DINING 101

A guide for students and their families.

LMU Dining Services

https://lmudining.sodexomyway.com
I’m ready to roll.

everyday

Order through the app and I’ll bring everything right to you!

Order for delivery from Iggy’s and Qdoba.
Welcome to Loyola Marymount University and LMU Dining! We are glad you are here and want you to know that our #1 priority is you!

Being away from home and at college for the first time can be exciting, confusing, fun, overwhelming, and the time of your life all at once. That’s why you must take some time to get familiar with the myriad options you will have on-campus regarding food and your meals.

In a nutshell, whether you live on campus and have a meal plan or are commuting to campus when you dine here, you’ll have a lot of options to meet your needs. LMU dining is set up so everyone can get the kind of meal they want and need to fuel their education and get them off to a great start.

The most different thing you will experience is that now, you oversee when and what you eat. Before college, you may have had a very structured way of eating at home where you came to the table at mealtime, or perhaps you helped prepare meals and shop for your family, or you may have had activities and work outside of school and had to eat independently. Whatever you’re used to, campus dining will allow you to be in charge of your meals, including what and when you eat.

Dining hours will vary by location (we’ll cover that later), but for the most part, if you want to eat breakfast, it will be up to you to get to the location you want to eat at during breakfast hours to get your meal. The same thing goes for all the other meal periods. You’ll have lots of different places to eat and times you can eat there, plus places you can get snacks, coffee, and things to hold you over between meals.

The important thing is that you now own your diet. You can pick whatever you want to eat from whatever is offered. Want a burger for breakfast? You can probably get it. Want pancakes for dinner? You can have them. But it’s up to you. So, we hope this guide will give you some insight into how you can make good choices about what you eat and how you can have fun and enjoy LMU dining.

Sincerely,

Lew DelFierro
YOUR MEAL PLAN

Your meal plan is your ticket to Campus Dining. Meal plans give you access to dining when you want it and plenty of flexibility to use them in the way that works best for you. Below you can see information on specific plans and how they work.

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<thead>
<tr>
<th>Plan</th>
<th>Cost: 5,432/year</th>
<th>2,716/per semester</th>
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<tbody>
<tr>
<td>“L” Plan</td>
<td>The recommended plan for students who eat most of their meals on campus, with room for snacks, coffee, and late-night treats.</td>
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<tr>
<td>Weekly Budget (16-Week Semester)</td>
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<td>“I” Plan</td>
<td>An ideal plan for residential students who frequently eat on campus, but occasionally forgo breakfast or purchase meals off campus.</td>
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<td>Tax Savings (9.5%)</td>
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<td>“O” Plan</td>
<td>The recommended plan for the students who eat a significant number of meals off campus or prepare many of their meals in an on-campus apartment.</td>
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<tr>
<td>“N” Plan</td>
<td>The recommended plan for students who live off-campus or enjoy just a small number of meals and snacks on campus.</td>
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<td>Tax Savings (9.5%)</td>
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<td>Daily Budget (7 Days A Week)</td>
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<tr>
<td>Weekly Budget (16-Week Semester)</td>
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WHERE TO EAT?

Community Dining

The Lair Marketplace at Malone Student Center is our community dining center. Inside you'll find something for everyone. The Lair features our signature dining experience, Modern Recipe.

modern recipe

Modern Recipe is:

Inspiring / Healthy / Flexible

It has the food you want to eat every day.
Food that encourages healthy eating without compromise or complexity.
Food that complements your goals.
Quality without formality.

Inside Modern Recipe, we are proud to offer these dining selections.

**Deli** - Made to order and curated elevated sandwiches.
**Brunch** - Omelets and breakfast all day.
**Kitchen** - International flavors, refreshed excellence, and artisan quality.
**Grill** - Amazing burgers, plant-based favorites, and new tastes.
**Hearth** - Fresh handmade pizzas.
**Salad** - Tossed to order contemporary salads made with fresh local produce.
**Natural** - Smoothies, bowls and local fruits.
**Coffee** - From Don Francisco.
**Beverage** - All your favorite bottled and fountain beverages.
**Dessert** - Featuring Homeboy Bakery. Every purchase helps support a second chance.
**Soup** - Made from scratch daily.
**Salad Bar** - Abundant, crisp and clean.
**Grab and Go** - Sushi, sandwiches, salads, small bites and treats.

