuce Wraps</b> - 3 oz. turkey and 0.75 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. <i>Contains milk.</i>	2.00
 <b>Spread of the Week: Three Cheese and Sundried Tomato Spread</b> - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. <i>Contains milk.</i>	2.80
<b>Sandwich of the Week: Chicken Fillet Sandwich</b> - Breaded chicken patty served on a seeded bun. <i>Contains wheat.</i>	3.05


## Desserts

Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.


<b>Assorted Desserts:</b>	1.35
<b>Cookie: Snickerdoodle</b> - Orange zest flavors this delightful cookie, rolled in cinnamon sugar.	.55
<b>Bar: Strawberry Oatmeal Bar</b>	.55
<b>Yogurt: Non-Fat Vanilla</b> - <i>Contains milk.</i>	.22 per oz.
<b>Friday Breakfast Goodie: Blueberry Almond Ginger Muffins</b> from Great Harvest Bakery	


## Daily Fare for the Bldg R- Atrium Cafe, Thursday, May 17, 2012

### Soups



 <b>Cream of Spinach Soup</b> - Spinach, parmesan cheese, milk, garlic and nutmeg. <i>Contains milk and soy. May contain egg and wheat.</i>	1.40/2.35/3.70
<b>Jambalaya</b> - Scallops, shrimp, Andouille sausage, chicken, onions, green peppers, celery, rice, tomatoes and garlic. <i>Contains shellfish, wheat, milk and soy.</i>	1.90/3.10/5.10

### Entree/Sides - WEIGH DAY

<b>Taco Meat</b> - Ground beef with south of the border seasonings. Served with all the trimmings.	.27 per oz.
 <b>Mexican Rice</b> - Green peppers, tomatoes, green onions, cumin, garlic powder, and canola and olive oil blend.	.27 per oz.

-  **Spicy Black Beans** - Tomatoes, onions, hot sauce, cumin and garlic powder. .27 per oz.

## Salads/Bread

-  **Salad & Fruit Plate: *Chicken Salad*** - 203 cal., 7g fat *Contains egg and soy.* 2.70
-  **Spread of the Week Sandwich: *Three Cheese and Sundried Tomato Spread*** - 2.80  
Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains wheat and milk.*
- Salad of the Week: *Monterey Bean and Bacon Salad*** - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* 3.00
- Bread: *Hushpuppies*** - *Contains wheat, egg and soy.* .40



## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**



- Assorted Desserts:** 1.35
- Cookie: *Snickerdoodle*** - Orange zest flavors this delightful cookie, rolled in cinnamon sugar. .55
- Bar: *Strawberry Oatmeal Bar*** .55
- Yogurt: *Non-Fat No Sugar Added Peach / Non-Fat Mango*** - *Contains milk.* .22 per oz
- Friday Morning Breakfast Goodie: *Blueberry Almond Ginger Muffins*** from Great Harvest Bakery

## Daily Fare for the Bldg T - Overlook Cafe, Thursday, May 17, 2012









### Soups

-   **House Made Vegetable Soup** - A soup filled with wholesome vegetables, yellow and zucchini squash, cauliflower, broccoli, diced tomatoes, cabbage and sweet kernel corn, coupled with succulent Italian green beans, peas, potatoes and carrots, accented with hearty barley. *Contains wheat.* 1.40/2.35/3.70
- Lemon Chicken Soup** - Chicken breast meat, chicken stock, egg yolk, lemon juice and zest, rice and a touch of cream. *Contains egg and milk.* 1.40/2.35/3.70

### Entrees


-  **Fresh Tomato and Basil Quiche** - Tomatoes tossed in a house made pesto, baked in a seasoned custard of egg, milk, parmesan, Swiss and mozzarella cheeses. *Contains pine nuts, egg, milk and wheat.* 2.80
-  **Grilled Mahi-Mahi with a Sweet Citrus Glaze** - Grilled Mahi-mahi drizzled with a sweet citrus glaze of orange juice, lemon juice, lime juice and sugar. Origin: Panama 240 cal., 2.7g fat 3.85

### Sides




-   **Steamed Prince Edward Blend** - Green beans, wax beans and carrots. .80
-   **Sautéed Spinach** - Olive oil and salt. .80
-   **Garden Blend Rice** - Long grain and wild rice seasoned with vegetables and spices. *Contains milk and soy.* .80
-  **Corn Pudding** – Yellow corn, creamed style corn, flour, milk, sugar, Smart Balance®, eggs, salt and white pepper. *Contains egg, milk, wheat and soy.* .80
-  **Fried Zucchini** - Flour, onion powder, parsley, corn flour and soybean oil. *Contains soybean oil and wheat.* .80

## Salads/Breads

**Baked Potatoes, North Carolina Sweet Potatoes and Nachos available on the salad bar.** Salsa and sour cream are available in the cooler section.

