



WEEKLY MENU SELECTIONS

MONDAY

10/02

Hot Entrée

Whole Grain French-
Toast
Pork Sausage link
Veggie bacon

Salad

Fruit Salad

TUESDAY

10/03

Hot Entrée

Chicken Tacos
Plant Based Tacos
Mexican Rice
Roasted Cauliflower

Salad

Santa Fe Salad

WEDNESDAY

10/04

Hot Entrée

Cheese Tortellini
Revved Up Marinara
Revved Up Alfredo
Roasted Broccoli

Salad

Caesar Salad

THURSDAY

10/05

Hot Entrée

All-Natural Hamburgers
Beyond burger
Waffle Fries
Steamed Green Beans

Salad

Macaroni Salad

FRIDAY

10/06

Hot Entrée

Grilled Cheese on
Wheat
Sauteed Spinach

Salad

Chunky Vegetable
Feta Salad

If you have questions or special dietary needs, please contact our Chef Manager, Shanti Carlson, at
Shanti.Carlson@compass-usa.com

Food by FLIK



WEEKLY MENU SELECTIONS

MONDAY

10/09

Hot Entrée

Pork Sausage
Scrambled Eggs
Whole Grain Pancakes
Creamed Spinach

Salad

Apple Farro Salad

TUESDAY

10/10

Hot Entrée

Carnitas Tacos
Black Beans
Mexican Rice
Steamed Zucchini

Salad

Mexican Quinoa Salad

WEDNESDAY

10/11

Hot Entrée

Rotini Pasta
Meat Sauce
Revved Up Marinara
Braised Swiss Chard

Salad

Caesar Salad

THURSDAY

10/12

Hot Entrée

Crispy Chicken Breast
Plant Based Chicken
Whole Wheat Bun
Corn On The cob

Salad

Coleslaw

FRIDAY

10/13

Hot Entrée

Meatloaf
Beyond Meatloaf
Biscuits
Roasted Broccoli

Salad

Bulgur Garbanzo Bean
Salad

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WEEKLY MENU SELECTIONS

MONDAY

10/16

Hot Entrée

All-Natural Hamburgers
Beyond Burgers
Tater Tots
Sauteed Kale

Salad

Caprese Pasta Salad

TUESDAY

10/17

Hot Entrée

Beef Tacos
Veggie Tacos
Spanish Rice
Braised Swiss Chard

Salad

Corn Jicama Salad

WEDNESDAY

10/18

Hot Entrée

Mini Turkey Corn Dog
Vegan Hot Dog
Green Beans

Salad

Caesar Salad

THURSDAY

10/19

Hot Entrée

Baked Chicken Tenders
Baked Sweet Potatoes
Roasted Brussels Sprouts

Salad

Spinach Strawberry
Salad

FRIDAY

10/20

Hot Entrée

Cheese Quesadilla
Black Beans
Roasted Broccoli

Salad

Kabocha, Kale, Farro
Salad

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WEEKLY MENU SELECTIONS

MONDAY

10/23

Hot Entrée

Chili Dog
Beyond Bratwursts
Veggie Chili
Sauteed Spinach

Salad

Apple Farro Salad

TUESDAY

10/24

Hot Entrée

Chicken Tacos
Chickpea Chorizo Tacos
Refried Beans
Corn On The Cob

Salad

Black Bean Roasted
Corn Salad

WEDNESDAY

10/25

Hot Entrée

Spaghetti
Revved Up Marinara
Revved Up Alfredo
Roasted Cauliflower

Salad

Caesar Salad

THURSDAY

10/26

Hot Entrée

Asian Chicken noodle bowl
Tofu Noodle bowl
Jasmine Rice
Pork Egg Roll

Salad

Moroccan Couscous
Salad

FRIDAY

10/27

Hot Entrée

Pot Roast
Beyond Sausage
Quinoa
Rosemary Potato
Wedges

Salad

Vegetable Brown Rice
Salad

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WEEKLY MENU SELECTIONS

MONDAY

10/30

Hot Entrée

Revved Up Mac &
Cheese
Roasted Brussels
Sprouts

Salad

Quinoa, Zucchini, Pea
Salad

TUESDAY

10/31

Hot Entrée

Beef Tacos
Beyond Meat Tacos
Mexican Rice
Seasoned Zucchini

Salad

Black Bean Roasted
Corn Salad

WEDNESDAY

11/1

Hot Entrée

Rotini Pasta
Turkey Meat Sauce
Revved Up Marinara
Sauteed Kale

Salad

Caesar Salad

THURSDAY

11/02

Hot Entrée

BBQ Pork
BBQ Tofu
Mashed Sweet Potatoes
Roasted Green Beans

Salad

American Macaroni
Salad

FRIDAY

11/03

Hot Entrée

Hotdogs
Vegan Hotdogs
French Fries
Glazed Carrots

Salad

Couscous Fennel Salad

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WEEKLY MENU SELECTIONS

MONDAY

11/06

Hot Entrée

Sloppy Joe
French Fries
Roasted Carrots

Salad

Brussels, Pear, Celery
Root Slaw

TUESDAY

11/07

Hot Entrée

Pork Carnitas Tacos
Seasoned Pinto Beans
Mexican Rice
Steamed Summer Squash

Salad

Chilled Broccoli Salad

WEDNESDAY

11/08

Hot Entrée

Bowtie Pasta
Beef Bolognese Sauce
Revved Up Marinara
Roasted Broccoli

Salad

Caesar Salad

THURSDAY

11/09

Hot Entrée

Pepperoni French Bread
Pizza
Cheese French Bread Pizza
Balsamic Roasted Brussels
Sprouts

Salad

Roasted Sweet Potato
Salad

FRIDAY

11/10

Hot Entrée

Chicken Tenders
Plant Based Tenders
French Fries
Sauteed Green Beans

Salad

Caprese Pasta Salad

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