

The Scoop

April 2018



Dear Southeast Community,

Spring is in the air and every day, as trees blossom and bloom, and flowers sprout forth we inch closer to the end of Spring semester. Across campus our dining locations will be busy providing nutritious entrees. In fact, it's a great time to pick up an On the Go item such a protein pack, house-made salad or fruit cup and enjoy the great outdoors! Read further in this edition of the Scoop for this month's specials, upcoming events and the Superfood, Herbs and Spices. This month, we are asking for your feedback as we kickoff our Spring guest satisfaction surveys. We want to hear from you! Please access the link by visiting tinyurl.com/znv6me9, and receive a small fountain beverage or coffee for your time!

Best wishes for a lovely month,

Alicia K Ticer

Editor, Director of Marketing and Student Engagement



Upcoming Events



Chartwells Teaching Kitchen

2:30 - 3:30 .m.

Wednesday, March 28

Towers Cafe

pre-register to alicia.Ticer@compass-usa.com



Endless Plate

5 - 8 p.m.

Thursday, April 12 and Thursday, April 19

Redhawks Market



Premium Night: Dessert Overload

5 - 8 p.m.

Thursday, April 26

Towers Cafe



Ask the RD Booth

11 a.m. - 1 p.m.

St. Vincent's Commons

Superfood: Herbs and Spices

Visit our table in Redhawks Market for more information! Or join us Towers Café or St. Vincent's Commons to try one of our Superfood specials!



Retail Specials

Sono:

Grilled Chorizo Tacos

1 tacos, 4.89

2 tacos, 8.99



Chop'd and Wrap'd: Buffalo Chicken Salad

salad, 5.49



Houck's Place:

BBQ Babyback Ribs

ribs, 6.39

combo with tots, 7.49



GrillNation:

2 Breakfast Tacos

tacos, 3.99

or combo with orange juice and hash brown, 7.49



Buffalo Chicken Stacker

stacker, 5.99

combo with 20oz bottled beverage, 7.29



Rowdy's and St. Vincent's Commons:

Liguria Burger

burger, 4.69

combo with fries and 20oz drink, 8.49



Community

Happening This Month

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Happy Easter!	2. AUTISM AWARENESS	3.	4.	5.	6. Ask the RD St. Vincent 11 – 1 pm	7.
8.	9.	10. National Siblings Day	11. Premium Night St. Vincent 5 – 8 pm	12. Endless Plate American Classics Redhawks Market 5 – 8 pm	13.	14.
15.	16.	17.	18. Teaching KITCHEN	19. Endless Plate American Classics Redhawks Market 5 – 8 pm	20.	21.
22. HAPPY EARTH DAY	23.	24.	25. Love, chartwells	26. Premium Night Towers 5 – 8 pm	27. STOP FOOD WASTE Day	28.
29.	30.					

www.dineoncampus.com/sem0

The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

Stop Food Waste Day

The United States alone throws away 40% of the food that it produces. Food surplus that is

sent to landfills is not food waste, it is wasted food. Our resources are more precious than ever. Every piece of food that is tossed away represents all of the land, oil, water, and labor that went into getting it from farm to kitchen.



Achieving zero food waste is a very hard goal to accomplish. However, stopping some of the wasted food is easy! When it comes to food waste, even the smallest of changes matter. We know how much work it takes to distribute, prepare, and serve your food. It deserves to show up on your plate, not in a landfill! Compass Group, the parent company of Chartwells, has dedicated April 27th as Stop Food Waste Day. We will be celebrating at SEMO by highlighting ways to stop food waste.

Learn more about this important day at www.stopfoodwasteday.com.

Superfoods: Herbs and Spices

An herb is generally defined as the leaf of a plant used in cooking. Spices are any part of the plant that is dried. Fresh herbs include parsley, basil, mint and sage. Dried spices include black pepper, cinnamon and cumin. They provide beneficial properties including antioxidants and food preservation. Herbs and spices are a great way to add flavor and depth to your dishes in a healthy way!



