

The Jet Stream

MONTHLY DINING NEWS AT SGTC



BUSSIN' MENU ALERT

Your Fave Eats Have Landed

We've enhanced dining at The Landings to better reflect the evolving tastes of South Georgia Technical College guests. Based on valuable feedback received both onsite and through Voice of the Consumer surveys, our culinary team has introduced a wider variety of diverse, healthy, and popular food options.

What's New:

- Rotating monthly "Taste Around the World" and "Fan Favorites" highlighting trendy regional and global menus for lunch and dinner meal periods
- Themed dining days spotlighting global, vegetarian/vegan dishes, i.e. Hispanic Cuisine every Tuesday
- A diverse salad bar with premium toppings like legumes, croutons, sunflower seeds, nuts, meat substitutes, a variety of pasta dishes, quinoa, and vegan dressings and create-your-own bowls, wraps, or salads with international or plant-based ingredients



Convenient. Affordable. Reusable.

Take your meal to-go from The Landings in a reusable container. Pay \$6 on your first use to opt in to the program. When you visit the cashier, specify if you'd like to dine-in or take your meal to-go. Return your used container to The Landings. Ask the cashier for a clean container, or opt to dine-in.

HEART HEALTH MONTH

February is American Heart Month

Many behaviors can affect your heart health, so take your health to heart by focusing on tips provided throughout the month on our social media accounts:

@sgtcdining

Eat Well.

Load up on colorful fruits and vegetables, choose whole grains and eat more plant forward meals.

Choose lean proteins and low-fat dairy.

Aim low when it comes to sodium, saturated fats, added sugars and red or processed meats.




VIEW DAILY MENU & NUTRITIONAL INFO ONLINE:

SGTC.CAMPUSDISH.COM



Upcoming Feb. Events

- Tuesday, February 11 – Join us for a Valentine's Day Dinner and Enjoy Our "Sharable Nacho Bar"
- Thursday, February 20 – Taste Around the World @ Lunch
- Tuesday, February 25 Health & Wellness: Blueberry Smoothie 

Your Favorite Meal of the Week is Now Served on Wednesdays



Introducing "FCW" also known as Fried Chicken Wednesday

OUR COMMITMENT: *Managing Food Allergies*

We are committed to nourishing all guests by providing nutritious options that fit their needs. We support students with food allergies by providing the knowledge and resources necessary for them to make informed food choices at The Landings. If you have questions regarding ingredients in a particular food, we will accommodate your individual needs and help you find safe food options on campus.

THE LANDINGS' SEMESTER HOURS

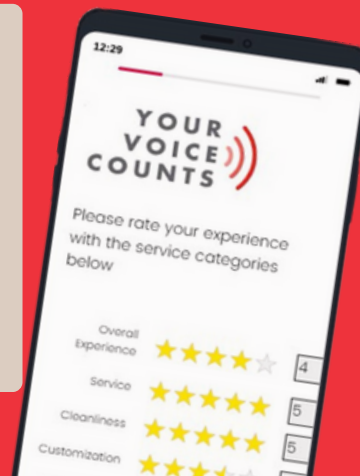
MONDAY-FRIDAY

BREAKFAST: 7AM-8:30AM
LUNCH: 11:30AM-1:30PM
DINNER: 5PM-7PM

SATURDAY-SUNDAY

BRUNCH: 11AM-12PM
DINNER: 4:30PM-6PM

YOUR VOICE COUNTS



Take the Survey. We're Listening.