

The Scoop

October 2017



PUMPKIN SEASON

Summer has come to an end, and with the start of autumn's cool nights and fall's brilliant display of emerging colors there are many reasons to love this time of year. Naturally, Southeast football, tailgating and the Homecoming football game and parade come to mind. Likewise, with the season, the colors of autumn bring an abundance of fall crops, such as fresh apples, bright orange pumpkins, pecans and a variety of fall squash. Whether eaten raw, cooked or turned into a pie, we can all agree that nothing quite compares to the tastes and smells of autumn.

Sincerely,

Alicia Ticer

Director of Marketing and Student Engagement



Upcoming Events



Balanced Breakfast with Katie RD

Tuesday, October 10

7:30 - 9 am

Join us for a balanced breakfast with Katie Diebold, the Chartwells Registered Dietitian.

Oktoberfest Premium Night

Thursday, October 19

Dinner, 5-8 pm

Towers Café

Join us for traditional German Food at our October Premium Night!

Cooking 101 - Celebrating World Pasta Day!

Wednesday, October 25

2:30 - 3:30 pm

Towers Café

Join us for our FREE cooking class celebrating world pasta day, led by Executive Chef of Residential Dining, Matt Wilson! Follow us on Facebook and Twitter for more details. Open to all Southeast students, faculty and staff.

Halloween Extravaganza

Tuesday, October 31

Dinner, 5-8 pm

Towers Café

Join us Tuesday, October 31 for a special Halloween themed meal, Carmel apples and more!

Superfood: Pumpkin

Find our November Superfood table in Redhawks Market for pumpkin recipes to try at home, or visit Towers Café for our Superfood Specials!



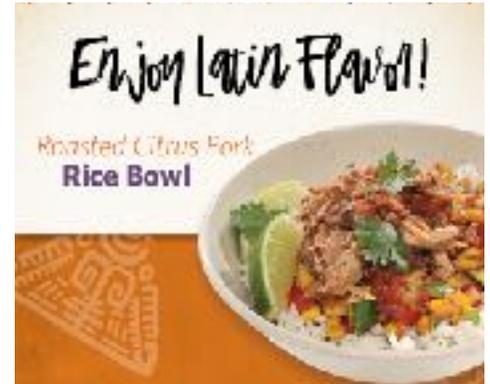
Retail Specials

Roasted Citrus Pork Rice Bowl

Available at Sono's, inside Redhawks Market

Bowl, **6.09**

Combo with 16.9 oz water, **7.19**

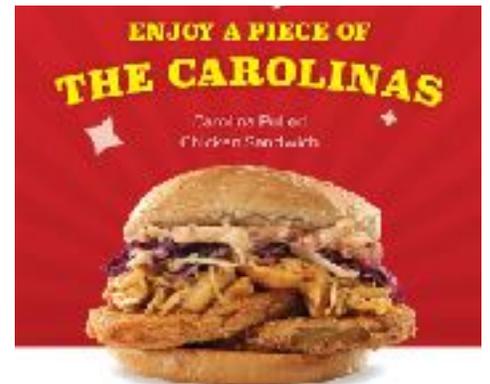


Carolina Pulled Chicken

Find at GrillNation inside Redhawks Market, Rowdy's and St. Vincent's Commons at Lunch.

Sandwich only, **5.65**

Combo with Bottled Beverage and Small Bags of Chips, **8.49**



Jerk Sweet Potato & Quinoa Bowl

Found at Chop'd and Wrap'd inside Redhawks Market, and at Houck's Place!!

Salad, **7.19**

Combo with a 16.9 oz water, **7.99**



Community

Happening This Month

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3.	4.	5.	6.	7.
8.	9.	10. Balanced breakfast with Katie RD 7:30 - 9 a.m.	11. Premium Night at Whinnery Commons 4 - 4 p.m.	12. Endless Plate American Classics Redhawks Market 3 - 4 p.m.	13.	14. Happy Homecoming!
15.	16.	17. Ask the RD Booth Redhawks Market 11 a.m. - 1 p.m.	18.	19. Premium Night Trinity Club 5 - 8 p.m.	20.	21.
22.	23.	24.	25. Cooking 101 100001 309 3:30 - 3:35 a.m.	26. Endless Plate American Classics Redhawks Market 3 - 4 p.m.	27.	28.
29.	30.	31. Halloween Extravaganza!				

www.dineoncampus.com/sem0

The Positive Pulse

with Katie Diebold, RD, LD Chartwells Dietitian

Sustainable Seafood

October is national seafood month! Chartwells has partnered with the Monterey Bay Aquarium's Seafood Watch Program to bring you sustainable seafood! Purchasing standards have been developed to make sure our units are serving seafood from environmentally responsible sources. Chartwells also develops programs to support positive change in fisheries and aquaculture.

