### Breakfast Options

**Monday, January 7, 2019**
- **Sensible Selection Breakfast:** Egg white and spinach on wheat english muffin
  - Price: $2.39
- **All Day:**
  - Salad Bar: Wheat berries composd salad
    - Price: $0.47/oz
  - Soup of the Day: Garden vegetable
    - Price: $2.89/$3.80/$4.89
- **Lunch**
  - So Deli: Turkey Club on artisan roll
    - Price: $6.49
  - Flexible Entrée: Sweet potato and black bean chili
    - Price: $6.69
  - Create: Earth bowl with grilled salmon
    - Price: $12.69
- **Dinner**
  - Live Grill: Angus burger grilled to order
    - Price: $6.19
  - Entrée: Turkey meatloaf
    - Price: $7.69

**Tuesday, January 8, 2019**
- **Sensible Selection Breakfast:** Egg white and spinach on wheat english muffin
  - Price: $2.39
- **All Day:**
  - Salad Bar: Marinated mushrooms composed salad
    - Price: $0.47/oz
  - Soup of the Day: Tomato basil bisque
    - Price: $2.89/$3.80/$4.89
- **Lunch**
  - So Deli: Garden hummus wrap
    - Price: $6.49
  - Sensible Selection Entrée: Pork loin with apple-cranberry salsa
    - Price: $7.69
  - Create: Pho
    - Price: $8.69
  - Grill: Honey dijon grilled chicken sandwich
    - Price: $5.69
- **Dinner**
  - Live Grill: Angus burger
    - Price: $5.59
  - Entrée: Carved sage turkey
    - Price: $0.47/oz

**Wednesday, January 9, 2019**
- **Sensible Selection Breakfast:** Egg white and spinach on whole wheat english muffin
  - Price: $2.39
- **All Day:**
  - Sensible Selection Salad: Crispy baked tofu
    - Price: $0.47/oz
  - Soup of the Day: Chicken noodle
    - Price: $2.89/$3.80/$4.89
- **Lunch**
  - So Deli: Pastrami and pepperjack on artisan roll
    - Price: $6.49
  - Create: Pastrami and pepperjack on artisan roll
    - Price: $12.69
  - Entrée: Wing Wednesday at balance kitchen
    - Price: $0.47/oz
  - Fit Grill: Honey dijon grilled chicken sandwich
    - Price: $5.69
- **Dinner**
  - Live Grill: Grilled fish of the day made to order
    - Price: $5.99
  - Entrée: Baked potato bar
    - Price: $0.47/oz

### Lunch Options

**Saturday, January 12, 2019**
- **Breakfast**
  - All Day Waffle Bar
    - Price: $3.99
- **Lunch**
  - Salad Bar
    - Price: $0.47/oz
  - Herb Roasted Chicken
    - Price: $8.48
- **Dinner**
  - Philly Cheesesteak on artisan roll
    - Price: $5.99

**Sunday, January 13, 2019**
- **Breakfast**
  - All Day Waffle Bar
    - Price: $3.99
- **Lunch**
  - Chef’s Choice
    - Price: $8.69
  - Pasta Bar
    - Price: $0.47/oz
- **Dinner**
  - Bacon Cheeseburger with Steak Fries
    - Price: $6.89

### Dinner Options

**Thursday, January 10, 2019**
- **Breakfast**
  - Sensible Selection Breakfast: Egg white and spinach on whole wheat english muffin
    - Price: $2.39
- **All Day**
  - Sensible Selection Salad: House made lemon vinaigrette
    - Price: $0.47/oz
  - Soup of the Day: Pasta fagoli
    - Price: $2.89/$3.80/$4.89
- **Lunch**
  - Deli: Sage roasted carved turkey sandwich
    - Price: $6.49
  - Entrée: Baked Chicken with Smoky Paprika
    - Price: $7.69
  - Fit Grill: Dijon Grilled Chicken Sandwich
    - Price: $5.69
  - Create: Taco Salad Supreme
    - Price: $9.69
- **Dinner**
  - Live Grill: Chicken Breast grilled to order
    - Price: $5.99
  - Create: Masala
    - Price: $0.47/oz

**Friday, January 11, 2019**
- **Breakfast**
  - Sensible Selection Breakfast: Egg white and spinach on wheat english muffin
    - Price: $2.39
- **All Day**
  - Sensible Selection Salad: Marinated mushrooms composed salad
    - Price: $0.47/oz
  - Soup of the Day: Tomato basil
    - Price: $2.89/$3.80/$4.89
- **Lunch**
  - Deli: Carvery: Sage Roasted Turkey
    - Price: $6.49
  - Create: Bahn Mi
    - Price: $9.69
  - Entrée: Fish Market Friday at Balance Kitchen
    - Price: $8.69
  - Super Six Half Sandwich and Small Soup
    - Price: $6.00
- **Dinner**
  - Live Grill: Grilled Shrimp Caesar Salad to Order
    - Price: $10.69
  - Create: Masala
    - Price: $8.69

---

**Executive Chef:** Alex Hernandez  
alexander.hernandez@compass-usa.com  
**Sous Chef:** Roderick Snipes  
roderick.snipes@compass-usa.com