PLAN TO EAT

MAINE MARITIME ACADEMY

Dining Services

2022 - 2023
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.

Join us to experience the comfort, convenience, outstanding food, and inviting atmosphere designed especially for you.

Your Maine Maritime Academy Dining Team
Meet the Team

Carmen Montes, General Manager
Jayme Maynard, Retail Manager
Carly VanCamp, Financial Controller
Nate Coppes, Sous Chef
Olivia Stratton, Supervisor
Kevin Berube, Supervisor
Ryan Cough, Supervisor
Chelsea Champagne, District Dietitian
Courtney Evans, Marketing Specialist
Dan Roy, District Manager
Better Tomorrow 2025 is our sustainability and corporate social responsibility roadmap that ensures our actions contribute to a better future for our employees, customers, the communities we are part of and the world around us.

Our initiatives include health and well-being, addressing food insecurity and incorporating sustainable business practices while supporting a diverse and inclusive environment.
We are committed to creating healthy environments for our guests. Central to this effort is providing healthy, nutritious foods. We’ve listened to our customers. We’ve researched marketplace trends. Our executive chefs and registered dietitians work together to create an exciting collection of recipes. The result is Mindful - an approach that focuses on transparency of ingredients, delicious food, satisfying portions and clarity in message so that making Mindful choices becomes second nature.
Meet the Campus Dietitian!

Chelsea Champagne
MS, RD, LDN

Do you have questions about food allergies, dietary restrictions, or health and wellness?

We have someone you can talk to!

Services offered:
- Individual Consultations
- Food Allergy Management on Campus
- Vegetarian/Vegan/Plant Based Eating
- General Healthy Eating Guidance
- Sports Nutrition and Fueling Your Athletes
- Dining Hall Tours
- Nutrition Newsletters & Educational Materials
- Wellness Tabling & Sampling Events
- Guest Wellness Presentations

chelsea.champagne@sodexo.com
www.mindful.sodexo.com
Local, Sustainable.

We purchase locally whenever possible for the freshest ingredients in our recipes. We source 100% sustainable seafood, eggs from cage-free chickens, ethically and responsibly sourced coffee, and fresh milk from local dairy farms.

Sodexo is also a leader in climate action and is targeting a 34% reduction in absolute carbon emissions by 2025. This will be accomplished by changing how we deliver services to have less of an impact on the environment, and embracing the economic, social, health and well-being benefits that follow.

Key levers in reducing emissions are promoting sustainable eating through responsible sourcing and plant-based menu items and managing on-site operations by preventing/minimizing waste and using energy efficiently.
The Maine Course is Sodexo’s commitment to supporting the Maine economy and agriculture through increasing its purchasing of local products.
Learn more about our sustainability commitments during campus events hosted by Maine Course Director, Maeve McInnis. Meet our vendor partners, sample local foods and try new recipes!

Visit mainecourse.sodexomyway.com for information about our partnerships with the GMRI and Maine Grain Alliance.
Located on the Upper Level of The Harold Alfond Student Center, Features All-You-Care-to-Eat Dining
Dining at Maine Maritime Academy is designed to fit your tastes, your lifestyle and your schedule. In the MDR, you will find fresh, local and seasonal ingredients, healthy options and a friendly face waiting to serve you. Enjoy your favorite comfort foods, try new cuisine or indulge in desserts!

MMA Students, Faculty and Staff can dine here with their MMA ID utilizing a meal plan meal, guest meal, Flex dollars or Mariner Money. Guests are also invited to enjoy the dining hall by paying cash, credit/debit or check.
**Home/Comfort/Entrée**  
Classic comfort dishes made from scratch featuring student favorites and rotating specials.

**Deli**  
Chef’s signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.

**Soup and Salad Bar**  
Selection of leafy greens, homemade salads, freshly prepared vegetables, proteins, toppings and dressings, sourced from local farms whenever possible.

**Grill**  
Excite your palette with a daily selection of grilled favorites, weekly action stations and build-your-own favorites.

**Brick Oven Pizza**  
Hand-tossed pizza favorites and homemade cheesy breadsticks. We also feature a daily selection of pastas, sauces and baked pasta dishes.

**Dessert**  
Enjoy homemade cookies, cakes, bars and pastries, plus local Gifford’s ice cream and festive seasonal treats.
We know you love tacos, burritos and bowls, and this option brings you the best of the best – all made to order with the freshest ingredients. Build-your-own creation with choices of a tortilla, taco shell, bowl or salad, rice, beans, proteins and toppings, endless combinations are possible! Love lots of veggie toppings, but hate beans? No problem! When you visit this new station, you’ll get everything you want and nothing you don’t.

New this fall...!