-  **Salad of the Day: Oriental Pasta Salad** - Linguine tossed with shredded carrots, broccoli florets, soy sauce, lemon juice, sesame seeds, vegetable oil, garlic and hot sauce, garnished with grape tomatoes. *Contains soy and wheat. Sold by weight.* .27 per oz.
- Bread: Hard Rolls** - *Contains wheat.* .40

## Sandwiches/Spread

-  **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 1 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. *Contains milk. Lettuce Wraps without cheese are also available.* 2.00
- Sandwich of the Week: Meatball Sub** - Plump meatballs smothered in marinara sauce and melted provolone cheese on a hoagie roll. *Contains milk and wheat.* 3.05
- Wrap of the Week: Chicken Caesar Wrap** - Grilled chicken strips with romaine lettuce and shredded parmesan cheese wrapped in a flour tortilla with Caesar dressing. *Contains anchovies, egg, milk and wheat.* 3.00
-   **Spread of the Week: Hummus** - Garbanzo beans, Tahini dressing, lemon juice, garlic, Tabasco®, olive oil, parsley and salt. *Made in house in the Overlook Cafe.* 2.80

## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**



- Assorted Desserts:** 1.35
- Second Dessert: Carrot Cake**- Carrots, cinnamon and pecans, finished with a cream cheese frosting. *Made in house in the Overlook Cafe.* 1.60
- Cookie: Chocolate Chip** - *Some with pecans.* .55
- Yogurt: Edy's® Non-Fat Chocolate / Non-Fat Vanilla** *Contains milk.* .22 per oz.
- Friday Breakfast Goodie: Whole Grain Dark Chocolate Cherry Swirl**

## Friday


## Daily Fare for the Bldg F - Skylight Cafe, Friday, May 18, 2012

Interested in helping reduce our use of disposables? Check out the [Green is Global](#) article on the SWW and let us know you're interested!








### Soups

-  **Mixed Berry Soup** - Strawberries, blueberries, sour cream, heavy cream and brandy. Served chilled. **Contains milk.** 1.40/2.35/3.70
-  **Chicken and Sausage Gumbo** - Diced chicken, pork sausage, tomatoes, onions, okra, celery, green peppers, potatoes, rice, salt and seasonings. **Contains milk and modified food starch.** 140 cal., 2g fat, 24g carbs 1.40/2.35/3.70

### Entrees

-  **Vegetable Egg Rolls** - Cabbage, celery, carrots, bok choy, water chestnuts, bamboo shoots, onions, garlic, ginger, vegetable oil, salt and spices. **Contains wheat and egg.** 1.40 each
- Tempura Chicken** - Battered and fried chicken nuggets. Sweet and sour dipping sauce is available on the side. **Contains wheat.** 2.85


### Sides



-   **Steamed Sugar Snap Peas** .60
-   **Sautéed La Choy Blend Vegetables** - Sugar snaps, red pepper, broccoli, water chestnuts and bean sprouts with canola and olive oil blend. .80
-  **Lo Mein** - Sesame oil, soy sauce, scallions, mushrooms and carrots. **Contains soy and wheat.** .80
-  **Yellow Infused Rice** - Long grain rice, sugar, sunflower oil, olive oil and salt. **Contains milk and soy.** .80
-  **Port Glazed Mushrooms** - Canola and olive oil blend, balsamic vinegar, honey and tawny port. .80

### Salads/Breads

- Salad of the Week: Monterey Bean and Bacon Salad**- Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. **Contains milk.** .27 per oz.
- Bread: Banana Carrot Bread** .40


### Sandwiches/Spread/Pizza

-  **Whole Cheese Pizza** (Order daily on the Leftover Form) 7.00
- Whole Pepperoni Pizza** (Order daily on the Leftover Form) 7.50
- Specialty Pizza:** (Order daily on the Leftover Form) **Pesto Chicken Pizza** - Our crust with marinara sauce, topped with chicken strips, peppers, onions, pesto, parmesan and mozzarella cheeses. **Contains pine nuts.** Pizzas contain wheat and milk. 7.50

- Hamburger of the Week: *Habanero Cheeseburger*** - Our 1/3-pound Angus burger topped with a slice of Habanero cheese, served on a seeded bun. *Contains wheat and milk.* 3.00
-  **Dieter's Delight: *Lettuce Wraps*** - 3 oz. turkey and 0.75 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. *Contains milk.* 2.00
-  **Spread of the Week: *Three Cheese and Sundried Tomato Spread*** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains milk.* 2.80
- Sandwich of the Week: *Chicken Fillet Sandwich*** - Breaded chicken patty served on a seeded bun. *Contains wheat.* 3.05

