

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



Bldg F - Skylight Cafe - Monday, February 6, 2012

Foods-To-Go, Beverage Bar services and the dining room will be open during the kitchen remodeling through early March 2012.

Soups

 	<i>Soup of the Day</i>	2.35
	<i>Soup of the Day</i>	2.35

Sandwiches

	<i>Sandwich with Meat/Pimiento Cheese Spread</i> - A variety of pre-made sandwiches will be available.	2.80
	<i>Veggie Sandwich</i> - Egg salad, peanut butter and jelly.	2.00
	<i>Dieter's Delight Lettuce Wrap</i> - Turkey and cheese.	2.00
	<i>Hamburgers/Cheeseburgers</i>	2.50/2.85
	<i>Nathan's® All Beef Hot Dogs</i>	2.00
	<i>Veggieburgers/Veggie Cheeseburgers</i>	2.50/2.85

Salads

	<i>Scoop of Tuna, Chicken or Egg Salad</i>	2.00
	<i>Scoop of Seafood Sensation</i>	2.10
	<i>Carrot/Celery Stick Snack Cup/Sliced Apples</i>	1.40
	<i>Small Garden Salad</i>	1.40
	<i>Spinach Salad</i>	2.10
	<i>Large Garden Salad/Chicken Caesar Salad</i>	2.70
	<i>Chef's Salad</i>	3.20
	<i>Salad Dressing Packets</i>	.35

Hard Boiled Eggs .30

Miscellaneous

Piece of Whole Fruit/Cup of Grapes .55

Baked Potatoes/Baked Sweet Potatoes with Butter or Margarine .60

Baked Potatoes/Baked Sweet Potatoes with Assorted Toppings .95

Cup of Assorted Fresh Cut Fruit 2.05

Fruit Parfait 1.40

Dannon Yogurt .80

Greek Yogurt 1.20

Assorted Cereals 1.20

Bottled Water .35

Assorted Cookies/Bars .55



Granola Bar/Fiber One/Peanut Bar .60

Assorted Chips .60

Sweet Potato/Multigrain Chips 1.10

Daily Fare for the Bldg R - Atrium Cafe, Monday, February 6, 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

Jambalaya - Scallops, shrimp, Andouille sausage, chicken, onions, green peppers, 1.90/3.10/5.10 celery, rice, tomatoes and garlic. **Contains shellfish, wheat, milk and soy.**

Entrees

Sausage and Bean Ragoût - Italian sausage, ground beef, chicken broth, elbow macaroni, spinach, onions, tomatoes, white kidney beans, garlic, romano cheese, olive oil, fresh basil and oregano. **Contains wheat and milk.** 2.85

Herb Crusted Tilapia - Fillets seasoned with garlic, spices, salt, sugar, green onions, chives, parsley, rice flour and vegetable oil, then baked. **Contains fish and soy.** 3.85

Sides/Salads/Bread

  **Steamed Cauliflower** .60

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Oven Roasted Prince Edward Blend - Green beans, wax beans and carrots with olive oil blend. .80
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Tomato Basil Infused Rice - Long grain rice, tomatoes, beets, parmesan cheese, cream, butter, vegetable oil, paprika, sugar and salt. **Contains soy, wheat and milk.** .80
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Salad & Fruit Plate: Tuna Salad - 183 cal., 3g fat **Contains fish, egg and soy.** 2.70
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Spread of the Week Sandwich: Jalapeño Cilantro Hummus - Chickpeas, jalapeños, fresh cilantro, garlic, soy sauce, olive oil, cumin, lemon juice, salt and pepper. **Contains soy and wheat.** 2.80
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Salad of the Week: Black Bean Salad - Black beans, corn, green onions, jalapeños, bell peppers, avocado, pimientos, tomatoes, cilantro, lime juice, Italian salad dressing and garlic salt. 159 cal., 6.3g fat 3.00
- Bread: Corn Muffins** - **Contains wheat, milk and egg.** .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: Orange Iced Cake** 1.60
- Second Dessert: Chocolate Cream Pie** 1.60
- Cookie: Chocolate Chip Cookie** .55
- Bar: Key Lime Bar**
- Yogurt: Non-Fat Chocolate / Non-Fat Vanilla** - **Contains milk.** .22 per oz

Daily Fare for the Bldg T - Overlook Cafe, Monday, February 6, 2012









Soups

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Vegetable Soup - Diced tomatoes in tomato juice, potatoes, carrots, corn, peas, okra, celery, green beans, baby lima beans, onions, sugar, garlic and salt. 140 cal., 1g fat **Contains soy and wheat.** 1.40/2.35/3.70
- Overlook Homemade Chicken Noodle Soup** - Chicken, chicken broth, egg noodles and parsley. **Contains egg and wheat.** 1.40/2.35/3.70

