WEEKLY SUPER SIX $ MEAL DEAL

Monday, March 19, 2018

BREAKFAST
sensible breakfast: egg & cheese whole wheat english muffin $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH - TODAY IS "MEATLESS MONDAY"!
soups of the day: chicken gumbo & corn chowder $2.80 / $3.80 / $4.80
meatless monday: asparagus and plum tomato pasta $0.45/oz
american classic: butcher + baker carvery: roast turkey with provolone and tomato $8.50
butcher + baker premade artisan sandwiches: asian bbq chicken, grilled portobello and brie, pork cubano $7.50

Tuesday, March 20, 2018

BREAKFAST
sensible breakfast: egg & cheese whole wheat english muffin $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH - TUESDAYS ARE "SENSIBLE SELECTION" DAY!
low sodium soups of the day: tomato basil bisque & italian wedding $2.80 / $3.80 / $4.80
american classics: turkey meatloaf $0.45/oz
american classics: macaroni and cheese $0.45/oz
butcher + baker carvery: roast turkey with provolone and tomato $8.50
butcher + baker premade artisan sandwiches: asian bbq chicken, grilled portobello and brie, pork cubano $7.50

Wednesday, March 21, 2018

BREAKFAST
sensible breakfast: egg & cheese whole wheat english muffin $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: wild mushroom bisque & baked stuffed potato $2.80 / $3.80 / $4.80
hearth entree: masala featuring coconut tofu curry & chicken makhini $0.45/oz
butcher + baker carvery: roast turkey with provolone and tomato $8.50
butcher + baker premade artisan sandwiches: asian bbq chicken, grilled portobello and brie, pork cubano $7.50

Thursday, March 22, 2018

BREAKFAST
sensible breakfast: egg & cheese whole wheat english muffin $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: broccoli cheddar & red bean rice and sausage $2.80 / $3.80 / $4.80
sensible selection: smokey chilli crusted chicken breast $0.45/oz
create: earth bowl $8.50
butcher + baker premade artisan sandwiches: asian bbq chicken, grilled portobello and brie, pork cubano $7.50

Friday, March 23, 2018

BREAKFAST
sensible breakfast: egg & cheese whole wheat english muffin $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: tomato lentil & clam chowder $2.80 / $3.80 / $4.80
fish market friday: creole salmon $0.45/oz
american classics: herb roasted pork loin $0.45/oz
butcher + baker carvery: roast turkey with provolone and tomato $8.50
butcher + baker premade artisan sandwiches: asian bbq chicken, grilled portobello and brie, pork cubano $7.50

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executive chef: adam wakeling / adam.wakeling@compass-usa.com
weekday hours: 6:30am-2:30pm, Monday-Friday