**WEEKLY SUPER SIX $ MEAL DEAL**

**chicken caesar wrap**

$6.00

**Monday, November 5, 2018**

**BREAKFAST**
- Sensible selection breakfast: egg white and veggies on whole wheat english muffin - $2.39
- Self-serve breakfast items: scrambled eggs and breakfast meats - vary
- Hot breakfast cereal and grits - 1.59 / $2.09 / $2.59

**LUNCH**
- Soup of the day: garden vegetable - 2.89 / $3.80 / $4.89
- Butcher & Baker: carved turkey - $8.75
- Entrée: lentil pecan stuffed portabello - $7.69
- Better-for-you grill: black bean brown rice patty - $5.79
- Create: shrimp scampi - $9.69

**Tuesday, November 6, 2018**

**BREAKFAST**
- Sensible selection breakfast: egg white and veggies on whole wheat english muffin - $2.39
- Self-serve breakfast items: scrambled eggs and breakfast meats - vary
- Hot breakfast cereal and grits - 1.59 / $2.09 / $2.59

**LUNCH**
- Soup of the day: tomato basil bisque - 2.89 / $3.80 / $4.89
- Butcher & Baker: carved turkey - $8.75
- Entrée: meatloaf portobello - $7.69
- Better-for-you grill: black bean brown rice patty - $5.79
- Create: chicken teriyaki - $9.69

**Wednesday, November 7, 2018**

**BREAKFAST**
- Sensible selection breakfast: egg white and veggies on whole wheat english muffin - $2.39
- Self-serve breakfast items: scrambled eggs and breakfast meats - vary
- Hot breakfast cereal and grits - 1.59 / $2.09 / $2.59

**LUNCH**
- Soup of the day: curried rice and lentil - 2.89 / $3.80 / $4.89
- Butcher & Baker: carved turkey - $8.75
- Entrée: chicken makhani - $7.69
- Better-for-you grill: black bean brown rice patty - $5.79
- Create: revolution noodle - $8.69

**Thursday, November 8, 2018**

**BREAKFAST**
- Sensible selection breakfast: egg white and veggies on whole wheat english muffin - $2.39
- Self-serve breakfast items: scrambled eggs and breakfast meats - vary
- Hot breakfast cereal and grits - 1.59 / $2.09 / $2.59

**LUNCH**
- Soup of the day: vegetable beef barley - 2.89 / $3.80 / $4.89
- Butcher & Baker: carved turkey - $8.75
- Entrée: chicken barley stew with sage and crimini mushrooms - $7.69
- Better-for-you grill: black bean brown rice patty - $5.79
- Create: bibimbap chicken - $12.69

**Friday, November 9, 2018**

**BREAKFAST**
- Sensible selection breakfast: egg white and veggies on whole wheat english muffin - $2.39
- Self-serve breakfast items: scrambled eggs and breakfast meats - vary
- Hot breakfast cereal and grits - 1.59 / $2.09 / $2.59

**LUNCH**
- Soup of the day: vegetable minestrone - 2.89 / $3.80 / $4.89
- Butcher & Baker: carved turkey - $8.75
- Entrée: cajun grilled catfish - $9.69
- Better-for-you grill: black bean brown rice patty - $5.79
- Create: shrimp etouffee - $10.69

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**THIS WEEK’S CHEF TABLE**

**bibimbap chicken**

**$12.69**

**CHEF TABLES**

**with chef oscar**

**thursdays in 31**

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**MONTHLY PROMOTIONS**

**power up your meal with superfood sides!**

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**cafe 31**

**daily features**

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**café phone number:** (301)496-6130

Interim food service director: Adam Wakeling/ adam.wakeling@compass-usa.com

Executive chef: Oscar Montesinos / oscar.montesinos@compass-usa.com

Weekday hours: 6:30am-2:30pm, Monday-Friday