Cage Free Eggs

Because of our commitment to the humane care of farm animals, we offer only HFAC certified Cage-Free shell eggs nationwide. All Chartwells units are required to offer only shell eggs that are certified by the Humane Farm Animal Care Program in partnership with the Humane Society of America. Cage-free hens generally have 250-300 percent more space per bird and are able to engage in more natural behaviors as opposed to caged hens.

Superfoods: Pumpkin

Pumpkins are full of Vitamin A, Vitamin C, Potassium, Fiber, and antioxidants!



Balanced Bite

1 cup of pumpkin has twice the daily value of vitamin A!

Slow Cooker Pumpkin Steel Oats

Ingredients:

1 ½ cups steel cut oats
3 cups water
2 cups milk
1, 15oz can pumpkin puree
¼ cup pure maple syrup
¼ cup ground flaxseed meal
1 tablespoon vanilla extract
1 tablespoon ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground nutmeg
½ teaspoon ground cloves or all
spice
½ teaspoon salt
Topping options: pecans,
cranberries, dried apricots,
pumpkin seeds, almonds

Directions:

Place all ingredients in slow
cooker, stir to combine.
Cover and cook on low for 7
hours (overnight) or on high
for 3 ½ to 4 hours until the
oats are soft.

Remove cover and stir. Enjoy
warm with desired toppings!



Cuisine

Tuesday, September 12 we proudly hosted our Fall Catering Showcase, featuring some delicious options available from our catering team this year. Throughout our day to day business, we feature an exceptional quality for a value price. Contact Jennifer Roberts, Senior Catering Director at jennifer.Roberts2@compass-usa.com, or Nickie Everly, Catering Supervisor, at catering@semo.edu



Culture

As Southeast Missouri State University rose to aid those devastated by Hurricane Harvey, Chartwells joined in the campus wide efforts. With the exception of

Towers Café, all of our locations began the practice of accepting donated flex, Redbucks or Cash to be directed to the American Red Cross to assist in the victim relief initiatives.

Help Is Only A Swipe Away

September 8 - 21

Donate Redbucks, Flex or Cash at Southeast dining locations to be directed to the Red Cross to benefit the Houston Community, as well as our fellow Chartwells associates and the University of Houston.

Donations received at Southeast Missouri Towers Café.

Your donation can supply specific items in need such as:

- \$2 = 
- \$5 = 
- \$7 = 
- \$10 = 

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September was a big month for Towers Café, as we officially installed our new Grill Kiosk in this dining location! Now, students can simply visit the kiosk, select the item they want prepared and receive a number on their ticket to pick up their item when ready. The Kiosk will help in properly identifying the chosen items for the intended guest, and lead to a faster delivery!



Have You Heard of our Text2Solve Feature?

We always appreciate and value your feedback throughout our dining locations! With our Text2Solve feature, your comments, questions and concerns can go directly to the Director of the Location.

Southeast Dining Text2Solve Number

For use at Starbucks, Kaldi's Coffee Cart in Kent Library, Panda Express, Houck's Place, and Redhawks Market
(573) 837 - 1144

Towers Text2Solve Number

For use at Towers Café, Rowdy's, Subway, and Kaldi's Coffee House in Scully
(620) 702 - 5070

St. Vincent's Commons Text2Solve Number

(918) 534 - 8773

youfirst



Real People Committed to Service

Rhonda Diebold



Rhonda is a graduate of Southeast Missouri State University with a Bachelor's Degree in Dietetics, currently pursuing her Master's Degree. This semester, Rhonda is completing her Management Rounds for her Dietetic Internship with us at Chartwells. Upon completion of her internship she will take her examination to become a registered dietitian. Her positive, friendly attitude has been recognized by all those she has worked with during her time at Chartwells. Thank you for your commitment to service Rhonda! .



youfirst principle:

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