## Sushi

**Salmon Origin: Atlantic, Tuna Origin: Indonesia Served with chopsticks, soy sauce, pickled ginger and Wasabi.**

- The following Sushi choices are available in our cooler section: *Vegetarian Roll, California Roll, Philadelphia Roll, Tuna Roll, Spicy Tuna Roll, Salmon Roll and Spicy Salmon Roll.*** Please see the sign located with the Sushi for a more detailed description and allergens on the Sushi we offer here. Made on SAS Campus in the Skylight Cafe. 5.50
-  **Seasoned Seaweed Salad** - Seaweed, red seaweed, wood ear mushrooms, sesame seed, red chili pepper, sugar, soy sauce, sesame oil and vinegar. *Contains soy and wheat.* 2.00

## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**

- First Dessert: *Tropical Fruit Fluff*** - Sweet mousse layered with crushed pineapple, cherry pie filling and Cool Whip®. 1.60
- Second Dessert: *Toll House® Pie*** - A flaky crust filled with a layer of chocolate chips and buttery custard. 1.60
- Cookie: *Sweet Dreams Cookie*** - Cookie dough with chopped walnuts, chocolate chips and ginger rolled in powdered sugar. .55
- Bar: *Lemon Bar*** .55
- Yogurt: *Non-Fat Chocolate*** - *Contains milk.* .22 per oz.
- Friday Breakfast Goodie: *Blueberry Almond Ginger Muffins*** from Great Harvest Bakery

## Daily Fare for the Bldg R - Atrium Cafe, Friday, May 18, 2012

### Soups

-   **Manager's Choice Soup** 1.40/2.35/3.70
-   **Manager's Choice Soup** 1.90/3.10/5.10

### Entrees

**Jalapeno Hummus Sandwich** - Chick peas, jalapenos, garlic, cumin, tahini, hot sauce

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 and olive oil, served in a seame pita pocket. *Contains wheat.* 3.00
- ♥
V
**BBQ Riblet Sandwich** - Tender, boneless riblets with Sweet Baby Ray's® BBQ sauce served on a seeded hamburger bun. *Contains wheat and modified food starch.* 3.00

## Sides/Salads/Bread

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**Baked Fries** .80
- ♥
V
**Four Bean Salad** - Garbanzo beans, wax beans, green beans, kidney beans, onions, bell peppers, sugar, vinegar and salt. .80
- ♥
**Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 1/2 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. Available in the deli case. *Contains milk.* 2.00
- ♥
**Salad & Fruit Plate: Shrimp Salad** - 198 cal., 5g fat *Contains shellfish.* 4.05
- V
**Spread of the Week Sandwich: Three Cheese and Sundried Tomato Spread** - Cheddar, American and Pepper Jack cheeses with sundried tomatoes. *Contains wheat and milk.* 2.80
- Salad of the Week: Monterey Bean and Bacon Salad** - Pinto beans, shredded Monterey Jack cheese, celery, red onions and crumbled bacon with a dressing of picante sauce, red wine vinegar and olive oil. *Contains milk.* 3.00
- Bread: Banana Carrot Bread** .40

## Sushi

**Salmon Origin: Atlantic, Tuna Origin: Indonesia Served with chopsticks, soy sauce, pickled ginger and Wasabi.**

*The following Sushi choices are available in our cooler section: Vegetarian Roll, California Roll, Philadelphia Roll, Tuna Roll, Spicy Tuna Roll, Salmon Roll and Spicy Salmon Roll. Please see the sign located with the Sushi for a more detailed description and allergens on the Sushi we offer here. Made on SAS Campus in the Skylight Cafe.* 5.50

- V
**Seasoned Seaweed Salad** - Seaweed, red seaweed, wood ear mushrooms, sesame seed, red chili pepper, sugar, soy sauce, sesame oil and vinegar. *Contains soy and wheat.* 2.00

## Desserts

**Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.**

- First Dessert: Tropical Fruit Fluff** - Sweet mousse layered with crushed pineapple, cherry pie filling and Cool Whip®. 1.60
- Second Dessert: Toll House® Pie** - A flaky crust filled with a layer of chocolate chips and buttery custard. 1.60
- Cookie: Sweet Dreams Cookie** - Cookie dough with chopped walnuts, chocolate chips and ginger rolled in powdered sugar. .55
- Bar: Lemon Bar** .55
- Yogurt: Non Fat Peach / Non Fat Mango** - *Contains milk.* .22 per oz