Modern Recipe will be able to accommodate students with allergen sensitivities and special dietary needs.

See menus and more on the Everyday app
WHERE TO EAT?

Campus Restaurants and Stores

**Qdoba Mexican Eats: Malone: next to the Lair**

Inspired by the culinary traditions of Mexico, Latin America, and beyond, our flavor combinations are free of colors from artificial sources*, high fructose corn syrup*, added MSG, partially hydrogenated oil, and lard. These combinations are created in our kitchens with no microwaves or can-openers. We're talking about made-in-house-by-hand-every-single-day freshness, like our made-from-scratch Pico de Gallo, open flame-grilled chicken and steak, and hand-crafted guacamole. No matter what flavor combination you order, you can always feel good about eating at Qdoba.

*Kiwibot delivery available through the Everyday App.*

**FRZN Ice Cream Sandwiches: Founder’s Pavilion**

Local ice cream meets Homeboy Bakery cookies for fun, creamy, icy deliciousness! FRZN is your new social hub for the Del Rey community. “Create your own” Ice Cream sandwiches and shakes.

**Kikka Sushi: Founder’s Pavilion**

Roll through for poke bowls, rice bowls, and grab-and-go sushi! Kikka Sushi offers a variety of eats for all your sushi cravings, made fresh daily with the best quality ingredients.

**Einstein Bros. Bagels: University Hall**

Einstein Bros.® Bagels is your neighborhood bagel shop. We're proud to provide our guests with freshly baked bagels, breakfast and lunch sandwiches, coffee, and so much more. Stop on in. We'll have a fresh bagel and cup of coffee ready for you. Located in University Hall. Accepting Cash, Credit Cards and One Card.

*Pre-order for pickup with Grubhub.*
WHERE TO EAT?

Campus Restaurants and Stores

**Roski Dining: University Hall**

Roski Dining is located on the main level of University Hall and features a wide variety of options to suit every taste. Great sandwiches, amazing burgers, local produce, healthy entrees and premium ingredients are on the menu here.

**Latitude 33 at Crimson Lion: University Hall**

Enjoy a full service dining experience complete with patio seating and a wine list. When entering from the main atrium, follow the hallway and enter through the left French doors. Experience LMU Dining at its finest!

*Pre order for pickup with Grubhub.*

**Iggy’s Cafe: McKay Hall**

Iggy's Café has all your favorites including our famous burgers, made-to-order salads, sandwiches, chicken tenders, and delicious desserts!

Open for breakfast, lunch, and late night.

*Kiwibot delivery available through the Everyday App.*
WHERE TO EAT?

Campus Restaurants and Stores

**Starbucks Coffee: Hannon Library**

Starbucks is located inside the Hannon Library and features delicious, handcrafted beverages and great-tasting food; the secret to making life better! Starbucks roasts high-quality whole bean coffees and fresh, rich brewed Italian-style espresso beverages and a variety of pastries and confections. Starbucks also offers a full line of sandwiches and snacks. Starbucks at LMU accepts gift cards.

*Pre-order for pickup on Grubhub*

**LA Blvd: Founders Pavilion**

LA Blvd brings the bold flavors and diversity of Los Angeles street food to life right here on campus. LA Blvd. will bring you a constantly rotating array of new tastes and trends in partnership with Fooda. You can see today’s menu at [http://www.fooda.com/lablv](http://www.fooda.com/lablv)

**Lion Boba and Coffee Carts at Leavey and Foley Fountain**

Lion Boba and Coffee is locally owned and operates 2 coffee and boba carts. Grab a drink and snack from them Monday-Friday.

**The Lion's Den: Malone**

A Student run coffee house on the east side of the Malone Bldg.

