

The Scoop

February 2018



Dear Southeast Community,

February is here and we are in the full swing of the semester! This month, we are celebrating several events throughout our dining locations. As we celebrate Black History Month, we will host a special celebration lunch every Monday featuring dishes from celebrated and distinguished African American Chefs. Then, to celebrate Mardi Gras, we will have special King Cake and creole cuisine at Redhawks Market, Towers Café and St. Vincent's Commons. If you're looking for a special way to treat your Valentine, pre-order chocolate covered strawberries, or cake pops from our "Dipped" Promotion by February 12; for purchase with cash, credit or Redbucks.

Best wishes for a lovely month,

Alicia K Ticer, Director of Marketing and Student Engagement



Upcoming Events

Teaching
KITCHEN
LEARN • COOK • ENJOY

FISH FRIDAYS

Smoked Fish Spread

February 7
2:30 - 3:30 p.m.

Towers Café

Email Alicia.Ticer@compass-usa.com

Chartwells Teaching Kitchen: Smoked Fish Spread

2:30 - 3:30 p.m.

Wednesday, February 7

Towers Cafe



Endless Plate

5 - 8 p.m.

Thursday, February 8

Redhawks Market



Premium Night: Valentine's Day

5 - 8 p.m.

Thursday, February 15

Towers Cafe



Fish Friday's

Beginning Feb. 16, locations will offer special Fish combos!

Superfood: Chilies

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



Retail Specials

Sono:

Tandoori Chicken Burrito

6.39 or

combo with 16oz water for 8.04



GrillNation & St. Vincent's Commons:

Chicken Fajita Cheesesteak

4.49, or

combo with fries and choice of 16oz water, 7.09



Chop'd and Wrap'd:
Buffalo Chicken Salad

salad, 5.49

combo with 16.09 oz water for 7.29



Houck's Place:

Beef Ravioli

ravioli, 4.99

combo with 16.09 oz water for 6.64



Rowdy's:

Korean BBQ Burger

4.49

or combo with house chips and 16 oz water, 7.19



Community

Happening This Month

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Happy Black History Month!	2. 	3.
4.	5. Black History Month Celebration Lunch	6. Premium Night St. Vincent 5 – 8 pm 	7. 	8. Endless Plate American Classics Redhawks Market 5 – 8 pm	9.	10.
11.	12. <i>Last day to preorder Dipped chocolate covered strawberries & cake pops!</i> Black History Month Celebration Lunch	13.  	14. Ash Wednesday 	15. Premium Night Towers 5 – 8 pm	16.  	17. 
18.	19.  Black History Month Celebration Lunch	20. Ask the RD St. Vincent's Commons 11 – 1 pm 	21.	22. Endless Plate American Classics Redhawks Market 5 – 8 pm	23. 	24.
25.	26. Black History Month Celebration Lunch	27. 	28.			

www.dineoncampus.com/sem0

The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

Heart Health

February is not just about Valentine's Day hearts, it is also about **your** heart! February is national Heart Health Month. We want everyone to live a long and happy life. This starts by taking control of your health. This February take the initiative to get you, your family, and your friends to choose a heart healthy lifestyle. What is a heart healthy lifestyle? A heart healthy lifestyle includes (but not limited to)

- **Decreasing the amount of trans and saturated fats while increasing your poly and unsaturated fats**
 - Try swapping butter for olive or canola oil.
 - Avocados are an excellent source of "good" fat
 - Try fish such as salmon and tuna instead of shrimp and lobster
- **Swapping out whole grains for refined grains**
 - Whole wheat pastas, cereals, breads
 - Be sure to read the label! You want "Whole Grains" to be the first ingredient
- **Choosing more lean and plant-based proteins**
- **Enjoying low-fat dairy products**
 - Aim for 2-3 cups of low-fat dairy each day
- **Increasing your fiber intake through fruits and vegetables**
- **Being physically active most days of the week**
 - Even a simple 30 minute walk every day will help your heart out!

For more information on a heart healthy diet visit the American Heart Association at heart.org/HEARTORG.

Superfoods: Chilies

Chiles includes a wide variety of peppers that exhibit different levels of spiciness. Chiles contain capsaicin, which is an antioxidant that promotes health and boosts our metabolism. Chiles also contain a variety of vitamins, minerals, and fiber.



Balanced Bite

The level of capsaicin also determines how spicy a chili is.

