LEHIGH UNIVERSITY’S

20-'21 DINING GUIDE

DINING LOCATIONS
SUSTAINABILITY
MEAL PLANS
NUTRITION
CONTACT
HOURS

www.lehighdining.com
Welcome.

Our team works hard every day with a commitment to providing the Lehigh community with an extraordinary dining experience. We take pride in our ability to being forward thinking, innovative and dynamic.

We’ve carefully reviewed our program and have made significant updates that focus on the safety and well-being of our customers and staff. Our revamped operations minimize cross-contact, reduce crowds and expedite speed of service by utilizing mobile ordering, contactless payment and expanded take out.

While some of this will be new to all of us, the core of our program remains intact. Our professional culinary team will still produce meals that are consistently fresh, delicious and nutritious. We will continue to develop menus that include vegan and vegetarian options and cater to those with special dietary needs.

Our Registered Dietitian will remain a great resource to help students achieve personal goals or provide guidance for those with special diets. We will continue to offer free and confidential nutritional support and education throughout the year.

Lastly, we’ll continue to celebrate and engage with students through a variety special events, exclusive offers and promotions. We look forward to meeting and serving you this year.

Welcome to Lehigh Dining.
WHAT TO EXPECT IN SPRING 2021

Our team has worked hard to assess our operations and is excited to introduce several new innovations that will provide a safe dining experience for our guests.

Take Out Only
On-campus dining will be take out only until at least Monday, February 8, per local government regulations.

Clutch & Go
The former Pandini’s will offer personal pizzas, chicken tenders, wings and a wide array of freshly prepared grab & go items, all to go.

Hawk’s Nest
Our popular noodle bowl concept at Global Cafe will now be featured at Hawk’s Nest along with a revamped menu and hours.

250 Block Meal Plan
The new 250 Block Meal Plan replaces the 19 Meal Plan, adding more value and flexibility for students.

Customer Traffic Flow
Guests will find a new flow of traffic in our operations as we aim to minimize contact and enhance safety measures.
WHERE TO EAT ON CAMPUS

DINING HALLS

ENJOY ALL-YOU-CARE-TO-EAT DINING AT OUR THREE CONVIENIENTLY LOCATED DINING HALLS

CORT @ LOWER UC (UC)
Open 7 days a week with a variety of healthy and nutritious options

RATHBONE (Rathbone)
Features eight culinary platforms with an incredible view of the Lehigh Valley

BRODHEAD (Brodhead)
Tucked inside Brodhead Residence Hall is this warm & inviting dining hall

RETAIL DINING

Whether you’re craving a burger, sushi, salad or milkshake, you’ll find it on campus

UPPER UC FOOD COURT (UC)
Our main retail food court features burgers, sushi, salads, sandwiches & much more

BAKER’S JUNCTION (UC)
A quick stop shop for Starbucks coffee, fresh baked goods & breakfast sandwiches

CLUTCH & GO (UC)
New for fall 2020, this market offers pizza, chicken & grab & go options

THE GRIND @FML (EWF Library)
This new cafe offers cold noodle salads, sandwiches, smoothies, coffee & grab & go

HAWK’S NEST (Lamberton Hall)
Debuting a new menu for fall 2020 with everything from milkshakes to noodle bowls

FOOD TRUCKS

Lehigh boasts two food trucks that serve the campus community Monday - Friday

SIMPLY SKEWERED (Outside STEPS)
This truck features a gluten-free, brazilian inspired menu with halal-certified meals

FUD TRUK (Outside STEPS)
Our original food truck that’s famous for its loaded sandwiches and fresh-cut fries

MOUNTAINTOP CAMPUS

MARKET X (Building C)
A state-of-the-art market that features 24/7 access and self-check out.
### LEHIGH UNIVERSITY Dinning Hours of Operation

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cort @ Lower UC*</td>
<td>Mon – Fri: 7am – 8pm</td>
</tr>
<tr>
<td></td>
<td>Sat – Sun: 11am – 7pm</td>
</tr>
<tr>
<td>Hawk’s Nest</td>
<td>Mon – Fri: 10:30am – 10pm</td>
</tr>
<tr>
<td></td>
<td>Sat – Sun: 4pm – 10pm</td>
</tr>
<tr>
<td>Rathbone*</td>
<td>Mon – Sat: 7:30am – 8pm</td>
</tr>
<tr>
<td></td>
<td>Sun: 9:30am – 8pm</td>
</tr>
<tr>
<td>The Grind @ FML</td>
<td>Mon – Thurs: 8am – 8pm</td>
</tr>
<tr>
<td></td>
<td>Fri: 8am – 3pm</td>
</tr>
<tr>
<td></td>
<td>Sun: 2pm – 8pm</td>
</tr>
<tr>
<td>Brodhead*</td>
<td>Mon – Fri: 7:30am – 8pm</td>
</tr>
<tr>
<td>Fud Truk</td>
<td>Mon – Fri: 8am – 3:30pm</td>
</tr>
<tr>
<td>Upper UC Food Court</td>
<td>Mon – Fri: 10:30am – 8pm</td>
</tr>
<tr>
<td>Simply Skewered</td>
<td>Mon – Thurs: 10am – 3:30pm</td>
</tr>
<tr>
<td>Clutch &amp; Go</td>
<td>Mon – Fri: 10:30am – 8pm</td>
</tr>
<tr>
<td></td>
<td>Sat – Sun: 11am – 8pm</td>
</tr>
<tr>
<td>Market X</td>
<td>Open 24/7</td>
</tr>
</tbody>
</table>

All hours are subject to change.