**The Grid Markets: Malone /Del Rey /Leavey**

The Grid is a quick stop market offering household items, sundries, and grab 'n go foods such as microwaveable entrees, salads, ice cream, and candies! For your convenience, Leavey and Del Rey are open till 2:00 AM. Accepting cash, credit, One Card and SNAP/EBT benefits. No need to go off campus, we have it all here!
OTHER SERVICES

This fall, students will continue to experience the newest and friendliest way to receive deliveries.

Kiwibot delivers with zero emissions, zero contact – and a smile. Satisfy your cravings without leaving your location. Order from Iggy’s Café or Qdoba from anywhere you are on campus using the Everyday App. Students can now purchase subscriptions from Kiwibot for discounted deliveries this fall! See our website at lmu.sodexomyway.com for details.

Select Campus locations also feature the ability to pre order with the Grubhub App.
# WHEN DO WE EAT?

## Dining Hours

### Fall 2022

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<thead>
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<th>Monday</th>
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<th>Wednesday</th>
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<td>Iggy's</td>
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<td>Frozen</td>
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<td>Del Rey</td>
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*Note—Crimson Lion only available through Grubhub for pick up at dinner.
WHO’S IN CHARGE HERE?

LMU Dining is professionally managed by a great team of people who have one goal: to improve the quality of your life on campus through great food and service.

Anyone on the team is available to you to answer your questions, help you find what you are looking for, and resolve any challenges you may experience with campus dining.

LEW DELFIERRO-DISTRICT MANAGER

Lew oversees all aspects of LMU Dining Services and helps to design and shape the program offerings on campus.

lew.delfierro@sodexo.com

JOHN FISHER- GENERAL MANAGER—EAST CAMPUS

John runs the day-to-day operations at the Lair Marketplace, Qdoba, concessions, and the restaurants that comprise Founder’s Pavilion. He serves as the primary point of contact for any students or parents who have questions or concerns about the services provided on campus.

john.fisher@sodexo.com

ERIKA MEDA—GENERAL MANAGER—WEST CAMPUS

Erika runs the day-to-day operations at LMU’s retail dining locations, including Starbucks, Iggy’s Cafe, Einstein Bros. Bagels, and all campus C-stores

erika.meda@sodexo.com
WHO’S IN CHARGE HERE?

**BETSY CORRIGAN - CAMPUS EXECUTIVE CHEF**

Betsy oversees menu innovation and quality control for the entire campus portfolio of restaurants.

elizabeth.corrigan@sodexo.com

**CHRIS MENENDEZ - EXECUTIVE CHEF : MODERN RECIPE**

Chef Chris oversees all food production for Modern Recipe at the Lair.

christopher.menendez@sodexo.com

**HANNAH RHODES—MARKETING AND COMMUNICATIONS MANAGER**

Hannah oversees Dining Services’ social media presence, website, promotions, communications, and student programming.

Hannah.rhodes@sodexo.com
WHO’S IN CHARGE HERE?

MEET THE REST OF THE TEAM

STEPHANIE MAY
GENERAL MANAGER
CATERING

FANTINO AQUINO
IGGY’S MANAGER

PHILLIP MANGAWANG
OPERATIONS MANAGER—
THE LAIR

KAREN BLAIRE
DIGITAL SUPPORT
MANAGER

CLAUDIA RAMIREZ
GALLARDO
RETAIL MANAGER

RAQUEL CANO
UNIT CONTROLLER

PEDRO HERNANDEZ
CHEF—XAVIER HALL

FIDEL AGUILA
QDOBA MANAGER

BLANCA MENDOZA
CATERING MANAGER

NICOLE SCAILE
RETAIL MANAGER
A LITTLE ABOUT LMU DINING

LMU Dining is a part of the Loyola Marymount Community, but we are backed by the resources and support of Sodexo. Founded in Marseille, France, in 1966 by Pierre Bellon, Sodexo is the global leader in services that improve Quality of Life, an essential factor in individual and organizational performance. Operating in 56 countries, Sodexo serves 100 million consumers each day through its unique combination of On-site Food and Facilities Management Services, Benefits & Rewards Services and Personal and Home Services.

