

# SAGE ADVICE

Menu items, tips, and resources from your dining provider!

## Don't Miss These Combos the Week of Oct. 20!

*\$7.99 including a fountain drink*

- **Monday** - Butter Chicken, Basmati Rice, Sautéed Green Beans, and Grilled Pita Bread
- **Tuesday** - Burrito Bowl Bar
- **Wednesday** - Chicken Cheesesteak Pasta, Garlic Bread, Rotini Pasta (GF), and Seasoned Broccoli
- **Thursday** - House-Roasted Beef, Roasted Red Potatoes, and Baby Carrots with Fresh Parsley



FULL MENU

## Vegetarian Awareness Month

There are a lot of myths about vegetarian diets, such as the idea that a plant-based diet can't meet your nutrient needs. But according to the Academy of Nutrition and Dietetics, well-balanced vegetarian (and vegan!) diets offer tons of health benefits. And when it comes to protein, plant-based eaters have plenty of options, including soy, legumes, quinoa, seitan, and more!

To quickly find vegetarian or vegan dishes, use the eating pattern filters in the Touch of SAGE app or check for the symbols on signs in the dining hall.



VEGETARIAN



VEGAN