Entrees



- Spinach Ravioli Bake** - Breaded sausage ravioli baked with spinach in a savory tomato sauce, then topped with mozzarella and parmesan cheese. **Contains egg, milk, soy and wheat.** 2.85
- Grilled Marinated Shrimp Skewers** - Lightly seasoned shrimp, skewered and finished with a lemon butter sauce. 50 cal., 3.5g fat per skewer **Contains shrimp, milk and wheat.** 3.85

Sides



-   **Steamed Edamame** .60
-   **Steamed 5 Way Vegetable Blend** - Carrots, corn, peas, green beans and baby lima beans. .80
-  **Broccoli Almandine** - Broccoli florets topped with buttery toasted almonds. *Contains almonds and soy.* .80
-   **Warm Saffron Couscous Salad** - Saffron couscous mixed with raisins, toasted almonds, green onions, red pepper, celery and seasonings. *Contains almonds.* .80
-  **Artichoke Parmesan Casserole** - White wine, parmesan cheese, onion powder, cayenne pepper, salt, sour cream, mayonnaise and buttered breadcrumbs. *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: Waldorf Salad** - Diced red and green apples, celery, raisins, sugar, lemon juice and light mayonnaise. 130 cal., 6g fat *Contains egg and soy.* Sold by weight .27 per oz.
- Bread: Banana Bread** - Some with nuts. *Contains egg, wheat and some with nuts.* .40
- Whole Loaves of Banana Bread For Sale.** Some with nuts. *Contains egg, wheat and some with nuts.* 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: Turkey Burger** - Turkey Burger topped with lettuce and tomato served on a hamburger bun. *Contains wheat.* 3.05
- Wrap of the Week: Chicken Club Wrap** - Grilled chicken strips, bacon and Swiss cheese drizzled with ranch dressing then wrapped with lettuce and tomato in a flour tortilla. *Contains milk and wheat.* 3.00
-  **Spread of the Week: Pimiento Cheese** - Shredded cheddar cheese, light mayonnaise, diced pimientos and black pepper. *Contains egg, soybean oil and milk. 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: Classic Chocolate Cake** 1.60
- Second Dessert: German Peach Pudding** - Juicy peaches topped with a golden flaky crust. 1.60
- Cookie: Coconut Macaroons** - Some dipped in chocolate. *Contains coconut.* .55
- Bar: Oatmeal Raspberry Bar** - Oats and raspberry jam. .55
- Yogurt: Edy's® Non-Fat Chocolate / Non-Fat Chocolate Mint** *Contains milk.* .22 per oz.

Tuesday

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

Bldg F - Skylight Cafe - Tuesday, February 7, 2012

Foods-To-Go, Beverage Bar services and the dining room will be open during the kitchen remodeling through early March 2012.

Soups

 	<i>Soup of the Day</i>	2.35
	<i>Soup of the Day</i>	2.35

Sandwiches

	<i>Tuscan Turkey Sandwich</i> - Sliced turkey, Swiss cheese, mayonnaise, roasted red peppers and red onions on Focaccia Bread.	3.00
	<i>Sandwich with Meat/Pimiento Cheese Spread</i> - A variety of pre-made sandwiches will be available.	2.80
	<i>Veggie Sandwich</i> - Egg salad, peanut butter and jelly.	2.00
	<i>Dieter's Delight Lettuce Wrap</i> - with Turkey and Cheese.	2.00
	<i>Hamburgers/Cheeseburgers</i>	2.50/2.85
	<i>Veggieburgers/Veggie Cheeseburgers</i>	2.50/2.85
	<i>Nathan's® All Beef Hot Dogs</i>	2.00



Salads

	<i>Scoop of Tuna, Chicken or Egg Salad</i>	2.00
	<i>Scoop of Seafood Sensation</i>	2.10
	<i>Carrot/Celery Stick Snack Cup/Sliced Apples</i>	1.40
	<i>Small Garden Salad</i>	1.40
	<i>Spinach Salad</i>	2.10
	<i>Large Garden Salad/Chicken Caesar Salad</i>	2.70
	<i>Chef's Salad</i>	3.20
	<i>Salad Dressing Packets</i>	

