Your guide to campus dining

The University of Alabama in Huntsville

FALL 2023 - SPRING 2024
WELCOME

Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility.

Our dining program is designed to spark community, collaboration, and real, honest-to-goodness connection.

Meet the team.

Sukesh Parameswaran
General Manager

Joe Fox
Operations Manager

Heather Holden
Unit Controller

Ron Gopher
Production Manager

Jeff Jones
Executive Chef

Meridith Cook
Service Manager
Let’s have some fun.

At UAH Dining, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own dessert bars, restaurant-style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.
RESIDENT DINING

Charger Café
Charger Cafe Stations

ENTREE
Our Entrée station offers a home-style buffet serving everything from spaghetti to the infamous Fried Chicken Wednesday.

SALAD
Our Salad Bar has a selection of leafy greens, dressings, and freshly prepared vegetables and toppings.

SIMPLE SERVINGS
The Simple Servings Station offers allergy-friendly meals without the most common allergens. All dishes are prepared without milk, eggs, wheat, soy, shellfish, peanuts, sesame, tree nuts, and gluten.

DELI
The Deli provides a variety of meats, cheeses, bread, and other various spreads to customize your sandwich.
Charger Cafe Stations

**PIZZA**
The Pizza Station has classic pizzas like cheese and pepperoni available every day, along with a specialty pizza that rotate daily. This station also includes pasta with your choice of marinara or alfredo sauce.

**GRILL**
The Grill offers hamburgers, cheeseburgers, grilled cheese, chicken tenders, and more items straight off the grill.

**CHEF’S TABLE**
Chef's Table highlights innovative menu offerings giving students the opportunity to taste delicious new items each day.

**DESSERT**
Our Dessert Station offers a variety of sweet treats including cookies, cakes, pies and a soft serve ice cream bar.
Food Allergy Accommodations for
PEACE OF MIND DINING

Food allergies continue to grow in prevalence among today’s students, with an estimated 5.6 million youth under 18 having a food allergy. When these students arrive on campus, they need allergen-friendly dining options they can count on to keep them safe and bring value to their meal plan. Sodexo offers three tailored solutions, often used in combination, to serve safe and delicious dining options for peace of mind, every day.

This premium and robust station serves fresh, flavorful, hot meals prepared without the most common allergens, which account for 90% of all food allergy reactions. All dishes are prepared without milk, eggs, wheat, soy, sesame, shellfish, peanuts, tree nuts, and gluten using dedicated kitchen spaces, equipment, and small wares to eliminate cross-contact. Meals are served by dedicated employees at the destination allergen-free station in the dining hall.
Meet the Dietitian

Looking for support with special dietary needs, achieving your individual wellness goals, or fueling an active lifestyle? Cristina Caro is here to help.

Cristina believes that a well-nourished body is fundamental to optimizing health, well-being, and academic success.

Contact: Cristina.Caro@sodexo.com

“HEALTHY EATING IS ABOUT NUTRITIONAL BALANCE. YOUR MEAL AND SNACK CHOICES CAN SUPPORT MENTAL FOCUS, CALM YOUR NERVES, ENERGIZE A WORKOUT, OR PROMOTE A RESTFUL SLEEP.”
OUR CHICK-FIL-A IS AN EXPRESS LOCATION THAT OFFERS TRADITIONAL FAVORITES SUCH AS CHICKEN SANDWICHES, SALADS, NUGGETS, AND FRIES TO GRAB AND GO.

ENJOY PIZZAS TOPPED WITH THE FRESHEST, HIGHEST-QUALITY INGREDIENTS AT PAPA JOHN’S, A NATIONAL LEADER IN PREMIUM PIZZA.

BURRITO BOWL IS A FAST CASUAL CONCEPT FEATURING GLOBALLY INSPIRED, PREPARED TO ORDER CREATIONS INFLUENCED BY CULINARY TRADITIONS FROM AROUND THE WORLD, WITH A FOCUS ON CREATIVE CONSTRUCTION AND SPEED OF SERVICE.

AT THE C-STORE, YOU WILL FIND EVERYTHING YOU WILL POSSIBLY NEED: CHIPS, CANDY, TIDE DETERGENT, TOILET PAPER, FROZEN DINNERS, ETC. THE BEAUTY OF THIS LOCATION IS PROVIDING THE CONVENIENCE OF HAVING A STORE RIGHT ON CAMPUS! THE C-STORE ALSO HOUSES BOARS HEAD DELI, WHERE CUSTOMERS CAN ORDER CUSTOMIZED SANDWICHES.
YOUR ALL-DAY, EVERYDAY STOP FOR TOP-RATED COFFEE, ESPRESSO DRINKS, BAKED GOODS, BREAKFAST WRAPS AND SANDWICHES, HOT-PRESSED CROISSANT SANDWICHES, AND COLD-CUT DELI SANDWICHES.