- **What we do:** We improve the Quality of Life of those we serve and our teams, and contribute to the economic, social and environmental development of the communities, regions and countries in which we operate.
- **How we do it:** We serve with care the essential daily needs of millions of people. We build inclusive progress; we drive engaged and responsible performance.

YOUR SAFETY

At LMU Dining we take the greatest care in ensuring that every meal is prepared freshly and with industry-leading food sourcing and safety practices.

Some of the steps we take are:

- Serv Safe training for Managers
- Aller-train food allergy training
- Ongoing food safety training for teams in formal and daily settings
- 3rd party food safety audits
- Local and district safety leaders and physical safety training
- Careful inspection of all products received
- Monthly safety committees
- Internal daily safety walkthroughs
- Internal Safety compliance applications

If you as a guest or a parent of a student ever have a concern about the safety or quality of the dining experience or food being served please reach out immediately to John Fisher so we can investigate and resolve the issue. Our #1 priority is your safety and satisfaction.
Hello! My name is April Word and I provide Sustainability support for the dining program here at LMU dining. The two things I care most about are eating well and taking care of the planet. I believe the dietary choices we make on a daily basis (what’s on our plate, where and how it’s grown, and where and how it’s disposed of) are some of the most impactful ways we can contribute to conserving and replenishing our natural resources, such as water, air, and soil quality.

I’m here to be a resource to you as you get to know your campus dining options. I’ll share some of the sustainable practices that the on-site culinary team follows, and also tell you about ways you can do your part as an engaged and thoughtful eater who wants to do right by the planet. Feel free to reach out to me at April.word@sodexo.com with any questions or ideas that you
HOW YOU CAN HELP

While some of the environmental challenges we face may feel daunting, the daily decisions we make about what and how to eat are some of the most impactful we can make. Here are a few helpful tips for making sure that your actions and choices align with what’s best for the health of the planet.

• Choose plant-based dining options – Reducing the amount of resource-intensive animal products such as beef, lamb, pork, and cheese consumed is one of the single biggest things we can do to lower greenhouse gas emissions and help the environment. Lucky for you, Sodexo is committed to offering a wide range of enticing plant-based dishes, so you’ll be sure to find delicious options at every meal. Just look out for this Plant Based icon.

• Ditch disposables – The amount of plastic waste polluting our ecosystem is huge and continues to grow. Here are a few easy choices that you can make every day that will make a difference:
  • If you’re eating on site, choose a China plate and reusable utensils instead of a take-out box and plastic fork.
  • Use and refill a reusable water bottle. There are plenty of hydration stations around campus that will make this easy.
  • Get in the habit of bringing a reusable bag with you so that you don’t need to use plastic bags.

• Prevent food waste – Approximately 1/3 of all food goes uneaten, all of which adds up to a lot of water, land, and labor that are essentially wasted. Do your part to prevent food waste by taking only what you actually plan to eat. If you’re not sure if you like something, ask for a taste first or ask for a smaller portion.

• Sort your waste – Take a few seconds to make sure that you put only recyclables in the recycling bin. Avoid putting things heavily soiled with food into the recycling (e.g. paper plates with food scraps or greasy napkins) because excess food debris may contaminate a whole batch of recycling, making it unusable. Similarly, try not to put things that can be recycled (like aluminum cans and clean paper products) into the landfill stream.
COMMUNITY

During the year you’ll get to experience many events, interactions, and opportunities to meet your fellow Lions through LMU Dining.

- Dining events
- Tablings and samplings
- Pop up restaurants
- Cooking classes and demonstrations
- Participation in our Student Culinary Council
- Student Employment is another great way to get involved, make new friends, and learn some great new things along the way. We offer a multitude of opportunities for you to become a part of our team.

Campus Internships

Internship opportunities in Marketing, Sustainability, Operations or Nutrition may be available at your campus. Interns have the opportunity to create events and projects in their specific field as well as gain real-world experience working with us. Contact Hannah.rhodes@sodexo.com for more information on Internships.

Street Team

Our student “street team” is an extension of our marketing efforts on campus and helps us create one-of-a-kind events and celebrations. A great job for anyone who loves people and wants to create experiences that matter.