	.35
Hard Boiled Eggs	.30
Miscellaneous	
Piece of Whole Fruit/ Cup of Grapes	.55
Baked Potatoes/Baked Sweet Potatoes with Butter or Margarine	.60
Baked Potatoes/Baked Sweet Potatoes with Assorted Toppings	.95
Cup of Assorted Fresh Cut Fruit	2.05
Fruit Parfait	1.40
Dannon Yogurt	.80
Greek Yogurt	1.20
Assorted Cereals	1.20
Bottled Water	.35
Assorted Cookies/Bars	.55
Granola Bar/Fiber One/Peanut Bar	.60
Assorted Chips	.60
Sweet Potato/Multigrain Chips	1.10

Daily Fare for the Bldg R - Atrium Cafe, Tuesday, February 7, 2012

Soups











-  **Minestrone** - Beef broth, diced tomatoes, kidney beans, carrots, potatoes, zucchini, Italian green beans, spinach, garbanzo beans, shell macaroni, mushrooms, celery and onions. **Contains egg, milk and wheat.** 160 cal., 1g fat 1.40/2.35/3.70
-  **Italian Wedding Soup** - Meatballs, pasta, onions and spinach in a rich chicken broth seasoned with garlic. **Contains wheat, soy and milk.** 180 cal., 5g fat, 24g carbs. 1.40/2.35/3.70

Entrees

- Spicy Veggie Curry** - Tomatoes, onions, zucchini, yellow squash, coconut milk, hot sauce, peppers, potatoes, mushrooms and curry powder. **Contains coconut.** 2.80
- Broccoli and Cheese Stuffed Chicken** - Breaded chicken breast filled with chopped broccoli, American, Swiss and parmesan cheeses. **Contains milk, wheat and soy.** 2.85

Sides/Salads/Bread


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-   **Steamed Sugar Snaps** .60
-   **Oven Roasted Malibu Blend** - Yellow and orange carrots, broccoli and cauliflower tossed with olive oil blend. .80
-   **Bowtie Pasta** - Parsley and olive oil. *Contains wheat.* .80
-  **Salad & Fruit Plate: Chicken Salad - 203 cal., 7g fat** *Contains egg and soy.* 2.70
-  **Spread of the Week Sandwich: Jalapeño Cilantro Hummus** - Chickpeas, jalapeños, fresh cilantro, garlic, soy sauce, olive oil, cumin, lemon juice, salt and pepper. *Contains soy and wheat.* 2.80
-   **Salad of the Week: Black Bean Salad** - Black beans, corn, green onions, jalapeños, bell peppers, avocado, pimientos, tomatoes, cilantro, lime juice, Italian salad dressing and garlic salt. 159 cal., 6.3g fat 3.00
- Bread: LeBrea Rolls -** *Contains wheat.* .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.

-  **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: Tiramisu** 1.60
- Second Dessert: Sweet Potato Pie** 1.60
- Cookie: Oatmeal Raisin Cookie** .55
- Bar: Blonde Brownie -** *Contains walnuts.*
- Yogurt: Non-Fat Chocolate / Non-Fat Vanilla -** *Contains milk.* .22 per oz


Daily Fare for the Bldg T - Overlook Cafe, Tuesday, February 7, 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

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

Entrees

- Mel's California Chicken** 2.85
-  **Coffee Pork Tenderloin** - Pork tenderloin rubbed with ground coffee spices and a hint of cocoa then grilled to perfection. 270 cal., 10g fat 3.35

Sides

-   **Steamed Cabbage** .60
-   **Sautéed Green Beans** - Olive oil, garlic and salt. .80
-   **Honey Dill Baby Carrots** - Baby carrots tossed in honey and dill. **Contains soy.** .80
-   **Black Eyed Pea Salad** - Black eyed peas seasoned with red and yellow peppers, red onions, pickled jalapenos, parsley, sugar, olive oil, cumin and salt then tossed with a red wine balsamic vinaigrette. *Served chilled.* .80
- Spanish Rice** - Long grain rice, Spanish seasoning, tomatoes, onions, red and green bell peppers, garlic, paprika, parsley, sugar and salt. **Contains wheat and soy.** .80
-  **Mini Penne Pasta** - Mini penne tossed with olive oil, parsley and salt. **Contains wheat.** 1.25/1.75/2.65



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: Tuna Macaroni Salad – Tuna, elbow macaroni, celery, sweet pickles and onions tossed with light mayonnaise. **Contains egg, fish, soy and wheat.** Sold by weight .27 per oz.