Balanced Bite

Toast your own spices for maximum flavor. Put whole spices into a pan that has been heated to medium high heat. Let toast until they become fragrant; which is how you can tell they are done!

Indian Chicken Bites

Ingredients:

- 2 Chicken breasts cut into chunks
- 1 tbsp fresh garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp garam masala
- 1 tsp ground dried red chilies
- 1 tsp ground coriander
- ½ tsp turmeric
- 1 cup coconut milk
- Juice of 1 lime
- Salt and pepper to taste

Directions

- Season chicken with salt and pepper, combine rest of ingredients into a bowl and mix well
- Add seasoned chicken to the mixture, stir until coated and marinate in the fridge for 2-12 hours
- Preheat oven to 400 degrees, remove chicken from marinade and place in a baking dish
- Bake for 20 minutes or until chicken is fully cooked
- Flip chicken pieces over and broil on high for 5-6 minutes
- Serve and enjoy!



Cape Chamber 'After Hours' Sponsorship

This month Chartwells was chosen to sponsor Cape Girardeau Chamber of Commerce's 'Business After Hours' Event! Members of our team gathered with local business members of the Cape Girardeau community for networking and light hors d'oeuvres at the Cape Girardeau Country Club. Three attendees were drawn to win a door prize of \$150 in catering service. Congratulations to our winners, Joy Baldwin, Tyler Cuba and Sandy Hastings.

Call our office at 573.651.2511 to schedule your next event!

National Nutrition Month

Throughout the month of March, our registered Dietitian, Katie Diebold engaged students through quick and informative Facebook posts and short videos. At her March "Ask the RD Booth" she posed several questions to students, and invited them to make their best guesses; the student who answered all the questions correctly won a Redbucks prize package! Congratulations to Ariel Dumars to answering all the questions correctly and receiving the Redbucks!

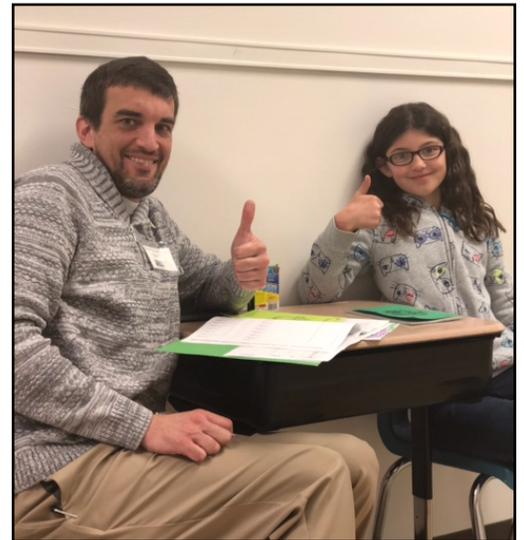


Read to Excel



In March, Chartwells kicked off our participation in United Way's Read to Excel Program! Volunteering our time at Jefferson Elementary, our directors listen to the grade school students read selected books to

strengthen their reading skills and comprehension. We are very excited for this chance to take an active role in the Cape Girardeau community, and look forward to continuing this relationship.



With Love, Chartwells

As we continue to show our guests our appreciation through the Love, Chartwells campaign, this March we "popped" up with small bags of kettle corn. The sweet treat brought smiles to our recipients, as we delivered them throughout the University Center. We will continue to surprise and delight until the end of the semester. Be on the lookout; we may just be at your table next!



youfirst



Real People Committed to Service

Cheryl Graf



Cheryl has worked in the foodservice industry for 25 years, and with Chartwells Dining Services at Southeast Missouri State University since 2000. Although she has had many roles within her career, her current role is HR Coordinator/Safety Champion. Thank you for all that you do Cheryl! We greatly appreciate you, and are very proud of all you do for everyone!



youfirst principle:

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