### WEEKLY SUPER SIX $ MEAL DEAL

<table>
<thead>
<tr>
<th>Meal</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Checken Parmesan sandwich</td>
<td>$6.00</td>
</tr>
<tr>
<td>Sensible breakfast: egg white, spinach, turkey on wheat muffin sandwich</td>
<td>$2.39</td>
</tr>
<tr>
<td>Self-serve breakfast items: scrambled eggs and breakfast meats</td>
<td>vary</td>
</tr>
<tr>
<td>Hot breakfast cereal and grits</td>
<td>$1.59 / $2.09 / $2.59</td>
</tr>
<tr>
<td>Sensible selection salad: corn &amp; black bean salad</td>
<td>$0.47/oz</td>
</tr>
</tbody>
</table>

### BREAKFAST

- **Monday, October 01, 2018**
  - Sensible breakfast: egg white, spinach, turkey on wheat muffin sandwich: $2.39
  - Self-serve breakfast items: scrambled eggs and breakfast meats: vary
  - Hot breakfast cereal and grits: $1.59 / $2.09 / $2.59
- **Tuesday, October 02, 2018**
  - Sensible breakfast: egg white, spinach, turkey on wheat muffin sandwich: $2.39
  - Self-serve breakfast items: scrambled eggs and breakfast meats: vary
  - Hot breakfast cereal and grits: $1.59 / $2.09 / $2.59
- **Wednesday, October 03, 2018**
  - Sensible breakfast: egg white, spinach, turkey on wheat muffin sandwich: $2.39
  - Self-serve breakfast items: scrambled eggs and breakfast meats: vary
  - Hot breakfast cereal and grits: $1.59 / $2.09 / $2.59
- **Thursday, October 04, 2018**
  - Sensible breakfast: egg white, spinach, turkey on wheat muffin sandwich: $2.39
  - Self-serve breakfast items: scrambled eggs and breakfast meats: vary
  - Hot breakfast cereal and grits: $1.59 / $2.09 / $2.59

### LUNCH

- **Monday, October 01, 2018**
  - Soup of the day: garden vegetable: $2.89 / $3.80 / $4.89
  - Butcher Baker: apple cider glazed pork: $7.75
  - Chef Jet: Sweet and sour pineapple pork: $8.69
  - 2Mato: Sicilian Stromboli: $5.19
  - Sensible selection salad: corn & black bean salad: $0.47/oz
- **Tuesday, October 02, 2018**
  - Soup of the day: tomato basil bisque: $2.89 / $3.80 / $4.89
  - Butcher Baker: caprese baguette: $7.75
  - Chef Jet: Pumpkin Fest: $12.69
  - 2Mato: Meat lovers calzone: $5.19
  - Sensible selection salad: Thai tofu: $0.47/oz
- **Wednesday, October 03, 2018**
  - Soup of the day: curried rice and lentil: $2.89 / $3.80 / $4.89
  - Butcher Baker: eggplant portobello provolone sub: $7.75
  - Create: Lomo Saltado: $13.69
  - Chef Jet: Pork Char Siu with oyster sauce: $8.69
  - 2Mato: Italian Market Stromboli: $5.19
  - Sensible selection salad: vegetarian pasta salad: $0.47/oz
- **Thursday, October 04, 2018**
  - Soup of the day: vegetarian minestrone: $2.89 / $3.80 / $4.89
  - Butcher Baker: tuna salad on wheat: $7.75
  - Create: Pho: $8.69
  - Chef Jet: Black bean beef: $8.69
  - Sensible selection salad: cooked wheat berries: $0.47/oz

The café phone number is (301)496-2929.

Food service director: Kenneth McMaster / kenneth.mcmaster@compass-usa.com

Executive chef: Nestor Nacipucha / nestor.nacipucha@compass-usa.com

Weekday hours: 6:30am-3:00pm, Monday-Friday.