**WEEKLY SUPER SIX $ MEAL DEAL**

- **Caesar Wrap** $6.00

**Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Lunch**
  - **Butcher & Baker:** carved turkey $8.75
  - **Entrée:** spiced tofu stew $6.69
  - **Sensible Selection Grill:** mushroom soy tacos and kale $5.79
  - **Create:** shrimp scampi $9.69
  - **Create:** asian stir fry $10.69

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Lunch**
  - **Soup of the Day:** garden vegetable $2.89 / $3.80 / $4.89
  - **Butcher & Baker:** carved turkey $8.75
  - **Entrée:** spiced tofu stew $6.69
  - **Sensible Selection Grill:** mushroom soy tacos and kale $5.79
  - **Create:** shrimp scampi $9.69

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Lunch**
  - **Soup of the Day:** tomato basil bisque $2.89 / $3.80 / $4.89
  - **Butcher & Baker:** carved turkey $8.75
  - **Entrée:** baked pollock with green apple chipotle salsa $7.69
  - **Sensible Selection Grill:** mushroom soy tacos and kale $5.79
  - **Create:** asian stir fry $10.69

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Lunch**
  - **Soup of the Day:** curried rice and lentil $2.89 / $3.80 / $4.89
  - **Butcher & Baker:** carved turkey $8.75
  - **Entrée:** baked pollock with green apple chipotle salsa $7.69
  - **Sensible Selection Grill:** mushroom soy tacos and kale $5.79
  - **Create:** revolution noodle $8.69

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Lunch**
  - **Soup of the Day:** vegetable minestrone $2.89 / $3.80 / $4.89
  - **Butcher & Baker:** carved turkey $8.75
  - **Entrée:** jamaican jerk chicken thigh $7.69
  - **Sensible Selection Grill:** mushroom soy tacos and kale $5.79
  - **Create:** seafood chicken paella $12.69

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Lunch**
  - **Soup of the Day:** vegetable beef barley $2.89 / $3.80 / $4.89
  - **Butcher & Baker:** carved turkey $8.75
  - **Entrée:** jamaican jerk chicken thigh $7.69
  - **Sensible Selection Grill:** mushroom soy tacos and kale $5.79
  - **Create:** steak ranchero $12.69

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**THIS WEEK’S CHEF TABLE**

**Seaford Chicken Paella** $12.69

**CHEF TABLES**

**With Chef Oscar**

**Thursday, September 20, 2018**

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Soup of the Day:** vegetable beef barley $2.89 / $3.80 / $4.89

**Butcher & Baker:** carved turkey $8.75

**Entrée:** jamaican jerk chicken thigh $7.69

**Sensible Selection Grill:** mushroom soy tacos and kale $5.79

**Create:** seafoad chicken paella $12.69

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**Friday, September 21, 2018**

**Breakfast**
- **Sensible Breakfast:** egg and cheese whole wheat $2.39

**Self-serve Breakfast Items:** scrambled eggs and breakfast meats vary

**Hot Breakfast Cereal and Grits**
- **Soup of the Day:** vegetable minestrone $2.89 / $3.80 / $4.89

**Butcher & Baker:** carved turkey $8.75

**Entrée:** baked fish vera cruz $9.69

**Sensible Selection Grill:** mushroom soy tacos and kale $5.79

**Create:** steak ranchero $12.69

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**cafe 31**

**nu bon pain**

**create**

**grilled**

**ON THE GO**

**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