**GrubHub**

GrubHub is a free app that allows guests to place mobile orders for food from on-campus retail dining venues. Students can also use their meal plan for payment. Download for free on the App Store or Google Play.

**Bite**

Bite is a free app that provides guests with information to help them make dining decisions through menus complete with nutrition, allergen information and more. Download for free on the App Store or Google Play.

**Meal Periods**

- Mon - Sat: Breakfast: 7am - 10:29am | Lunch: 10:30am - 4:29pm
- Sun: Brunch: 9:30am - 4:29pm | Dinner: 4:30pm - 8pm
# MEAL PLANS
## 2020 - 2021

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Meal Plan Cost</th>
<th>Meals per Week / Semester</th>
<th>Dining Dollars</th>
<th>Meal Credits</th>
<th>Guest Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carte Blanche</td>
<td>$3,345</td>
<td>Unlimited</td>
<td>$100</td>
<td>7 per week</td>
<td>5</td>
</tr>
<tr>
<td>250 Block Plan</td>
<td>$3,040</td>
<td>250 per semester</td>
<td>$0</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>225 Block Plan</td>
<td>$3,040</td>
<td>225 per semester</td>
<td>$50</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>200 Block Plan</td>
<td>$3,040</td>
<td>200 per semester</td>
<td>$150</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>150 Block Plan</td>
<td>$2,670</td>
<td>150 per semester</td>
<td>$150</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>125 Block Plan</td>
<td>$2,670</td>
<td>125 per semester</td>
<td>$250</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>75 Block Plan</td>
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<td>75 per semester</td>
<td>$250</td>
<td>Multiple per Meal Period</td>
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</tr>
<tr>
<td>50 Block Plan</td>
<td>$1,270</td>
<td>50 per semester</td>
<td>$250</td>
<td>Multiple per Meal Period</td>
<td>None</td>
</tr>
<tr>
<td>Dining Dollar Plan</td>
<td>$400</td>
<td>None</td>
<td>$400</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

Meal plan members earn a 20% bonus when additional funds are added to their Dining Dollars account within the first 10 days of the semester. Members earn a 10% bonus when additional funds are added throughout the remainder of the semester. Members are automatically enrolled in our eco-container program which allows them to take meals to go from student restaurants.
Meal plans can be used at any of our dining locations with the exception of Market X. Students can access their meal plan using their Lehigh University ID card. A meal plan has three components (Meal Swipes, Dining Dollars and Meal Credits) that allow for maximum value and opportunity to enjoy all that Lehigh Dining has to offer.

Meal Swipes

Meal swipes are used at our all-you-care-to-eat student restaurants: Cort @ Lower UC, Rathbone, ASA & Brochard. One meal swipe per meal period allows students to dine in or take out.

Dining Dollars

This declining balance account can be used exclusively at all Lehigh University Dining locations, except Market X. Dining Dollars are non-refundable and carry over from Fall semester to Spring semester.

Meal Credits

A meal credit is cash value applied to food purchases at retail locations on campus. In exchange for a meal swipe, students receive credit toward the total cost of a retail purchase.
Save time and skip the line when you order from on campus restaurants for pickup with the Grubhub app!

GET $1 OFF YOUR FIRST CAMPUS DINING PICKUP ORDER

USE CODE WELCOME1

*See details at https://grhb.me/IOFFPICKUP
EARN BONUS DINING DOLLARS

20% BONUS
FIRST 10 DAYS OF THE SEMESTER

10% BONUS
THE REMAINDER OF THE SEMESTER

WHEN FUNDS ARE ADDED TO YOUR ACCOUNT

to add funds call 610-758-6179 or visit financeadmin.lehigh.edu/content/housing-services
1. Explore all stations and options before making your decision.

2. Peanuts are available at the ice cream bar that can be used as a topping for oatmeal or yogurt.

3. Cereal also makes for a great topping for yogurt or froyo!

4. Visit the salad bar for some fresh veggies, then take them to the pizza/pasta station to have them sauteed.

5. Try whole wheat toast, peanut butter and apple slices or bananas for a healthy and delicious snack.

6. Ask for whole wheat pasta at the pizza/pasta station as a healthy swap.

7. Use rice as a base and add house-made chili or soup. All of our soups are made fresh daily.

8. Our pizza/pasta stations and the Diner at Rathbone have chicken available all of the time.

9. Looking for something specific? Please ask our staff or make a suggestion on our comment board.

10. Looking for something sweet? Try a chipwhich! Two chocolate chip cookies with ice cream in the middle.
Carrie Gerencher, MA, RDN, LDN has been making a difference in students’ wellness for the last four years and continues to bring innovative and healthy options to student meals.