Bread: Whole Wheat Bread - **Contains milk and wheat.** *Made in house in the Overlook Cafe.* .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: Turkey Burger** - Turkey Burger topped with lettuce and tomato served on a hamburger bun. **Contains wheat.** 3.05
- Wrap of the Week: Chicken Club Wrap** - Grilled chicken strips, bacon and Swiss cheese drizzled with ranch dressing then wrapped with lettuce and tomato in a flour tortilla. **Contains milk and wheat.** 3.00
-  **Spread of the Week: Pimiento Cheese** - Shredded cheddar cheese, light mayonnaise, diced pimientos and black pepper. **Contains egg, soybean oil and milk.** *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

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: No Sugar Added Blueberry Pie** 1.60
- Second Dessert: Chocolate Chess Pie** - Nestled in a flaky crust. 1.60
- Cookie: Heath® Bar Cookie** - Studded with crushed Heath® toffee candy bar. **Contains almonds.** .55
- Yogurt: Edy's® Non-Fat Chocolate / Non-Fat Chocolate Mint** **Contains milk.** .22 per oz.

Wednesday

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Bldg F - Skylight Cafe - Wednesday, February 8, 2012

Foods-To-Go, Beverage Bar services and the dining room will be open during the kitchen remodeling through early March 2012.

Soups

-  **Soup of the Day** 2.35
- Soup of the Day** 2.35

Sandwiches

- Pork BBQ Sandwiches** - Boneless pork in a tomato BBQ sauce served on a hamburger roll. **Contains soy, wheat and anchovies.** 3.00
- Sandwich with Meat/Pimiento Cheese Spread** - A variety of pre-made sandwiches will be available. 2.80
-  **Veggie Sandwich** - Egg salad, peanut butter and jelly. 2.00
- Dieter's Delight Lettuce Wrap** - with Turkey and Cheese. 2.00
- Hamburgers/Cheeseburgers** 2.50/2.85
-  **Veggieburgers/Veggie Cheeseburgers** 2.50/2.85
- Nathan's® All Beef Hot Dogs** 2.00

Salads


<i>Scoop of Tuna, Chicken or Egg Salad</i>	2.00
<i>Scoop of Seafood Sensation</i>	2.10
<i>Carrot/Celery Stick Snack Cup/Sliced Apples</i>	1.40
<i>Small Garden Salad</i>	1.40
<i>Spinach Salad</i>	2.10
<i>Large Garden Salad/Chicken Caesar Salad</i>	2.70
<i>Chef's Salad</i>	3.20
<i>Salad Dressing Packets</i>	.35
<i>Hard Boiled Eggs</i>	.30

Miscellaneous


<i>Piece of Whole Fruit/Cup of Grapes</i>	.55
<i>Baked Potatoes/Baked Sweet Potatoes with Butter or Margarine</i>	.60
<i>Baked Potatoes/Baked Sweet Potatoes with Assorted Toppings</i>	.95
<i>Cup of Assorted Fresh Cut Fruit</i>	2.05
<i>Fruit Parfait</i>	1.40
<i>Dannon Yogurt</i>	.80
<i>Greek Yogurt</i>	1.20
<i>Assorted Cereals</i>	1.20
<i>Bottled Water</i>	.35
<i>Assorted Cookies/Bars</i>	.55
<i>Granola Bar/Fiber One/Peanut Bar</i>	.60
<i>Assorted Chips</i>	.60
<i>Sweet Potato/Multigrain Chips</i>	1.10

Daily Fare for the Bldg R - Atrium Cafe, Wednesday, February 8, 2012

Soups

- Cream of Spinach and Artichoke Soup*** - Bacon, cream cheese, sour cream, milk, romano, parmesan and mozzarella cheeses, artichoke hearts, spinach, onions, garlic, butter, cornstarch and salt. **Contains mik, wheat and soy.** 1.40/2.35/3.70
-  ***Sweet Pepper & Beef Soup*** - A zesty tomato broth seasoned with garlic and thyme, brimming with sweet peppers, ground beef, diced tomatoes, celery and rice. 90 cal., 1.5g fat, 14g carbs. 1.90/3.10/5.10

Entrees

- Austin Blues® BBQ Beef*** - Hickory smoked beef brisket with salt, black pepper, paprika, red pepper, garlic and cornstarch. 3.35
-  ***Happy Shrimp*** 3.85

