**October 30-November 3**

Enjoy superfood pumpkin galore, scary good food and be-witching treats until the end of the month for **Halloween Snacktacular!**

**Monday, October 30, 2017**

**Breakfast**
- Sensible breakfast: egg and cheese on whole wheat English muffin $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats $2.29
- Hot breakfast cereal and grits
  - $1.50 / $2.00 / $2.50

**Lunch**
- Soup of the day: corn chowder $2.80 / $3.80 / $4.80
- So deli: turkey and swiss on brioche roll $7.99
- Sensible selection entrée: white bean tomato and penne pasta $8.29
- Sensible selection salad: apple carrot slaw with mint $8.29
- On the go: chicken caesar salad $6.00
- Super $6 meal deal: chicken parmesan sandwich from the deli $6.00

**Tuesday, October 31, 2017**

**Breakfast**
- Sensible breakfast: egg and cheese on whole wheat English muffin $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats $2.29
- Hot breakfast cereal and grits
  - $1.50 / $2.00 / $2.50

**Lunch**
- Soup of the day: broccoli cheddar $2.80 / $3.80 / $4.80
- So deli: Italian combo sandwich $7.99
- Entrée: chipotle honey hoisin and soy pork loin $8.29
- Sensible selection salad: arugula, garbanzo bean, fennel pasta salad $8.29
- On the go: chef salad $6.00
- Super $6 meal deal: chicken parmesan sandwich from the deli $6.00

**Wednesday, November 01, 2017**

**Breakfast**
- Sensible breakfast: egg and cheese on whole wheat English muffin $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats $2.29
- Hot breakfast cereal and grits
  - $1.50 / $2.00 / $2.50

**Lunch**
- Soup of the day: chicken gumbo $2.80 / $3.80 / $4.80
- So deli: buffalo chicken wrap $7.99
- Entrée: masala feature: chicken makhni $8.29
- Sensible salad: crispy tofu $8.29
- On the go: garden salad $6.00
- Super $6 meal deal: chicken parmesan sandwich from the deli $6.00

**Thursday, November 02, 2017**

**Breakfast**
- Sensible breakfast: egg and cheese on whole wheat English muffin $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats $2.29
- Hot breakfast cereal and grits
  - $1.50 / $2.00 / $2.50

**Lunch**
- Soup of the day: black bean $2.80 / $3.80 / $4.80
- So deli: chicken caesar wrap $7.99
- Entrée: spice rubbed chicken $8.29
- Sensible selection: bulgur wheat salad $8.29
- On the go: cobb salad $6.00
- Super $6 meal deal: chicken parmesan sandwich from the deli $6.00
**BREAKFAST**

- Sensible breakfast: egg and cheese on 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: clam chowder $2.80 / $3.80 / $4.80
- So deli: vegetable sub with hummus $7.99
- Chef's featured entrée: chimichurri basa $0.45/oz
- Sensible selection salad: carrot, apple and mint slaw $0.45/oz
- Super $6 meal deal: chicken parmesan sandwich from the deli $6.00

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**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.

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**Eurest**

café phone number: (301)402-9701
chef manager: johnny.porter2@compass-usa.com
weekday hours: 6:30am-2:30pm, Monday-Friday

nihcatering@compass-usa.com
(410)903-5592