

The Scoop

October 2018



Dear Southeast Community,

Celebrate the season! Fall is officially here and busy schedules have replaced relaxed summer days. Remember to embrace the moment! There's nothing like traditional fall activities, such as Southeast Football, tailgating and of course, Homecoming! Across campus, tastes of Autumn can be found within nearly every dining location. Read further in this edition of the Scoop to find out about upcoming events, recipes and limited time offers. October is also national seafood month! Compass Group, the parent company of Chartwells is committed to collecting seafood sustainably. More of our sourcing methods are discussed in the Positive Pulse below.

Best wishes,

Alicia K. Ticer, Editor
Director of Marketing and Student Engagement
Chartwells at Southeast Missouri State University



Upcoming Events



Taco Tuesday

Every Tuesday through the month of October
Towers Cafe



Premium Night

5 - 8 p.m.
Thursday, October 18
Towers Cafe



Chartwells Teaching Kitchen

2:30 - 3:30 .m.
Wednesday, October 17
Towers Cafe
pre-register to alicia.Ticer@compass-usa.com



Premium Night,

5 - 8 p.m.
Monday, October 29
St. Vincent's Commons

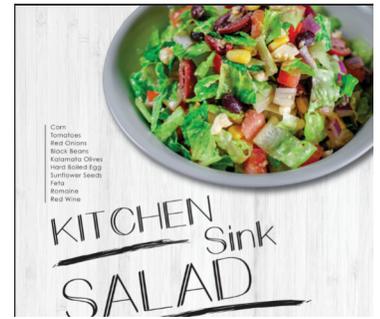
Superfood: Pumpkin & Sweet Potatoes

Visit our table in Redhawks Market for more information! Or join us on Tuesdays at Towers Café to try our Superfood specials!



Retail Specials

**Chopd and Wrapd:
Kitchen Sink Salad**
salad, 8.49



**Build & Houck's Place:
Buffalo Chicken Pizza**
pizza, 5.49

combo with 20oz bottled beverage, 7.39



**GrillNation, Rowdy's, St. Vincent Commons:
Rangoon Burger**

burger, 8.69

or combo 20oz beverage and fries or whole fruit, 10.99



**Sono
Thai Taco**
tacos, 6.49

combo with 20oz bottled beverage, 7.99



SPECIAL RETAIL BUNDLES:

Purchase a Dunkin Donuts Coffee, Get Two Pumpkin Cookies for \$1!

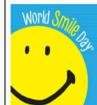
Purchase Choice of Cheetos and 20oz Beverage for \$2.99!

Purchase Skinny Pop and Dasani Water for 3.59!

Purchase a Lifewtr and Kind Bar for 4.94!

Community

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National SEAFOOD MONTH	 Pumpkin	 Taco Tuesday Balanced Breakfast with Katie RD Towers Cafe		 LIT FOR NATIONAL TACO DAY, Y'ALL	 World Smile Day	
	1	2	3	4	5	6
 Happy Homecoming Week!		 Taco Tuesday	 World Mental Health Day	 Endless Plate American Classics 5 - 8 p.m.		 Homecoming Parade and Football Game
7	8	9	10	 DAY OF GIRL	11	12
 OCTOBER 14th NATIONAL DESSERT DAY The tastiest day of the year!		 Taco Tuesday	 Teaching KITCHEN	 Premium Night Towers Cafe 5 - 8 p.m.	 Love, chartwells where hungry minds gather	 NACHO BAR GET YOUR DIY ON
14	15	16	17	18	19	20
	 National Nut Day	 Taco Tuesday	 Ask the RD Booth U.C. 11 - 1 p.m.	 Endless Plate American Classics 5 - 8 p.m.		 Carpe Diem
21	22	23	24	 LOCAL MARKET THURSDAY	25	26
28	 Premium Night St. Vincent's Commons 5 - 8 p.m.	 Taco Tuesday	 NO DRINKS - ALL TREATS HALLOWEEN EXTRAVAGANZA	 chartwells where hungry minds gather		
	29	30	31			

The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

Sustainable Seafood

October is national seafood month! Compass Group strives to ensure that there is plenty of sustainable seafood available for future generations. Outlined below is an overview of how we try to achieve this goal.

We adhere to the Seafood Watch program, where only “Best Choice” and “Good Alternative” rated items are considered sustainable.

We partner with vendors that offer wild seafood from well-managed fisheries and fish from responsibly managed farms.

Our goal is to continue to remove all unsustainable wild and farmed seafood from our menus and actively drive change to ensure the seafood we purchase is sustainable.

With your help we can share our stories and success during this October!

Superfoods: Pumpkin and Sweet Potato

Pumpkins might be the most thought of produce for October. For good reasons too! They are rich in antioxidant beta carotene and their seeds offer protein and key minerals. Sweet potatoes are pretty “super” as well! They are nutrient powerhouses with vitamin C, fiber, potassium, vitamin E, iron, and magnesium. One medium sweet potato can give you an entire day’s supply of vitamin A.



Balanced Bite

Canned Pumpkin can be used as an alternative to oil and eggs in some baked goods!