Sides/Salads/Bread

-   ***Sautéed Cabbage with Red Pepper Flakes*** - Olive oil blend. .80
-   ***Oven Roasted Cape Cod Blend*** - Broccoli, carrots, sugar snap peas, green peppers and cranberries tossed with olive oil blend. .80
-  ***Au Gratin Potatoes*** - Milk, Smart Balance®, cheese and sliced potatoes. **Contains milk, soy and wheat.** .80
-  ***Spread of the Week Sandwich: Jalapeño Cilantro Hummus*** - Chickpeas, jalapeños, fresh cilantro, garlic, soy sauce, olive oil, cumin, lemon juice, salt and pepper. **Contains soy and wheat.** 2.80
-   ***Salad of the Week: Black Bean Salad*** - Black beans, corn, green onions, jalapeños, bell peppers, avocado, pimientos, tomatoes, cilantro, lime juice, Italian salad dressing and garlic salt. 159 cal., 6.3g fat 3.00
- Bread: Multigrain Rolls - 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: Lemon Italian Cream Cake** 1.60
- Second Dessert: Apple Pie** 1.60
- Cookie: M&M® Cookie** - Cookie studded with colorful M&M® candies. **May contain peanuts.** .55
- Bar: Chocolate Chip Macaroons - Contains coconut.**
- Yogurt: Non-Fat Chocolate / Non-Fat Vanilla - Contains milk.** .22 per oz

Daily Fare for the Bldg T - Overlook Cafe, Wednesday, February 8, 2012











Soups

-   **Italian Wedding Soup** - Meatballs and spinach in chicken broth seasoned with garlic. 240 cal., 8g fat, 28g carbs **Contains milk, soy and wheat.** 1.40/2.35/3.70
-   **House Made Chicken Tortilla Soup** 1.40/2.35/3.70

Entrees

-   **Black Bean Chili** - Black beans simmered with onion, red and green peppers, jalapenos, celery, tomatoes and spice, accented with a touch of cocoa and cilantro. 289 cal., 9g fat without rice. *Try it over rice. Rice is not included.* 2.80
- BBQ Beef Ribs** - Tender beef ribs smothered with a mild BBQ sauce. 3.35

Sides

-   **White Rice** .60
-   **Steamed Malibu Blend Vegetables** - Broccoli, cauliflower, carrots and yellow squash. .80
-   **Sautéed Spinach** - Olive oil and salt. .80
-   **Lima Beans** - Smart Balance® and salt. **Contains soy.** .80
-  **Boiled New Potatoes** - With parsley and Smart Balance®. **Contains soy.** .80
-  **Zucchini and Tomato Casserole** - Zucchini, stewed tomatoes, Swiss cheese and breadcrumbs. **Contains milk 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: Tuna Macaroni Salad – Tuna, elbow macaroni, celery, sweet pickles and onions tossed with light mayonnaise. **Contains egg, fish, soy and wheat.** Sold by weight .27 per oz.

Bread: Corn Muffin - **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: Turkey Burger** - Turkey Burger topped with lettuce and tomato served on a hamburger bun. **Contains wheat.** 3.05
-   **Wrap of the Week: Chicken Club Wrap** - Grilled chicken strips, bacon and Swiss cheese drizzled with ranch dressing then wrapped with lettuce and tomato in a flour tortilla. **Contains milk and wheat.** 3.00
-   **Spread of the Week: Pimiento Cheese** - Shredded cheddar cheese, light mayonnaise, diced pimientos and black pepper. **Contains egg, soybean oil and milk.** *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: <i>Three Layer Dessert</i> - A shortbread crust studded with pecans, layered with a creamy cream cheese filling and milk chocolate pudding. Topped with fresh whipped cream and garnished with chocolate shavings. <i>Contains pecans.</i>	1.60
Second Dessert: <i>White Cake with White Icing</i>	1.60
Cookie: <i>Sugar Cookie</i>	.55
Bar: <i>Shortbread</i>	.55
Yogurt: <i>Edy's® Non-Fat Strawberry / Non-Fat Vanilla</i> <i>Contains milk.</i>	.22 per oz.

Thursday

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Bldg F - Skylight Cafe - Thursday, February 9, 2012

Foods-To-Go, Beverage Bar services and the dining room will be open during the kitchen remodeling through early March 2012.

Soups

 <i>Soup of the Day</i>	2.35
<i>Soup of the Day</i>	2.35

Sandwiches

<i>Chicken Fillet Sandwich</i> - Breaded chicken breast served on a hamburger roll. <i>Contains soy and wheat.</i>	3.00
<i>Sandwich with Meat/Pimiento Cheese Spread</i> - A variety of pre-made sandwiches will be available.	2.80
 <i>Veggie Sandwich</i> - Egg salad, peanut butter and jelly.	2.00
<i>Dieter's Delight Lettuce Wrap</i> - with Turkey and Cheese.	2.00
<i>Hamburger/Cheeseburger</i>	2.50/2.85
 <i>Veggieburger/Veggie Cheeseburger</i>	2.50/2.85
<i>Nathan's® All Beef Hot Dogs</i>	2.00