As a Registered Dietitian, Carrie is trained in helping students utilize their meal plans to work with their busy schedules and diets. She can provide nutrition counseling for a variety of topics including food allergies, food intolerances, weight management, diabetes, high blood pressure, gastrointestinal diseases, healthy eating habits and much more.

Carrie believes that educating students about healthy eating on campus is a key part to living a balanced lifestyle. From nutritional information at the dining locations, to special wellness events, Lehigh Dining’s nutritional program will kick start your way to a healthy lifestyle.

She is available to meet with students individually as well as present informational sessions to groups. Students, on-campus groups, faculty and staff, are all encouraged to contact Carrie with any nutritional needs or questions. All appointments are confidential.

@LehighDiningRD  484-357-2258  e00913@lehigh.edu
Lehigh Dining takes its social responsibility at Lehigh University seriously. We continually lead the campus with innovative ideas and work closely with the University to meet its social responsibilities and expectations. As a team, we visit local farms where we purchase local produce which supports the University’s commitment to help create sustainable change for Bethlehem and the greater Lehigh Valley.

Lehigh Dining is committed to providing the Lehigh University community with fresh and local produce, when available and in season. We strive to purchase fresh produce, dairy, meats and breads from local farms and vendors to support growth in our communities and protect the environment.

Common Market is a distributor that connects local farms with surrounding institutions including colleges and universities, hospitals and other establishments. It helps us source good food grown by our region’s sustainable farmers.

Our organization has an agreement with the Marine Stewardship Council to promote certified sustainable seafood. Our team is committed to sourcing 100% of our seafood from sustainable sources.

Meatless Mondays is another step toward sustainable dining. Not only does eating meatless one day a week reduce the risk of diseases, it also has many environmental benefits including a reduced carbon footprint and lowered water usage and fossil fuel dependence.

Lehigh University Dining proudly serves Fair Trade Certified coffee in all locations across campus. We offer Starbucks, Peet’s, Seattle’s Best and Asprolo. All brands are certified organic and/or Fair Trade. Fair Trade snacks are also available at several campus retail locations.

Eco-reusable containers are designed for students who don’t have time to dine in our student restaurants. Our convenient reusable containers offer students the opportunity to eat sustainably while on-the-go. The reusable containers reduce waste by removing Styrofoam products from campus.

Our team unites students on campus by helping the greater Bethlehem community through participation in the Food Recovery Network. Leftover perishable foods from student restaurants are donated to the Victory House of the Lehigh Valley, Hispanic House and New Bethany Ministries.

Rathbone Student Restaurant officially earned its status as a two-star certified green restaurant in 2016. This certification recognizes the 43 environmental steps required for the certification.

In collaboration with the Office of Sustainability and students, a new food purchasing policy was established for fall 2020. The new policy outlines purchasing guidelines which promote the procurement of local, sustainable, humane and fair-trade foods.

Rathbone Student Restaurant utilizes a state-of-the-art EnviroPure environmentally friendly food waste disposal system. This technology converts organic waste into grey water within 24 hours using a biob onItemClick of natural minerals, nutrients and organic growth factors which diverts tons of waste from the landfill every day.

92% of all cleaning chemicals used by Lehigh University Dining are Green Seal certified, concentrated or sustainable. The Green Seal mark represents compliance with a rigorous set of criteria designed to achieve leadership levels in sustainability.

Lehigh University Dining negotiated a waste management contract with FiltaFry, the world’s finest cooking oil filtration and fryer management service. FiltaFry safely removes all waste vegetable oil from dining facilities to a location where it can be purified and reused as biodiesel fuel.

Paper, cardboard, cans and plastic are recycled at all on-campus dining locations and dining offices. The dining office at Rathbone also earned a bronze certification from Lehigh University’s Office of Sustainability.
WE ARE NOW HIRING

LEHIGH UNIVERSITY DINING

MULTIPLE POSITIONS AVAILABLE
MAKE MONEY ON CAMPUS

FLEXIBLE SCHEDULES • FUN ATMOSPHERE
FREE MEAL DURING SHIFT • FREE UNIFORMS
(NON WORK STUDY POSITIONS IN CATERING, CONCESSIONS & DINING HALLS)

TO APPLY, PLEASE VISIT:
WWW.LEHIGHDINING.COM > CAREERS
Treat yourself to something sweet

made fresh in our on-campus bakery
order at shop-lehigh.sodexomyway.com

the Sweet Side LEHIGH CATERING
BUILDING C
2ND FLOOR
MOUNTAINTOP
CAMPUS

MARKET
MODERN CONVENIENCE
SELF CHECK OUT
24/7 ACCESS

hand-rolled sushi
bottled beverages
freshly made sandwiches
ready-to-enjoy salads
bean-to-cup starbucks coffee
pre-packaged snacks