Turkey Enchilada Stuffed Poblanos Rellenos

Ingredients:

For the Poblanos

- 4 large fresh Poblanos chiles
- 1 ¼ cups enchilada sauce
- 1/2 cup shredded cheese

For the Turkey

- 12oz ground turkey
- 1/4 cup finely chopped onion
- 2 garlic cloves, minced
- 1/2 chopped tomatoes
- 1/4 cup chopped bell pepper
- 2 tbsp cilantro
- 2 oz tomato sauce
- 3/4 tsp cumin
- 1/8 tsp oregano
- Salt and Pepper to taste



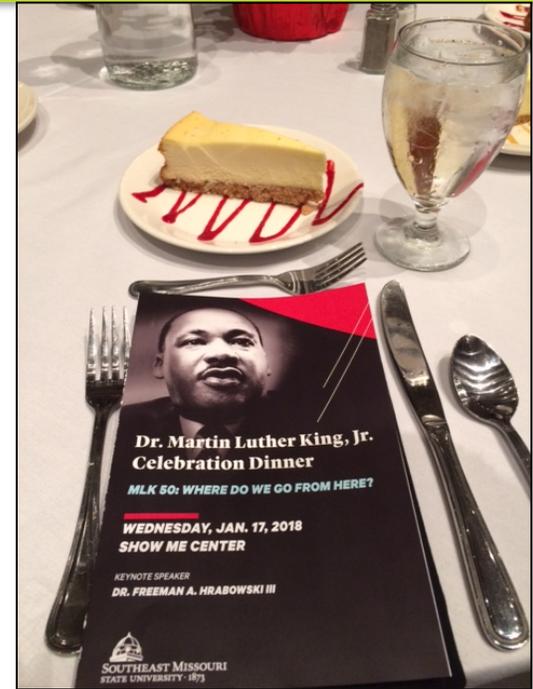
Directions:

1. Roast the peppers: slice peppers in half, length wise. Remove seeds. Roast the peppers over an open flame such as a grill until the skin is completely blistered. You can also put into oven at high temperature.
2. Transfer peppers to a bowl and cover with plastic wrap. Let steam for 10-15 minutes so the skins loosen and you are able to peel them off
3. Set the peppers aside, pre-heat oven to 350 degrees
4. Pour 1 ¼ cup of enchilada sauce in the bottom of a casserole dish
5. Brown turkey over medium heat in a skillet, season with salt and pepper
6. Add chopped onions, garlic, bell pepper, tomatoes, and cilantro. Cook until veggies are tender.
7. Add cumin, oregano, and tomato sauce. Cook over low heat for about 15 minutes.
8. Stuff about ½ cup of the turkey mixture into each Poblano pepper. Place Poblano peppers into prepared casserole dish, sprinkle with cheese, cover with foil, and cook for 20-30 minutes.

Recipe adapted from <https://www.skinnytaste.com/turkey-enchilada-stuffed-poblanos-rellenos/print/>

Martin Luther King Jr. Celebration

Once again, Chartwells had the honor of catering the Martin Luther King Jr. Celebration Dinner, January 17 at the Show Me Center. Guests enjoyed a menu of tossed Caesar salad, herb roasted apple-cranberry gastrique, chicken in white wine mushroom sauce, Florentine penne bake, twice baked garlic mashed potatoes with shredded cheese and chives, sautéed green beans with browned butter and fresh herbs and more.



With Love, Chartwells

This semester, Chartwells is giving back to our Southeast Community! Throughout this school year, we will host small pop up events with special goodies to show our appreciation.



In January, we held our First "With Love" event on the first day of classes, January 16. We provided guests with hot chocolate as they braved the snow and ice on their way to class.

Our next surprise pop up event is February 14. Keep up with our Chartwells Facebook Page and Twitter, @SoutheastDining, for more information!



Mid Central Safety Board Winners

Congratulations to our local team members for winning the Mid Central Safety Board Competition! Cheryl Graf, HR Coordinator and Safety Champion for our Chartwells account here at Southeast Missouri State University, partnered with the Marketing Department, Alicia Ticer, Director of Marketing and Student Engagement and Rukhsar Arzoo, Marketing Associate, to enter the Chartwells nation wide safety board competition. The team created and submitted an interactive safety board, complete with safety videos, "Why Safety is Important" to members of the Safety Committee. Likewise the board provided safety reminder cards any associate can present to their team members to hi-light safety practices.



Redbucks

With the start of the Spring Semester, there is no time like the present to purchase your Redbucks!

Students, purchase 250 dollars in Redbucks and receive a Free Infuser Water bottle, plus 5% back in bonus bucks! Purchase more than 500 dollars in Redbucks and receive an Air Couch!

Faculty and Staff, purchase 250 dollars in Redbucks and receive a free Sustainable Kaldi's Coffee cup redeemable for \$2 Drip Coffee at both Partnered with Kaldi's locations!

Redbucks may also be used to purchase our special Valentine's "Dipped" chocolate covered strawberries and cake pops. Visit Redhawks Market for more information!

youfirst



Real People Committed to Service

Monte Heffner



Monte began as the Houck's Place supervisor with Chartwells in the Fall of 2017, and has since transitioned to the Scully Building Food Service Manger. Since his time with us, he has continued to excel at the duties he is given. Monte's dedication to excellence and strong leadership skills have guided his associates to success at both locations. Thank you for all you do Monte, we are very proud of you!



youfirst principle:

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