Salads

<i>Scoop of Tuna, Chicken or Egg Salad</i>	2.00
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<i>Scoop of Seafood Sensation</i>	2.10
<i>Carrot/Celery Stick Snack Cup/Sliced Apples</i>	1.40
<i>Small Garden Salad</i>	1.40
<i>Spinach Salad</i>	2.10
<i>Large Garden Salad/Chicken Caesar Salad</i>	2.70
<i>Chef's Salad</i>	3.20
<i>Salad Dressing Packets</i>	.35
<i>Hard Boiled Eggs</i>	.30

Miscellaneous

<i>Piece of Whole Fruit/Cup of Grapes</i>	.55
<i>Baked Potatoes/Baked Sweet Potatoes with Butter or Margarine</i>	.60
<i>Baked Potatoes/Baked Sweet Potatoes with Assorted Toppings</i>	.95
<i>Cup of Assorted Fresh Cut Fruit</i>	2.05
<i>Fruit Parfait</i>	1.40
<i>Dannon Yogurt</i>	.80
<i>Greek Yogurt</i>	1.20
<i>Assorted Cereals</i>	1.40
<i>Bottled Water</i>	.35
<i>Assorted Cookies/Bars</i>	.55
<i>Granola Bar/Fiber One/Peanut Bar</i>	.60
<i>Assorted Chips</i>	.60
<i>Sweet Potato/Multigrain Chips</i>	1.10

Daily Fare for the Bldg R - Atrium Cafe, Thursday, February 9, 2012

Soups



Garden Vegetable Soup


1.40/2.35/3.70












Chef's Choice Soup

1.90/3.10/5.10

Entrees

-  **Spaghetti with Mushroom Sauce** - Marinara sauce with sliced mushrooms and Italian seasonings. Served over vermicelli. **Contains wheat.** 2.80
- Spinach and Chicken Cannelloni** - Alfredo sauce. **Contains milk.** 2.85


Sides/Salads/Bread

-   **Steamed Broccoli** .60
-  **Oven Roasted Mediteranean Blend** - 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
-   **Vermicelli** - Tossed with olive oil blend. Plain no sauce. **Contains wheat.** .80
-  **Salad & Fruit Plate: Chicken Salad - 203 cal., 7g fat** **Contains egg and soy.** 2.70
-  **Spread of the Week Sandwich: Jalapeño Cilantro Hummus** - Chickpeas, jalapeños, fresh cilantro, garlic, soy sauce, olive oil, cumin, lemon juice, salt and pepper. **Contains soy and wheat.** 2.80
-   **Salad of the Week: Black Bean Salad** - Black beans, corn, green onions, jalapeños, bell peppers, avocado, pimientos, tomatoes, cilantro, lime juice, Italian salad dressing and garlic salt. 159 cal., 6.3g fat 3.00
- Bread: Italian Flat Bread -** **Contains wheat, milk and soy.** .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.

-  **Seasoned Seaweed Salad - Seaweed, red seaweed, woodear 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: Champagne Cake** 1.60
- Second Dessert: Baklava** - Flaky layers of pastry with walnuts, cinnamon and spices make up this wonderful Greek dessert. 1.60
- Cookie: Peanut Butter Cookie** .55




Bar: *Tempting Treasure Bar* - *Contains coconut and walnuts.* .55

Yogurt: *Non-Fat No Sugar Added Strawberry / Non-Fat White Chocolate* - *Contains milk.* .22 per oz

Friday Morning Breakfast Goodie: *Whole Wheat White Chocolate Cherry Swirl Loaf*

Daily Fare for the Bldg T - Overlook Cafe, Thursday, February 9, 2012










Soups

-   **Mushroom and Brie Bisque** - Mushrooms, brie cheese, onions, potatoes, heavy cream, whole milk, butter, Swiss cheese, tomato sauce, salt, garlic and sherry. *Contains milk, soy and wheat.* 1.40/2.35/3.70
-  **Tomato Tortellini Soup** – Beef broth, cheese tortellini, salt, onions, spinach, parsley, tomatoes, burgundy wine and parmesan cheese. 110 cal., 1.5g fat, 19g carbs *Contains wheat and milk.* 1.40/2.35/3.70

Entrees

- Smoked Pork Chop** - Grilled 8 oz. bone in smoked pork chop. 2.85
- Broiled Fresh Fish** 3.85

Sides

-   **Steamed Prince Edward Blend** - Green beans, wax beans and carrots. .80
-   **Sautéed Yellow Squash** - Olive oil and salt. .80
-   **Collards** - Seasoned with vinegar, salt and vegetable broth. .80
-  **Buttered Corn** - *Contains milk.* .80
-  **Fried Potato Wedges** - *Contains soybean oil.* .80
-  **Pineapple Casserole** - Pineapple chunks, cheddar cheese, flour and sugar, topped with Ritz® cracker crumbs tossed in Smart Balance® then baked to a golden brown. *Contains milk, 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: Tuna Macaroni Salad – Tuna, elbow macaroni, celery, sweet pickles and onions tossed with light mayonnaise. *Contains egg, fish, soy and wheat.* Sold by weight .27 per oz.

