Monday - Friday 6:30am - 2:30pm

**This Week's Features**

**MON** | Sensible Breakfast Sandwich | 3.39
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Egg white veggie sandwich on english muffin

**MEATLESS MONDAY**

Zucchini patty with yogurt sauce
Lemon braised kale
Wild rice

**TUE** | Sensible Breakfast Sandwich | 3.39
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Egg white veggie sandwich on english muffin

**SENSIBLE SELECTION**

Maple mustard pork
Garlic mashed potatoes
Braised red cabbage

**WED** | Sensible Breakfast Sandwich | 3.39
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Egg white veggie sandwich on english muffin

**Self-Serve Hot Bar**

Tandoori chicken
Taarka dal
Steamed brown basmati rice
Garlic naan

**THU** | Sensible Breakfast Sandwich | 3.39
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Egg white veggie sandwich on english muffin

**CREATE**

Nigerian stew

**Self-Serve Hot Bar**

Cajun grilled catfish, hush puppies, steamed broccoli

**FRID** | Sensible Breakfast Sandwich | 3.39
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Egg white veggie sandwich on english muffin

**Soup**

2.89 | 3.80 | 4.89
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Monday | Garden vegetable
Tuesday | Tomato basil bisque
Wednesday | Curried rice & lentil
Thursday | Vegetable beef barley
Friday | Vegetarian minestrone

**Self-Serve Hot Bar**

Tandoori chicken
Taarka dal
Steamed brown basmati rice
Garlic naan

**Take Your Child to Work Day Bundles**

Pizza slice with apple & bottled water | 6.00
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Pasta & sauce with apple & bottled water | 7.00
Chicken tender basket, carrots and bottled water | 8.00
Grill sandwich with fries and bottled water | 8.00
Mac & cheese with choice of side | 3.00

**Sandwiches**

**Butcher + Baker** | 7.75
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Greek salad flatbread
Black forest ham and brie pannini
Buffalo chicken sandwich
Carvery | 8.75
Roast beef with mushroom and blue cheese on baguette

**Questions?** Kenneth McMaster | Food Service Director | ken.mcmaster@compass-usa.com

The ACRF Balance Kitchen Food Services Operate Out of This Location on Weekends and Holidays.
$6.00 pizza slice with apple & bottle water cheese or pepperoni-boxed to order

$7.00 pasta & sauce with apple & bottle water
  choices:
  ( A ) whole wheat penne
  ( B ) white rigatoni
  ( C ) marinara, turkey meat sauce, alfredo

$8.00 chicken tender basket with fries or carrots & bottle water

$8.00 grill sandwich with fries or carrots & bottle water
  sandwich choices:
  ( A ) hamburger
  ( B ) cheeseburger
  ( C ) chicken sandwich
  ( D ) veggie burger

$3.00 side of macaroni & cheese regular or with broccoli
  sides:
  ( A ) french fries
  ( B ) baby carrots

$1.00 bottled water or can of Bubly grab an extra water or two and stay hydrated all day!