



# WEEKLY MENU SELECTIONS

## MONDAY

12/04

### Hot Entrée

Stuffed Baked Potato  
Nacho Cheese  
Veggie Chili  
Steamed Broccoli

### Soup

Hot & Sour

### Salad

Apple Farro Salad

## TUESDAY

12/05

### Hot Entrée

Chicken Tacos  
Chickpea Chorizo Tacos  
Refried Beans  
Squash

### Soup

Tomato Chipotle Lime

### Salad

Black Bean Roasted  
Corn Salad

## WEDNESDAY

12/06

### Hot Entrée

Spaghetti  
Revved Up Marinara  
Revved Up Alfredo  
Roasted Cauliflower

### Soup

Lentil

### Salad

Caesar Salad

## THURSDAY

12/07

### Hot Entrée

Chicken Fried Steak  
Plant Based Chicken  
Sweet Potato Mash  
Roasted Green Beans

### Soup

New Orleans Red Bean

### Salad

Moroccan Couscous  
Salad

## FRIDAY

12/08

### Hot Entrée

Salisbury Steak  
Beyond Veggie Patty  
Brown Rice  
Glazed Carrots

### Soup

Cream of Chicken

### Salad

Vegetable Brown Rice  
Salad

If you have questions or special dietary needs, please contact our Chef Manager, Shanti Carlson, at  
[Shanti.Carlson@compass-usa.com](mailto:Shanti.Carlson@compass-usa.com)

Food by FLIK



# WEEKLY MENU SELECTIONS

## MONDAY

12/11

### Hot Entrée

Revved Up Mac &  
Cheese  
Roasted Brussels  
Sprouts

### Salad

Quinoa, Zucchini, Pea  
Salad

## TUESDAY

12/12

### Hot Entrée

Beef Tacos  
Beyond Meat Tacos  
Mexican Rice  
Seasoned Zucchini

### Salad

Black Bean Roasted  
Corn Salad

## WEDNESDAY

12/13

### Hot Entrée

Rotini Pasta  
Turkey Meat Sauce  
Revved Up Marinara  
Sauteed Kale

### Salad

Caesar Salad

## THURSDAY

12/14

### Hot Entrée

BBQ Pork Sandwich  
BBQ Tofu  
Mashed Sweet Potatoes  
Roasted Green Beans

### Salad

American Macaroni  
Salad

## FRIDAY

12/15

### Hot Entrée

Sparkling Curiosity  
Pizza & Ice Cream  
Pary

### Salad

Carrots & Celery

If you have questions or special dietary needs, please contact our Chef Manager, Shanti Carlson, at  
[Shanti.Carlson@compass-usa.com](mailto:Shanti.Carlson@compass-usa.com)

Food by FLIK



# WEEKLY MENU SELECTIONS

## MONDAY

12/16

### Hot Entrée

Sloppy Joe On A Bun  
Vegan Sloppy Joe  
French Fries  
Roasted Carrots

### Salad

Brussels, Pear, Celery  
Root Slaw

## TUESDAY

12/17

### Hot Entrée

Pork Carnitas Tacos  
Seasoned Pinto Beans  
Mexican Rice  
Steamed Summer Squash

### Salad

Chilled Broccoli Salad

## WEDNESDAY

12/18

### Hot Entrée

Bowtie Pasta  
Beef Bolognese Sauce  
Revved Up Marinara  
Roasted Broccoli

### Salad

Caesar Salad

## THURSDAY

12/19

### Hot Entrée

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

### Salad

Roasted Sweet Potato  
Salad

## FRIDAY

12/20

### Hot Entrée

Chicken Tenders  
Plant Based Tenders  
Mashed Sweet Potato  
Sauteed Green Beans  
Biscuit

### Salad

Caprese Pasta Salad

If you have questions or special dietary needs, please contact our Chef Manager, Shanti Carlson, at  
[Shanti.Carlson@compass-usa.com](mailto:Shanti.Carlson@compass-usa.com)

Food by FLIK