Bread: Dill Rolls - *Contains wheat.* .40

Sandwiches/Spread

Dieter's Delight: Lettuce Wraps - 3 oz. turkey and 1 oz. cheese wrapped in green leaf 2.00



lettuce for a quick grab-and-go meal. **Contains milk.** *Lettuce Wraps without cheese are also available.*

Sandwich of the Week: Turkey Burger - Turkey Burger topped with lettuce and tomato served on a hamburger bun. **Contains wheat.** 3.05

Wrap of the Week: Chicken Club Wrap - Grilled chicken strips, bacon and Swiss cheese drizzled with ranch dressing then wrapped with lettuce and tomato in a flour tortilla. **Contains milk and wheat.** 3.00



Spread of the Week: Pimiento Cheese - Shredded cheddar cheese, light mayonnaise, diced pimientos and black pepper. **Contains egg, soybean oil and milk.** *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

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: Glo McNeill's Luscious Lemon Pudding 1.60

Second Dessert: Carrot Cake - Carrots, cinnamon and pecans, finished with a cream cheese frosting. **Contains pecans.** 1.60

Cookie: Chocolate Chip - *Some with pecans.* .55

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

Friday Breakfast Goodie: Whole Wheat White Chocolate Cherry Swirl from the Great Harvest Bread Company

Friday

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

Bldg F - Skylight Cafe - Friday, February 10, 2012

Foods-To-Go, Beverage Bar services and the dining room will be open during the kitchen remodeling through early March 2012.

Soups



Soup of the Day 2.35

Soup of the Day 2.35

Sandwiches

	Breaded Fish Fillet Sandwich - Breaded flounder fillet served on a hamburger roll. <i>Contains fish and wheat</i>	3.00
	Sandwich with Meat/Pimiento Cheese Spread - A variety of pre-made sandwiches will be available.	2.80
	Veggie Sandwich - Egg salad, peanut butter and jelly.	2.00
	Dieter's Delight Lettuce Wrap - Turkey and Cheese.	2.00
	Hamburgers/Cheeseburgers	2.50/2.85
	Nathan's® All Beef Hot Dogs	2.00
	Veggieburgers/Veggie Cheeseburgers	2.50/2.85

Salads

	Scoop of Tuna, Chicken or Egg Salad	2.00
	Scoop of Seafood Sensation	2.10
	Carrot/Celery Stick Snack Cup/Sliced Apples	1.40
	Small Garden Salad	1.40
	Spinach Salad	2.10
	Large Garden Salad/Chicken Caesar Salad	2.70
	Chef's Salad	3.20
	Salad Dressing Packets	.35



Miscellaneous

	Hard Boiled Eggs	.30
	Baked Potatoes/Baked Sweet Potatoes with Butter or Margarine	.60
	Baked Potatoes/Baked Sweet Potatoes with Assorted Toppings	.95
	Piece of Whole Fruit/Grapes	.55
	Cup of Assorted Fresh Cut Fruit	2.05
	Fruit Parfait	1.40
	Dannon Yogurt	.80


<i>Greek Yogurt</i>	1.20
<i>Assorted Cereals</i>	.50
<i>Bottled Water</i>	.35
<i>Assorted Cookies/Bars</i>	.55
<i>Granola Bar/Fiber One/Peanut Bar</i>	.60
<i>Assorted Chips</i>	.60
<i>Sweet Potato/Multigrain Chips</i>	1.10

Daily Fare for the Bldg R - Atrium Cafe, Friday, February 10, 2012











Soups

-   **Portobello Mushroom and Barley Soup** - Portobello mushrooms, diced tomatoes, carrots, spinach, barley, onions, sauterne wine, sugar, garlic, lemon juice and sesame seed oil. 140 cal., 3g fat, 26g carbs. *Contains modified food starch.* 1.40/2.35/3.70
- Tequila Spiked Fiesta Chicken Soup** - Cream, chicken broth, diced chicken, corn, green peppers, onions, brown rice, red peppers, jalapenos, chili peppers, garlic, tequila, green onions, cilantro and lime juice. *Contains milk, soybean oil and modified food starch.* 1.40/2.35/3.70

