Monday, October 22, 2018

BREAKFAST
- sensible breakfast: egg white & spinach with turkey sausage on whole wheat english muffin: $3.35
- self-serve breakfast items: scrambled eggs and breakfast meats: $1.59/$2.09/$2.59
- hot breakfast cereal and waffles: make your own waffle: $0.47/oz

LUNCH
- soups: wild mushroom bisque & chicken noodle: $2.89 / $3.80 / $4.89
- meatless monday: spiced tofu with mango & sweet chili sauce: $0.47/oz
- butcher + baker canery: roast turkey with spinach & artichoke: $8.75
- butcher + baker premade artisan sandwich: roast beef wrap, sweet & spicy bbq ham, caprese: $7.75
- national pizza month feature: sausage & delicata squash with ricotta and honey: $6.29

Tuesday, October 23, 2018

BREAKFAST
- sensible breakfast: egg white & spinach with turkey sausage on whole wheat english muffin: $3.35
- self-serve breakfast items: scrambled eggs and breakfast meats: $1.59/$2.09/$2.59
- hot breakfast cereal and waffles: make your own waffle: $0.47/oz

LUNCH - TUESDAY’S ARE “SENSIBLE SELECTION” DAY!
- reduced sodium soups of the day: swiss chard & vegetable beef barley: $2.89 / $3.80 / $4.89
- sensible selections: turkey meatloaf: $0.47/oz
- flame: marketplace signature lamb burger: $8.69
- butcher + baker canery: roast turkey with spinach & artichoke: $8.75
- butcher + baker premade artisan sandwich: roast beef wrap, sweet & spicy bbq ham, caprese: $7.75
- national pizza month feature: sausage & delicata squash with ricotta and honey: $6.29

Wednesday, October 24, 2018

BREAKFAST
- sensible breakfast: egg white & spinach with turkey sausage on whole wheat english muffin: $3.35
- self-serve breakfast items: scrambled eggs and breakfast meats: $1.59/$2.09/$2.59
- hot breakfast cereal and waffles: make your own waffle: $0.47/oz

LUNCH
- soup of the day: baked stuffed potato & minestrone: $2.89 / $3.80 / $4.89
- hearth entree: masala featuring coconut tofu cury & chicken mahkini: $0.47/oz
- butcher + baker canery: roast turkey with spinach & artichoke: $8.75
- butcher + baker premade artisan sandwich: roast beef wrap, sweet & spicy bbq ham, caprese: $7.75
- flame: housemade turkey burgers: $6.35

Thursday, October 25, 2018

BREAKFAST
- sensible breakfast: egg white & spinach with turkey sausage on whole wheat english muffin: $3.35
- self-serve breakfast items: scrambled eggs and breakfast meats: $1.59/$2.09/$2.59
- hot breakfast cereal and waffles: make your own waffle: $0.47/oz

LUNCH
- soup of the day: broccoli cheddar & black bean: $2.89 / $3.80 / $4.89
- entree: cuban style mojo pulled pork, spanish rice & spicy okra: $0.47/oz
- butcher + baker canery: roast turkey with spinach & artichoke: $8.75
- butcher + baker premade artisan sandwich: roast beef wrap, sweet & spicy bbq ham, caprese: $7.75
- flame: hand-formed beef burgers: $6.35

Friday, October 26, 2018

BREAKFAST
- sensible breakfast: egg white & spinach with turkey sausage on whole wheat english muffin: $3.35
- self-serve breakfast items: scrambled eggs and breakfast meats: $1.59/$2.09/$2.59
- hot breakfast cereal and waffles: make your own waffle: $0.47/oz

LUNCH
- soup of the day: garden vegetable & clam chowder: $2.89 / $3.80 / $4.89
- fish market friday: blackened local catfish with collard greens: $0.47/oz
- warm dessert feature: peach cobbler: $0.47/oz
- butcher + baker canery: roast turkey with spinach & artichoke: $8.75
- butcher + baker premade artisan sandwich: roast beef wrap, sweet & spicy bbq ham, caprese: $7.75
- flame: fish market sustainable salmon: $8.69

Food Service Director: Samantha Vick-McGill
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Weekday hours: 6:30am-2:30pm, Monday-Friday