



CULINART GROUP
INNOVATIVE DINING SOLUTIONS







CULINART GROUP IS EXCITED to be your dining services partner at Maine Central Institute. We provide innovative dining solutions to help students eat and live well. Fresh, handcrafted food is always the CulinArt way.

CULINART IS A FOOD-FIRST COMPANY that mandates scratch cooking to create mindful, balanced menus. In customizing concepts to complement MCI's culture, we are committed to offering appealing, contemporary cuisine for your students, families, faculty, staff, and guests. Our concepts always offer variety including options for vegetarians, vegans, and those with special dietary needs.

CULINART'S PROGRAM AT MCI incorporates an innovative, modern, quality dining experience showcasing our chef-driven, winning signature concepts. Our culinary program strives to deliver...

- Culinary diversity
- Inspired creativity
- Eat Well menus
- Food safety
- Authenticity
- Local and organic
- Nutritional transparency
- Scratch cooking
- Mindful preparation
- Allergen awareness



HIGHLIGHTS OF OUR PROGRAM AT MCI:

- Our Salad Bar is always stocked full of the freshest seasonal produce with a variety of colors, flavors, and local ingredients.
- The Chef's Table features comfort-style hot entrees with warm side dishes.
- Our Kettle Soup is always made from scratch.
- From time to time, we will showcase international micro concepts, such as Noodle Bowls, Bibimbap, and our Mexican Cocina Fresca.
- Our Wellness Wednesday and TryIt! Tuesday specials introduce students to new tastes while educating on the benefits of superfoods, eating more fruits and veggies, and how foods affect mood and balance.
- To keep the dining program fresh and on-trend, we will host special events, including PopUp Café, Guest Chef Series, Teaching Kitchen, and Smoky Roads Traveling BBQ.
- Students can take a ride on our FenderBlender smoothie bike to power their own fresh and healthy blended beverage.
- We celebrate diversity through food with special menus in recognition of cultural heritage months.
- CulinArt is committed to purchasing ingredients from local and regional sources as a first choice, and sourcing proteins from suppliers that promote the humane welfare of farm animals. Our shell eggs are Certified Humane Cage-Free, and we source foods that are produced with minimal use of (or free from) chemicals and antibiotics.
- Our signature "Eat Well" menu program is comprised of recipes that incorporate whole, naturally flavorful and nutritious foods prepared with healthful cooking methods.
- We use spices and herbs so that you get more of what you need - necessary nutrients, fabulous flavor, and pleasing presentation.
- We like to have fun! Our dining services team celebrates theme days and holidays like Halloween, Lunar New Year, NFL Opening Day, and many more.

HEALTH AND WELLNESS

CULINART ENCOURAGES STUDENTS to maintain a healthy lifestyle—one that incorporates wholesome, balanced food choices, regular exercise, and an overall attention to living well.

OUR SIGNATURE “EAT WELL” MENU program comprises recipes that incorporate whole, naturally flavorful, and nutritious foods prepared with healthful cooking methods. We use spices and herbs so that MCI students get more of what they need—necessary nutrients, fabulous flavor, and pleasing presentation.

OUR “EAT WELL” FROM-SCRATCH CREATIONS INCLUDE:

- Beneficial sources of fat
- Less than 10% of calories from saturated fat and no artificial trans fat
- Less than 800mg of sodium per serving
- Less than 8g of added sugar
- At least 3g of dietary fiber per serving

CULINART’S TEAM MEMBERS complete Food Allergy and Celiac Disease training, which is reviewed and certified by Food Allergy Research and Education (FARE), a nonprofit organization dedicated to enhancing the lives of individuals with food allergies, through its FARECheck program. Our goal is to provide every MCI student, faculty, and staff member an exceptional and safe dining experience. If you have an allergen concern, always feel free to contact our dining services team.

WE ALSO MAKE IT EASY to choose menu items that are right for you! Look for our vegetarian, vegan, Eat Well, and locally sourced icons on menus and printed signage.





CULINART'S MISSION is to constantly evolve our culinary, social, and environmental practices, and to exceed your expectations, every day. By preparing delicious, high-quality food that meets ever-changing needs, we offer the best of all worlds: mouthwatering dishes that are exceedingly nutritious and present the least amount of negative impact to our planet.

OUR SUSTAINABLE SOLUTIONS INCLUDE:

- Purchasing ingredients from local and regional sources as a first choice.
- Sourcing proteins from suppliers that promote the humane welfare of farm animals. Our shell eggs are Certified Humane Cage-Free, and we source foods that are produced with minimal use of (or free from) chemicals and antibiotics.
- Striving to source “Best Choice” and “Good Alternative” rated seafood according to the Monterey Bay Aquarium’s Seafood Watch recommendations.
- Reducing food production waste through our “Waste Not” kitchen tracking program.
- Driving change from the inside out through Compass Group’s landmark commitment to reduce food waste by 25% by 2020, and a longer-term goal to reduce food waste 50% by 2030.

STUDENTS WILL ENJOY A VARIETY of sustainability-focused promotions and education throughout the school year, including Sustainable Seafood Month in October and Stop Food Waste Day and Earth Month in April. Our goal is to raise awareness and promote solutions that positively impact today’s students and generations to follow.



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