



# MENUPEDIA

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## The Diner's Guide

### MG Core Values

*Love food, people,  
serving others*

1. Create menus with WOW
2. Embrace fresh, local, scratch
3. Prepare with care, present with style
4. Sweat ALL the details
5. Be kind, be positive, be gracious
6. Build Fun Flexible Teams
7. Be the BEST partner
8. Believe in wellness & balance
9. Live & work sustainably
10. Learn, grow, improve

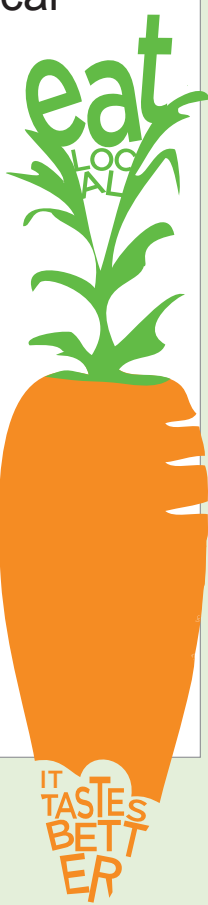
*Make a difference - every day!*

### Local

We love using local foods and will incorporate them as we can.

How do you know what's local?

Local items and ingredients are identified with dining room signage.



### Food the Right Way

- We serve the  **freshest**, healthiest and closest ingredients available.
- We use  **only as much** as we need.
- We  **respect** food and do not tolerate waste.
- We  **appreciate** our resources: human and natural.



## MG Menu

Our first Core Value is about Menus!

We want to be your  **favorite** place to eat. We promise to put  **the love** into the food so you leave saying,  **"that was just right!"**

We designed our menus to be  **customizable** without losing efficiencies. Our approach cues our staff to plan and serve balanced, variety-filled selections each day. It simplifies tasks and removes redundancies allowing more time for  **creativity**, sourcing and  **you**.



*Chef Dude- a MG signature icon.*



## We believe in balance

For example, we believe you can have a little  **ice cream** and a lot of  **apples**. We know  **everyone's a little different** and yet we want each guest, each day to enjoy  **nutritious**, tasty meals. Offering a balanced  **variety** is the key.



## Things you can count on

Our menus incorporate these fundamental concepts:  **scratch** cooking;  **local** ingredients as available;  **seasonal** trends; and  **balance** of popular and healthful.

## Navigating our menus

We  **communicate** menus on at least a  **weekly** basis and post our  **daily** menu in a place convenient for you. We use  **symbols** to identify items that are vegetarian, healthier choice and low fat.

▼ Vegetarian:  **Meat free** (excludes anything that had a mother or a face, including seafood and poultry). Items marked as vegetarian may still be a good protein source like tofu, tempeh, soy product, beans, legumes, nuts, etc. We clearly identify items that are  **vegan** with separate signage.

■ Healthier Choice: these are  **lower** in fat (less than 5 grams saturated fat), cholesterol and sodium, or are higher in protein, fiber, vitamins and minerals. This is achieved through the foods themselves or through cooking styles. These items are also  **lower** in calories:

- Entrees less than 350 calories
- Soups, salads, sides less than 250 calories
- Breads, desserts less than 230 calories

♥ Low Fat: these items contain  **less than 3 grams** of fat.



- ▼ Vegetarian
- Healthier Choice
- ♥ Low Fat

*symbols on our menu*