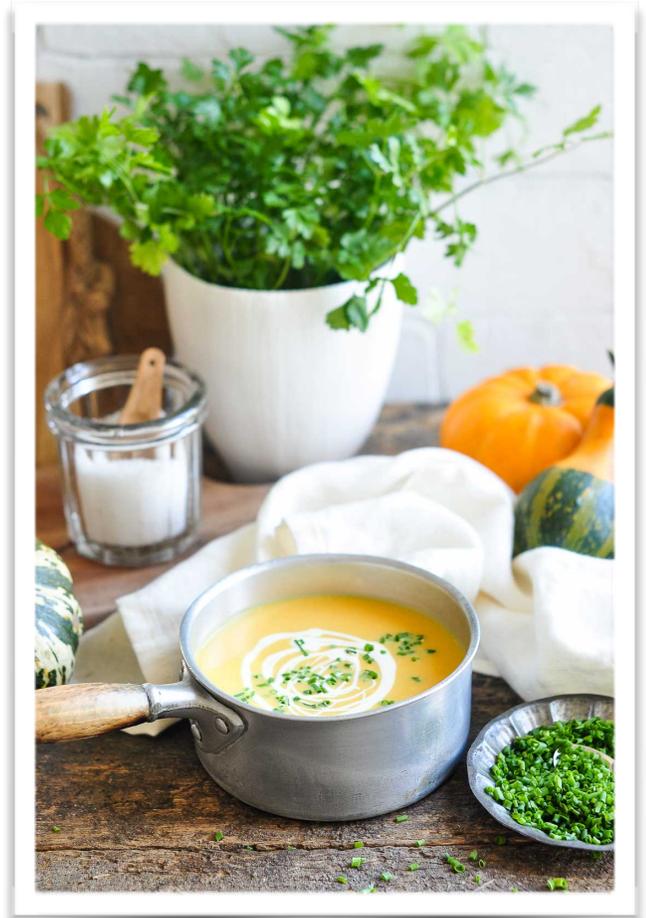
Pumpkin and Sweet Potato Soup

Ingredients:

- 1 ½ lb pumpkin
- 1lb sweet potatoes
- 1 large red onion
- Olive oil
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 4 cups vegetable or chicken stock
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees
2. Peel the pumpkin and sweet potatoes and chop into large chunks
3. Peel the onion and cut into quarter wedges
4. Place all vegetables on large baking tray, drizzle with olive oil, cinnamon, and nutmeg. Toss until well coated.
5. Roast vegetables for about an hour until they are golden and cooked through.
6. Bring stock up to a boil on stovetop.
7. Place roasted vegetables into a large saucepan and pour over just enough stock to cover. Bring the saucepan to a gentle simmer then take off heat.
8. Use a stick blender to puree the soup to your liking. If it is too thick add some more stock.



Recipe and photo from <https://eatlittlebird.com/roast-pumpkin-sweet-potato-soup/>

Private Catering

As Holidays are quickly approaching, keep Chartwells in mind for all of your dining events! Whether you're planning a business luncheon for your office, a holiday party or a family gathering, we work with you to create the perfect menu to fit your needs. Our Chefs' and Catering team are happy to meet with you to accommodate any price point, and deliver directly and set up at the location of your choosing. Contact our catering department directly at catering@semo.edu or (573) 651-2511.



Teaching Kitchen

Every month we offer a free cooking class open to all Southeast students, faculty and staff!

This past month, students of the class were taught several nutritious and delicious smoothie recipes that could be replicated in the mornings for those on the go!



Our next Teaching Kitchen is Wednesday, October 17 in Towers Cafe, 2:30-3:30p.m.

Register for the next class by emailing alicia.Ticer@compass-usa.com

Guest Satisfaction Surveys

We want to hear from you!

Throughout the month of October, we are asking for your feedback! The Chartwells team works hard to make dining services a wonderful service on campus. Through our new Voice to Vision dining survey, you will be asked to provide specific, detailed information regarding dining experiences, meal plans and customer preferences at Southeast Missouri State University.



To take our dining survey, please visit
<https://www.bvfpulse.com/prod/pulse.site/t/W3EV>

Introducing Lisa Sykes



We are proud to introduce Lisa Sykes as Chartwells Senior Catering Director. Lisa is originally from Sparta, Illinois. Growing up, Lisa spent many hours in the kitchen with her Grandmother; which cultivated her appreciation for delicious cuisine at a young age. Lisa has many years experience as a catering sales director. Most recently, she served as the Catering Sales Director of The Hilton. It was during her time at the Hilton, that Lisa further developed her repertoire by becoming a certified wedding planner.

Her passions include spending time with her sons and friends, cooking and being outdoors.

Welcome to the team, Lisa! We're very excited for your future with Compass Group!

youfirst



Real People Committed to Service

Tracy Thompson



Tracy joined our Chartwells team in February of 2017 at our Partnered with Kaldi's Coffee Cart in Kent Library. It follows that her excellent leadership skills were quickly recognized and she became the Kaldi's Coffee Manager, overseeing both Partnered with Kaldi's locations. Tracy takes a hands-on approach in best serving our students, and consistently seeks new seasonal options for them to enjoy. Thank you for all you do Tracy! We're very proud of you!



youfirst principle:

Chartwells' associates provide a Wow experience every day, every meal and for every guest.