Friday Morning Breakfast Goodie: *Blueberry Almond Ginger Muffins* from Great Harvest Bakery

## Daily Fare for the Bldg T - Overlook Cafe, Friday, May 18, 2012

### Soups

- ♥ V **Seven Bean Vegetarian Soup** - Tomatoes, lima beans, kidney beans, celery, black eyed peas, great northern beans, pea beans, pinto beans, carrots, sweet red peppers, black beans, potatoes, onions, garlic and salt. 240 cal., 1g fat, 44g carbs 1.40/2.35/3.70
- ♥ **New England Clam Chowder** – Potatoes, skim milk, cream, clams, clam broth, sugar, celery, onions, salt, flour, butter and parsley. 200 cal., 4g fat, 30g carbs 1.90/3.10/5.10  
*Contains cod, milk, soy and wheat.*

### Entrees

- ♥ **Cattleman's Gold BBQ Chicken** - Oven roasted chicken quarters smothered in BBQ sauce of mustard, apple cider, vinegar, cayenne pepper, tomato, molasses and spices. 200 cal., 8g fat *Contains soy and wheat.* 2.85
- Pork Marsala** - Thinly sliced pork loin topped with a wild mushroom and Marsala wine sauce. 3.35

### Sides

- ♥ V **Roasted Vegetables** - Squash, zucchini, Roma tomatoes, red onions and carrots tossed with olive oil, garlic, salt and pepper. .80
- ♥ V **Stewed Okra and Tomatoes** - Salt and a touch of sugar. .80
- ♥ V **Egg Noodles** - Tossed with olive oil and parsley. *Contains egg and wheat.* .80
- V **Coleslaw** - Shredded green cabbage, shredded carrots, light mayonnaise, sugar, vinegar and salt. *Contains eggs and soybean oil.* .80
- V **Potato Salad** - Egg, celery, pickle relish, onion, mustard and light mayonnaise. *Contains egg, milk and soybean oil.* .80

### Salads/Breads

**Baked Potatoes, North Carolina Sweet Potatoes and Nachos available on the salad bar.** Salsa and sour cream are available in the cooler section.

- V **Salad of the Day: Oriental Pasta Salad** - Linguine tossed with shredded carrots, broccoli florets, soy sauce, lemon juice, sesame seeds, vegetable oil, garlic and hot sauce, garnished with grape tomatoes. *Contains soy and wheat. Sold by weight.* .27 per oz.
- Bread: Zucchini Bread** - Cinnamon and crushed pineapple. *Contains egg, milk and wheat. Made in house in the Overlook Cafe.* .40
- Whole Loaves of Zucchini Bread For Sale** - *Contains egg, milk and wheat.* Made in house in the Overlook Cafe. 3.60

### Sandwiches/Spread

- ♥ **Dieter's Delight: Lettuce Wraps** - 3 oz. turkey and 1 oz. cheese wrapped in green leaf lettuce for a quick grab-and-go meal. *Contains milk. Lettuce Wraps without cheese are also available.* 2.00
- Sandwich of the Week: Meatball Sub** - Plump meatballs smothered in marinara sauce and 3.05

melted provolone cheese on a hoagie roll. **Contains milk and wheat.**

**Wrap of the Week: Chicken Caesar Wrap** - Grilled chicken strips with romaine lettuce and shredded parmesan cheese wrapped in a flour tortilla with Caesar dressing. **Contains anchovies, egg, milk and wheat.** 3.00



**Spread of the Week: Hummus** - Garbanzo beans, Tahini dressing, lemon juice, garlic, Tabasco®, olive oil, parsley and salt. *Made in house in the Overlook Cafe.* 2.80

## Desserts

Unless otherwise stated, you can assume that our desserts, cookies and bars contain wheat, soy, milk and/or egg. If any other allergen is present it will be stated in the description of the item. If you have any questions about a particular dessert, please ask our staff.

**First Dessert: Pecan Pie** 1.60

**Second Dessert: Key Lime Pie** 1.60

**Cookie: Double Fudge Chocolate Cookie** .55

**Bar: Zebra Brownie** - A chocolate and cream cheese layered brownie. .55

**Yogurt: Edy's® Non-Fat No Sugar Added Vanilla / Non-Fat Pumpkin** **Contains milk.** .22 per oz.

**Friday Breakfast Goodie: Whole Grain Dark Chocolate Cherry Swirl**

Menu Icons:

Allergens icon | Heart Healthy | Farm to Fork | Vegetarian Icon