Student Employment

LMU Dining Services offers a wide variety of opportunities for students to work on campus while they attend school. Students can gain valuable work experience and be a part of a great team when they join us, all while earning a paycheck.

Contact Hannah.rhodes@sodexo.com for more information.
Hello, my name is Hayden Thrasher! As your LMU dining registered dietitian, I provide health and wellness support. Wellness is such a special topic because it means something different to each person, we all have needs that are uniquely our own and I love celebrating this diversity! I am here as a resource to help support and connect you with options that meet your needs whether you have food allergies, celiac disease, are an athlete, are interested in plant-based options, or are interested in general health and wellness topics. My goal is that I help to create a positive health culture where your food choice options and eating habits aid in increased mental and physical health, personal and academic growth, community, and a joyful college experience. I take a non-diet, “all foods fit” approach to nutrition and health and love teaching students about intuitive eating and debunking nutrition myths and fads.

I can’t wait to work with you. Please feel free to reach out to me with questions Hayden.Thrasher@sodexo.com

**BASIC NUTRITIONAL FACTS TO HELP YOU SUCCEED**

- Eat regularly – When you get to school, take time to figure out a meal eating pattern that works for you – this may look different to how you previously ate at home! Aim to eat every 3-4 hours or focus on 3 meals and a few snacks per day.
- Focus on the 5 components of a satisfying meal
  - Carbohydrates, Protein, Fat, Volume and Pleasure
  - Not only does body want carbohydrates, protein, and fat for a satisfying meal but it also wants enough volume and pleasure to feel full.
  - Volume – How much food you need to feel full and energized isn’t static! For the most part, you’ll want to feel a slight roundness or full sensation in your stomach without feeling physical discomfort
  - Pleasure – think tasty sauces, finishing a meal with something sweet, adding cheese, different herbs or spice blends, or adding flavor boosters like crumbled bacon, toasted nuts, olives or sun-dried tomatoes.
- Try new foods – likely you’ll have access to foods you’ve never tried before, try them out! College is a great time to learn your own personal food preferences.
- Avoid labeling foods as “good” or “bad” – and instead acknowledge the nuances of food – energy, a form of self-care, a way to connect with others, pleasure, cultural expression etc.
- Engage in joyful movement – movement can increase energy and help you decompress mentally and physically.
- Identify ways to relieve stress – listen to music, schedule study breaks with friends, try a guided meditation through apps like Calm or Headspace.
DINING WITH FOOD ALLERGIES

Do you have food allergies, celiac disease, or other dietary concerns? Please reach out to General Manager John Fisher or call our offices at (310) 338-2977 prior to arriving on campus to set up a meeting with our dining team. We look forward to meeting you and discussing options to fit your dietary needs.

You may also contact our regional diettician Hayden Thrasher for a consultation at any time.

Where can I eat with Food Allergies?

Every location on campus has a variety of foods to enjoy. All our menus are clearly labeled with food allergens. We strive to offer enough variety and options that you should be able to enjoy a meal anywhere on campus. Our Grid Markets and other dining locations also have a wide selection of snacks and other food that can fit into a variety of dietary requirements.

How can I access allergen information for the menus? Are they listed in the dining locations, online, or available upon request?

Allergen information is available for all meals at each location on the menu at that location or online.

Visit https://Imudining.sodexomyway.com/ or download the Everyday app to see current menus.
FAQ

What if I am unsure if a food is gluten-free or not?

Our managers and chefs are all trained in handling food allergies. Our staff has been trained to assist customers with gluten-free needs. If you need to know more about the ingredients of any menu item served on campus, please ask to speak to a chef, manager, or supervisor.

What about cross-contact with other gluten-containing foods?

Please keep in mind that there are no gluten-free facilities on campus. LMU Dining Services attempts to maintain optimal food allergy safety standards to prevent cross-contact. Should you be concerned with this, please contact our General Manager John Fisher.

Do I need a special meal plan on campus?

