

Now on the Menu: Healthy Fare

At Silver Saddle Ranch & Club we've always offered a variety of choices on our buffet - some healthier, some heartier. We're happy to announce that now every buffet will include at least one specially marked Healthy Fare selection.

Delicious items await you including: salmon dishes, vegetable lasagna, skinless grilled chicken and turkey wraps. In addition, we will offer a healthy special at every meal, which may include egg white omelets, vegi wraps and "bunless" burgers. Or, you can choose a healthy side like fruit, steamed vegetables or yogurt.

Our culinary team bases our Healthy Fare items on the USDA's description of a healthy diet:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugar.

To find out more information on the USDA's food pyramid, visit their Web site at www.mypyramid.gov. Our culinary team knows you'll enjoy these new selections and awaits your feedback!