Entrees

-  **Black Bean Tortilla Casserole** - Sautéed black beans, onions, green peppers, corn and tomatoes seasoned with garlic and cumin, then layered with picante sauce, light sour cream, corn tortillas, Monterey Jack and cheddar cheeses. *Contains milk.* 2.80
- Steak and Cilantro Empanadas** - Made with greens, garlic and bell peppers. Salsa on the side. *Contains wheat, soy, milk and egg.* 3.35

Sides/Salads/Bread

-   **Steamed Corn** .60
-   **Oven Roasted Capri Blend** - Crinkle cut carrots, French cut green beans, yellow squash, and zucchini tossed with olive oil blend. .80
-   **Mexican Rice** - Green peppers, tomatoes, green onions, cumin, garlic powder, and canola and olive oil blend. .80
-  **Salad & Fruit Plate: Shrimp Salad** - 198 cal., 5g fat *Contains shellfish.* 4.00
-  **Spread of the Week Sandwich: Jalapeño Cilantro Hummus** - Chickpeas, jalapeños, fresh cilantro, garlic, soy sauce, olive oil, cumin, lemon juice, salt and pepper. *Contains soy and wheat.* 2.80
-   **Salad of the Week: Black Bean Salad** - Black beans, corn, green onions, jalapeños, bell peppers, avocado, pimientos, tomatoes, cilantro, lime juice, Italian salad dressing and garlic salt. 159 cal., 6.3g fat 3.00
- Bread: Assorted Breads** - *Contains wheat. May also contain milk, soy or egg.* .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: <i>Assorted Cakes</i>	1.60
Second Dessert: <i>Assorted Pies</i>	1.60
Cookie: <i>Assorted Cookies</i>	.55
Bar: <i>Assorted Bars</i>	.55
Yogurt: <i>Non-Fat Strawberry / Non-Fat White Chocolate</i> - <i>Contains milk.</i>	.22 per oz
Friday Morning Breakfast Goodie: <i>Whole Wheat White Chocolate Cherry Swirl Loaf</i>	

Daily Fare for the Bldg T - Overlook Cafe, Friday, February 10, 2012









Soups

-  **Sweet Potato Soup** - Sweet potatoes simmered in vegetable broth with cinnamon, nutmeg, molasses and cream then pureed. Toasted pecans available on the side. *Contains milk.* 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

-  **Tandoori Chicken** - Boneless, skinless chicken breast with non-fat plain yogurt, lemon juice, olive oil, turmeric, ginger, garlic, curry and chili powder. 270 cal., 7g fat 2.85
-  **Jalapeno-Beer Marinated Flank Steak** - Garlic, black pepper, jalapenos, beer, soy sauce, red wine vinegar, sugar, coriander and hot sauce. 239 cal., 10g fat 3.35

Sides

-   **Steamed Baby Carrots** .60
-   **Sautéed Italian Blend** - Zucchini, cauliflower, crinkle cut carrots, Italian beans and lima beans sautéed with olive oil and salt. .80
-   **Curried Rice** - Rice seasoned with coconut and curry. *Contains coconut.* .80
-  **Fire Roasted Tomato and Jack Grits** - Grits seasoned with fire roasted tomatoes, Monterey Jack cheese, Smart Balance® and salt. *Contains milk and soy.* .80
-  **Golden Potato Casserole** - Cream of mushroom soup, sour cream, salt, pepper, hash brown potatoes, onions, green peppers and cheddar cheese. *Contains milk, 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: *Tuna Macaroni Salad* – Tuna, elbow macaroni, celery, sweet pickles and onions tossed with light mayonnaise. *Contains egg, fish, soy and wheat.* Sold by weight .27 per oz.


Bread: *Naan* - Indian flat bread. *Contains 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: *Turkey Burger* - Turkey Burger topped with lettuce and tomato served on a hamburger bun. *Contains wheat.* 3.05

Wrap of the Week: *Chicken Club Wrap* - Grilled chicken strips, bacon and Swiss cheese drizzled with ranch dressing then wrapped with lettuce and tomato in a flour tortilla. *Contains milk and wheat.* 3.00

 **Spread of the Week: *Pimiento Cheese*** - Shredded cheddar cheese, light mayonnaise, diced pimientos and black pepper. *Contains egg, soybean oil and milk. 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: 1.60

Dessert: *Strawberry Cake* - White layers studded with strawberries, finished with cream cheese frosting. 1.60

Assorted Cookies: .55

Bar: *Brownie* .55

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

Friday Breakfast Goodie: *Whole Wheat White Chocolate Cherry Swirl* from the Great Harvest Bread Company

Menu Icons:

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