February is American Heart Month

Sensible Selection logo or Savina says icon to identify better-for-you meals & snacks and wellness tips from Savina, our on-site dietitian.

breakfast

ALL

self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits
sensible breakfast: egg white vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats
hot breakfast cereal and gifts

LUNCH

soup of the day: garden vegetable
butcher & baker: pork cubano sandwich $7.50
entree: curried pot pie
sensible selection grill: garden grilled chicken sandwich $6.48
create: pasta alfredo $9.48
super $6: garlic parmesan chicken sandwich $6.00

Monday, February 05, 2018

breakfast

ALL

self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits
sensible breakfast: egg white vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats
hot breakfast cereal and gifts

LUNCH

soup of the day: southwest tortilla soup
butcher & baker: pork cubano sandwich $7.50
entree: smoky chili crusted chicken
sensible selection grill: garden grilled chicken sandwich $6.48
create: teriyaki chicken or shrimp $9.48
super $6: garlic parmesan chicken sandwich $6.00

Tuesday, February 06, 2018

breakfast

ALL

self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits
sensible breakfast: egg white vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats
hot breakfast cereal and gifts

LUNCH

soup of the day: curried rice and lentil
butcher & baker: pork cubano sandwich $7.50
entree: coconut curry chicken
sensible selection grill: garden grilled chicken sandwich $6.48
create: revolution noodle $9.48
super $6: garlic parmesan chicken sandwich $6.00

Wednesday, February 07, 2018

breakfast

ALL

self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits
sensible breakfast: egg white vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats
hot breakfast cereal and gifts

LUNCH

soup of the day: vegetable minestrone
butcher & baker: pork cubano sandwich $7.50
entree: turkey meatloaf
sensible selection grill: garden grilled chicken sandwich $6.48
create: taco cantina carne asada or chicken tacos $10.48
super $6: garlic parmesan chicken sandwich $6.00

Thursday, February 08, 2018

breakfast

ALL

self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits
sensible breakfast: egg white vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats
hot breakfast cereal and gifts

LUNCH

soup of the day: vegetable minestrone
butcher & baker: pork cubano sandwich $7.50
entree: turkey meatloaf
sensible selection grill: garden grilled chicken sandwich $6.48
create: taco cantina carne asada or chicken tacos $10.48
super $6: garlic parmesan chicken sandwich $6.00
Breakfast:
- Sensible Breakfast: Egg White Vegetable Sandwich $2.29 vari
- Self-serve Breakfast Items: Scrambled Eggs and Breakfast Meats $1.50 / $2.00 / $2.50
- Hot Breakfast Cereal and Grits
- Soup of the Day: Tomato Bisque Soup $2.80 / $3.80 / $4.80
- Butcher & Baker: Pork Cubano Sandwich $7.50
- Entrée: Cajun Grilled Salmon $9.48
- Sensible Selection Grill: Garden Grilled Chicken Sandwich $5.99
- Create: Monster Mashed Potato $8.48
- Super Six: Garlic Parmesan Chicken Sandwich $6.00

Lunch:
- Soup of the Day: Tomato Bisque Soup $2.80 / $3.80 / $4.80
- Butcher & Baker: Pork Cubano Sandwich $7.50
- Entrée: Cajun Grilled Salmon $9.48
- Sensible Selection Grill: Garden Grilled Chicken Sandwich $5.99
- Create: Monster Mashed Potato $8.48
- Super Six: Garlic Parmesan Chicken Sandwich $6.00

Imperfectly Delicious Produce is a program that utilizes non-retail Grade A fruits and vegetables that have slight cosmetic imperfections. This produce is typically left un-harvested in the field or discarded but it would be perfectly suitable for cooking. The IDP program allows Compass chefs to find a home for everything that is good and edible and save thousands of pounds per year from going to waste.

BRING THE FRESHEST FLAVORS TO YOUR NEXT CATERED EVENT!

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