SERRANO

Build it how you like it – there’s more than a million possibilities.
Simple Zone provides food items prepared without gluten, peanuts or tree nuts in an area designed for people with food allergies and other special diet needs.

Our staff takes pride in diligently addressing dietary needs, so meet with our team and let us help you safely navigate the dining hall.
Let’s Have Some Fun!

At MMA Dining, food is the foundation for fun. There’s always a reason to celebrate, whether it’s an observed holiday, a national food day or a campus-related activity!

Join us for special events including themed meals, pop-up features, and classic holiday feasts. Don’t get tired of the “every day,” we believe that dining should be an experience, not just food on a plate.

Residential promotions include a sweepstakes, giving guests a chance to win prizes, such as trips, gaming systems, or Amazon gift cards. Be on the lookout for event calendars and flyers on how and when to enter!
Event calendars are posted on our website and in the dining hall, so you never miss out! Put it in your planner!
Retail Dining

Located on the Lower Level of The Harold Alfond Student Center, Features We Proudly Serve Starbucks, Made to Order Menu and Grab and Go.
A great place to hang out with friends or grab a meal on the go. Enjoy our brand-new menu, featuring breakfast favorites, smash burgers and pub fare. In a hurry? Grab a Simply to Go sandwich, salad or snack and a bottled beverage from our cooler.

We also proudly serve your favorite Starbucks coffee, tea and blended beverages.

MMA Students, Faculty and Staff are welcome to utilize Flex Dollars and Mariner Money with their MMA ID.

In addition, guests are welcome to enjoy the Waypoint using Cash, Credit/Debit or Check.
Here at The Waypoint, guests can select fresh food at a moment’s notice and be on their way with our “Simply to Go” products. It’s a convenient grab-and-go solution that offers a wide range of breakfast items, sandwiches, salads, bowls, snacks & more, all with the aim of re-energizing & refueling. Make it a meal and pair it with your favorite Starbucks coffee, tea and blended beverages. From espresso to cappuccino, chai lattes to shaken iced teas and Frappuccino blends, it’s a “must stop” on your way to class.
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 chefs, bringing decades of cooking and a passion for food to our retail locations. Love of Food Limited Time Offers feature both 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 and seasonal snacks and drinks throughout the academic year.

BYOP
Save when you purchase more! Easily stock up your fridge and save when you build your own bottled beverage pack. See your cashier for more details.
Eat Smart. Get a Plan.

Resident Students

21 MEAL PLAN
21 Meals per Week

17 MEAL PLAN
17 Meals per Week
$75 Flex per Semester

12 MEAL PLAN
12 Meals per Week
$300 Flex per Semester

*These residential plans come with 4 guest passes per semester

Flex Dollars
Flex Dollars are automatically added to a meal plan holder’s account when a meal plan is selected or purchased. Flex may be used at the Main Dining Room or The Waypoint. Any unused, residential plan Flex will rollover from fall to spring and will expire at the end of spring semester. Voluntary meal plan flex rolls over semester to semester.

Commuter Students

5 MEAL PLAN
5 Meals per Week and $300 Flex per Semester
*Includes 4 guest passes per semester

10 MEAL BLOCK PLAN
10 Meals and $50 Flex

25 MEAL BLOCK PLAN
25 Meals and $100 Flex

50 MEAL BLOCK PLAN
50 Meals (no flex money included)

Mariner Money
Mariner Money works like a reloadable debit card, but on your MMA ID. Funds can be loaded online at mma.campuscardcenter.com. Mariner Money can be used at our dining locations, the bookstore and to pay for printing. Mariner Money rolls over year to year while you are a student at MMA.

Sign-Up is Easy!
Visit the MMA Student Life Portal to sign up for meal plans.
Add Mariner Money: mma.campuscardcenter.com
The student dining experience matters to us which is why all our teams go through an award-winning training twice a year to ensure that the experiences that students have with us go above and beyond. Our team is excited to see you and have you dine with us.
Sodexo
Campus Internships
And You
Have Something in Common
Endless Creativity!

Scan the code to learn more about campus internships!

Not convinced? Follow us on Instagram and see what our campus interns are up to across the country!

sostudents.sodexomyway.com

@SolInternships
Join the conversation and share your thoughts, concerns and ideas! This is a casual forum to give feedback on dining services, engage with the campus community, try new products, recipes and learn about our programs.

The committee, consisting of dining team members, students, campus leaders and MMA staff, meets monthly. Stay tuned for meeting details!
SEE Something different

CONNECT WITH US!

STUDENTS
Text MMADining to 82257
To contact us & to receive text alerts about dining.
Stay Connected

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diningservices@mma.edu
MMADining
MMADining