

# Campus Dish

## Campus Dining Newsletter



WILLIAM & MARY  
NUTRITION SERVICES

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### What's on Campus?

#### Welcome new students and a big welcome back to returning students!

This summer the campus dining team has worked hard to update menus, stations, and special events! We are excited to share some of the changes with you.

#### More Plant Based Options

Throughout campus you will find plant based options infused into each station. There are also plant based stations at Sadler and Commons. Mosaic Bowls is the concept at Commons where you are able to build your own rice bowl with a variety of colorful vegetables and plant based proteins. At Sadler, we offer a variety of plant based options at Maize.



Vegetarian

Look for these helpful icons to help you find plant based options.



Vegan

#### SIMPLE SERVINGS

##### Simple Servings

If you have a food allergy or special dietary need Simple Servings should be your first stop at either

Sadler or Commons. At Simple Servings meals are cooked without the big 8 allergens (peanuts, tree nuts, wheat, soy, eggs, dairy, shellfish, or gluten.) This station does offer fin fish as a protein option several days per week.

#### MyZone

This gluten, peanut, and tree nut free station offers breads, cereals, and desserts to students with food allergies. A gluten free toaster is also available. MyZone can be found in Sadler and Commons dining halls. This station also has a variety of dairy free alternatives—milk and yogurt.



#### Mindful



Along with fresh, new menus campus dining is including more Mindful Menu items... healthier choices! Mindful menu options follow specific nutrition criteria that include more vegetables, fruits, whole grains, lean protein, fiber, and healthy fats. While limiting excess

fat. Look for the green apple icon to identify Mindful menu items.

#### Bite by Sodexo App

Are you someone who likes to plan ahead or look at what is being served before heading into a dining hall? Check out the "Bite by Sodexo" app!



This app is your one stop shop for menus, nutrition, and allergen information. Within the app you are able to filter for healthy Mindful, Vegan, or Vegetarian meals. For those with food allergies, you can also filter out dishes that contain your allergen.

#### Meet Stephanie, our campus dietitian!

*If you have questions about nutrition, special dietary needs, or would like to schedule an appointment please email Stephanie at [smmay@wm.edu](mailto:smmay@wm.edu)*

**Keep an eye out for cooking demos, events, and the smoothie bike this semester!**