You do not need a special meal plan on campus, however for individuals with Celiac Disease, or food allergies, please reach out to our General Manager John Fisher. With support from the registered dietitian, you and the onsite team will develop an accommodation plan that meets your medically required dietary needs.

Can my own gluten-free products be acquired and stored by Dining Services?

Dining Services does not offer this service. However, if you know about a great product, we gladly welcome your input. It will help us to increase the variety of gluten-free options.

Can I get a tour?

Yes, contact our General Manager John Fisher to set up an in-person dining tour to help you navigate and understand each station’s unique offer!

Do I need to carry my own epinephrine auto-injector?

Please always carry two doses of emergency epinephrine. While dining services has emergency procedures in place, we do not store epinephrine in any of our dining locations.

Not sure what to do?

Just ask. Ask any employee and if they do not know they will get a manager or chef to speak to you.

You can also call us any time at (310) 338-2977, or reach out to our General Manager John Fisher.

How can I access allergen information for the menus? Are they listed in the dining hall, online or available upon request?

Allergen information is available for all meals both online and at each station on the menu sign.
COMMON MYTHS AND MISCONCEPTIONS

Freshman 15
Contrary to popular belief, the term freshman 15’ originates from a Seventeen magazine article in 1989 rather than in medical research. The trending term was then referenced in many magazine articles and additional media outlets, few of which consulted health experts and neglected scientific validity. Since then, research has found that typical weight gain is actually about 2.5-6lbs steadily through the total time at school, the same for individuals who don’t attend college. Meaning, the increase is seemingly related to normal body changes and growth into adulthood rather than something unique to dorms and dining halls. Shifting the focus to tangible health promoting behaviors can help ease some of the stress and fear during the college transition!

The liquid eggs for omelets aren’t “real” eggs
Nope, those are real eggs. Actually, those are real cage-free eggs. The reason we use them in a liquid form is for food safety. Pre cracked liquid eggs are pasteurized to ensure that every omelet we make is fresh, tasty and safe!

All wasted food is thrown away
At LMU Dining we’re committed to preventing avoidable food waste because we know it’s the right thing to do. That’s why we’ve incorporated waste diversion strategies into every step of our operation. It starts with efficient menu planning that anticipates what will be eaten on a given day. Once food is in our kitchen, we proudly utilize Waste Watch powered by Leanpath, a technology tool and training program that has a track record of reducing food waste by as much as 50%. Any kitchen waste that we do produce is taken offsite to be composted. Lastly, any pre-packaged food that we have at the end of the week is donated to local members of our community through our active campus Food Recovery Network. NOTE: Waste reduction initiatives will vary from campus to campus

All the food served is Frozen or out of a can
Absolutely not. We work with a number of local vendors to bring you fresh produce daily from nearby farms. We use 100% USDA Certified beef in our burgers and only humanly raised chicken and MSC Certified Seafood.
WHAT TO DO IF IT’S NOT RIGHT

Despite our best intentions, something may not go 100% right. Everything we do is designed to keep you happy, nourished, and satisfied. If you don’t like something let us know so we can fix it. The faster you tell us the faster we can make it right for you, and we will make it right!

**Good:** Call us – at **(310) 338-2977**

**Better:** Email our General Manager **John Fisher** or call him at **424-425-4274**

**Best:** Tell a manager. You can ask any manager in any location, at the dining services office (East side of the Lair), or just ask an employee and they will get them for you.

Whatever it is we’ll fix it, and your direct feedback helps us make sure we keep building a program that YOU want and works for YOU.
A FINAL THOUGHT

Our whole reason for being here is to make this part of your college experience as good as it can be. To do that it's important we communicate. If you don't like something let us know so we can fix it. If you like something let us know that too so we can offer more of it!

We really want you to enjoy your meals, so talk to us!

Looking forward to dining with you soon!

Lew DelFierro
John Fisher
Erika Meda
Stephanie May
Elizabet Corrigan
Hannah Rhodes
Raquel Cano

Phillip Mangawang
Karen Blaire
Claudia Ramirez
Fantino Aquino
Nicole Scaife
Blanca Mendoza
Chris Menendez
Fidel Aguila

lmu.dining.sodexomyway.com