



SEPTEMBER

September

Monthly Dining
Newsletter

Leadership Letter



What a crazy ride August was!! We didn't have that many food events this last month because of the situation we were in. But we did have a wonderful watermelon social. We also did a nourishment contest that Trevor our Sous Chef competed in down in Denver. We had certain protein and calorie targets so this could be used as a supplement. His dish was chocolate peanut butter fudge. A small 1-inch x 2-inch piece was a whopping 13g of protein and 420Calories. He Placed 2nd in the region.

Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

Our Service Principles

Always eager to help, stepping out of primary duties to assist our residents and fellow employees.



Culinary Update

We will start working on the new cycle menu for the neighborhoods in mid-September. Expect 6-8 weeks until rollout. We will also be working on our always available menu and the Veranda menu. We will conduct menu committee meetings for all areas to get your input on items you would like to see removed and what you would like to stay on the menu.

Trainings

- ❖ **Nutrition & Wellness:** Wellness and sustainability are priorities at Compass Group. We aim to create positive change in the food system through meaningful food experiences that promote well-being for people and the planet.
- ❖ **Chemical Safety:** At our company, 9% of all work-related injuries are chemical-related. Work safe by wearing gloves and goggles



Last Months Happenings

Events

- Watermelon Social 08/09
- Pina Colada Social 08/12
- Food Forum 08/28

Wellness Corner

Know Your Fats

Fats and oils are vital to our health – but not all fats are created equal

Unsaturated	Saturated	Trans
Lower “bad” cholesterol. Decrease risk of heart disease and stroke.	Could raise your “bad” cholesterol (LDL). Increases risk of heart disease and stroke.	Raise your “bad” cholesterol (LDL). Lowers good cholesterol (HDL).
Found in vegetable oils (like olive oil, canola oil, or sunflower oil). Also found in avocados, peanut butter and fatty fish.	Many animal foods (fatty beef, poultry with skin, lard, cream, butter, cheese, and whole milk). Baked goods, fried foods and coconut oil.	Baked goods such as: Pastries, pie crusts, biscuits, cookies, crackers, stick margarines, shortenings.
You should try to get most of your fat from this category.	Limit the amount of saturated fats you eat each day.	Try to avoid trans fats.

What’s Coming Up

Events Ahead

- Labor Day BBQ 09/02
- Superfood Nuts 09/13
- Fondue Happy Hour 09/25

Upcoming Holidays

- Labor Day 09/02
- Halloween 10/31

Operations Highlight

Operations Update

- We have implemented a reservations list in the veranda dining room. Please select a time that works for you and arrive at that time. This will help with a smooth dining service, reduce food wait times and gaps between meal courses.



Meet the Team!

Paula Clarke

Where are you from?: Jamaica

What is your favorite food?: Shrimp Alfredo

Why do you enjoy working here?: I enjoy the service industry, making new friends and making residents smile.