MEIN BOWL OFFERS HEALTHY, FRESH, MADE-TO-ORDER ASIAN CUISINE, WITH MENUS BUILT ON FLAVORFUL SPICES, FRESH VEGETABLES, RICE, NOODLES, AND PROTEINS. ENJOY A DELICIOUS COMBINATION OF AUTHENTIC SELECTIONS.

THE DEN BY DENNY’S IS OUR ONLY FULLY GRUBHUB-INTEGRATED DINING EXPERIENCE. TO ORDER, STUDENTS CAN USE THE GRUBHUB APP OR ONE OF THE DIGITAL KIOSKS ON SITE. IN THE FALL 2022 SEMESTER, THE DEN OPENED IN CHARGER UNION AND IS ONE OF THE ONLY RETAIL LOCATIONS ON UAH’S CAMPUS TO ACCEPT MEAL SWIPES.
MINDFUL
Every Mindful Limited Time Offer has one goal: to balance indulgent flavors and good-for-you ingredients to prove that it IS possible to eat deeply satisfying foods while focusing on personal wellness.

LOVE OF FOOD
We celebrate our culinary heritage every day with our incredible Love of Food chefs, bringing decades of cooking and a lifelong love of food to our retail locations. Love of Food features recognized and up-and-coming celebrity chefs as well as our own Sodexo top culinary talent, who share a “love of food" with you!

SNACKS AND BEVERAGES
You won't hit a snacking rut on our watch! Whether you are looking for something protein packed to get through your last class or stay hydrated with new and exciting beverages, we add new snacks and drinks throughout the academic year.

SIMPLY TO GO
Whether you are looking for a convenient meal on the go or a quick pick-me-up snack to help you power through that afternoon slump, Simply To Go offers delicious limited-time offers that are centered around seasonal ingredients and flavors.
HEALTHY FOODS THAT FEEL INDULGENT

Foods that are good for you but are so good they don’t feel like you’re sacrificing anything. Plus, wellness tips, fitness challenges, recipes and more are available at mindful.sodexo.com
View the Charger Cafe's daily menus, allergens, nutritional information, and so much more!

DOWNLOAD IT NOW!
# Meal Plans

## Resident Plans

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>MEALS PER WEEK</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan 1</td>
<td>21 MEALS/WK + $200 CHARGER BUCKS/SEM</td>
<td>$1,925</td>
</tr>
<tr>
<td>Plan 2</td>
<td>14 MEALS/WK + $300 CHARGER BUCKS/SEM</td>
<td>$1,925</td>
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<tr>
<td>Plan 3</td>
<td>10 MEALS/WK + $500 CHARGER BUCKS/SEM</td>
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<tr>
<td>Plan 4</td>
<td>100 MEALS/SEM + $700 CHARGER BUCKS/SEM</td>
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## Commuter Plans

<table>
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<th>MEAL PLAN</th>
<th>MEALS PER WEEK</th>
<th>COST</th>
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<tbody>
<tr>
<td>Plan 5</td>
<td>$645 DINING DOLLARS PER SEMESTER</td>
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<tr>
<td>Plan 6</td>
<td>$380 DINING DOLLARS PER SEMESTER</td>
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<tr>
<td>Plan 7</td>
<td>5 MEALS/WK + $175 CHARGER BUCKS/SEM</td>
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<tr>
<td>Plan 8</td>
<td>70 MEALS/SEM + $150 CHARGER BUCKS/SEM</td>
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Meal plans can be purchased at [UAH - Charger Card - Meal Plans](#).
Get together, have a good time, and enjoy great food, all without breaking the bank. Order online at uah.catertrax.com
Get involved!

Have a say in your dining program by joining the Student Culinary Council.

Earn free food by sharing your feedback as a Mystery Shopper.

Earn cash while learning on-the-job skills with an internship in fields like marketing, accounting, or nutrition.
Crafted FOR YOU.

RECEIVE TEXT MESSAGES FROM UAH DINING TO BE THE FIRST TO KNOW ABOUT SPECIALS, UPCOMING EVENTS, PROMOTIONS, AND MORE!

STUDENTS
text UAHdining to 82257

PARENTS
Text UAHParents to 82257
Connect with dining.

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UAH.sodexomyway.com