Virtual Dining Guide

fantastic food
SURVIVAL GUIDE

NEVER MISS A MEAL!
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 Dining Team

Welcome
Meet the Team

Sukesh Parameswaran
General Manager

Joe Fox
Operations Manager

Meridith Cook
Marketing Manager

Heather Holden
Controller

Audrey Shaw
Catering Manager

Kim Mitchell
Retail Manager

Donna Lloyd
Retail Manager

Ron Gophar
Production Manager

Chris Worley
Executive Chef

Ray Garth
Executive Chef

https://uah.sodexomyway.com/contact/feedback
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 seasoning specials, restaurant style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.
Limited Time Offers

- Mealtime is about much more than just great food. It’s a chance to recharge, catch up with friends, and have fun! Exciting limited-time offers enhance the dining experience. Join us each month for events, giveaways, and special menus.

Pop Up Restaurants

- Dining halls are great, but every now and then we like to do something special. Pop-up restaurants transform dining locations into high-end restaurants serving a variety of cuisines. From steak to seafood to a create-your-own dessert bar, you’ll love all of our options.

Promotions

- Every week will bring new promotions and celebrations, including chances to win prizes, such as trips, gaming systems, or Amazon gift cards. Be on the lookout for event calendars and a chance to win!
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.
<table>
<thead>
<tr>
<th><strong>Chef’s Table:</strong> Action station featuring culinary expertise through familiar recipes and unique flavors.</th>
<th><strong>Signature Deli:</strong> Chef’s signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fresh Made Salads:</strong> Selection of leafy greens, freshly prepared vegetables, toppings and house made dressings, sourced from local farms whenever possible. Our made-from-scratch soups rotate daily.</td>
<td><strong>Everyday Gill:</strong> Interactive grill, highlighting everyday favorites.</td>
</tr>
<tr>
<td><strong>Italian Favorites:</strong> Hand-tossed pizza favorites and homemade Marinara and Alfredo Sauces top your choice of pastas.</td>
<td><strong>Desserts:</strong> Homemade cookies, cakes, bars and pastries, plus ice cream and festive seasonal treats.</td>
</tr>
</tbody>
</table>
All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

✅ MILK ✅ WHEAT ✅ SHELLFISH ✅ TREE NUTS
✅ EGGS ✅ SOY ✅ PEANUTS ✅ GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.

Available at the UAH Charger Café.
For questions, please email campusdining@uah.edu.
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.

UAH CHARGER CAFE
Meet our Registered Dietitian

Cristina Caro

Services Include:

- Food allergy management and support for new and/or current students
- Special diet accommodation requests
- Nutrition education and guidance
- Dining hall tours
- Healthy dorm cooking demonstrations
- Nutrition and wellness programming
- Sports nutrition
- Counseling

QUESTIONS?

Contact Cristina at Cristina.Car@Sodexo.com
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.

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!
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.
Save when you purchase more! Easily stock up your fridge and save when you build your own beverage pack at the Charger Village C-Store.

Seasonal snacking at it’s finest. Whether it’s all things PSL in the fall, better-for-you snacks in January or indulgent treats to close out the year we bring seasonal snacks to our retail locations. Be on the look out when you come to campus for our seasonal snacking areas, so you don’t miss out.

Awesome savings for an awesome semester! You did it and deserve a reward! Towards the end of the semester watch for our discounts, BOGOs and freebies at our retail locations.
Meet the new food app on campus

Order from on-campus restaurants, pay with your campus card, and pick up your food with the Grubhub app

HOW TO GET THE GRUBHUB APP FOR CAMPUS DINING PICKUP ORDERS
1. Download the Grubhub app from the app store & sign up
2. Go to My Grubhub > Settings > Campus Dining
3. Confirm your campus
4. Browse restaurants on campus and start ordering pickup!
Eat Smart. Get a plan.

**UAH Meal Plans 2020 - 2021**

<table>
<thead>
<tr>
<th>OPTION</th>
<th>Cost</th>
<th>Meals</th>
<th>Charger Bucks per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTION 1</td>
<td>$1,725</td>
<td>21 Meals per Week</td>
<td>$200 Charger Bucks per Semester</td>
</tr>
<tr>
<td>OPTION 2</td>
<td>$1,725</td>
<td>14 Meals per Week</td>
<td>$300 Charger Bucks per Semester</td>
</tr>
<tr>
<td>OPTION 3</td>
<td>$1,725</td>
<td>10 Meals per Week</td>
<td>$500 Charger Bucks per Semester</td>
</tr>
<tr>
<td>OPTION 4</td>
<td>$1,725</td>
<td>95 Meals per Semester</td>
<td>$700 Charger Bucks per Semester</td>
</tr>
<tr>
<td>OPTION 5</td>
<td>$585</td>
<td></td>
<td>$585 Dining Dollars</td>
</tr>
<tr>
<td>OPTION 6</td>
<td>$345</td>
<td></td>
<td>$345 Dining Dollars</td>
</tr>
<tr>
<td>OPTION 7</td>
<td>$600</td>
<td>5 Meals per Week</td>
<td>$175 Charger Bucks per Semester</td>
</tr>
<tr>
<td>OPTION 8</td>
<td>$600</td>
<td>70 Meals per Semester</td>
<td>$150 Charger Bucks per Semester</td>
</tr>
</tbody>
</table>

Sign up today.

At UAH, we take Safety Protocols very seriously. We implement the three-foot rule still in the dining hall, and the students have one entrance and exit at the Charger Cafe. Next semester we will hopefully start the reusable to go container program.
Eat Smart. Get a plan.

### RESIDENT PLANS

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>MEALS PER WEEK</th>
<th>CHARGER BUCKS</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option 1</td>
<td>21</td>
<td>$200</td>
<td>$1725</td>
</tr>
<tr>
<td>Option 2</td>
<td>14</td>
<td>$300</td>
<td>$1725</td>
</tr>
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<td>10</td>
<td>$500</td>
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<td>95/semester</td>
<td>$700</td>
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**Option 1, 2, 3** are available to all new, first year students living on-campus. Option 1 is the default option if the student does not request a change by the end of the 2nd week of classes each semester. Students living in Charger Village are recommended to choose option #3.

### COMMUTER / UPPER CLASS PLANS

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>MEALS PER WEEK</th>
<th>DINING DOLLARS</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option 5</td>
<td>0</td>
<td>$585</td>
<td>$585</td>
</tr>
<tr>
<td>Option 6</td>
<td>0</td>
<td>$345</td>
<td>$345</td>
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</table>

**Option 5** is available to all upper-class students living on-campus in North Campus, Frank Franz or the Charger Village residence halls. All upper-class students living on-campus in Southeast Campus or Greek housing must choose Option #6, or a meal plan of greater value, for both fall and spring semesters.

### COMMUTER / UPPER CLASS PLANS

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<th>CHARGER BUCKS</th>
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<tr>
<td>Option 7</td>
<td>5</td>
<td>$175</td>
<td>$600</td>
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<td>70/semester</td>
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</table>

All new, first year students living on-campus must choose from Options 1 – 4 for both fall and spring semesters. Option #2 is the default option if the student does not request a change by the end of the 2nd week of classes each semester. Students living in Charger Village are recommended to choose option #3.

All upper-class students living on-campus in North Campus, Frank Franz or the Charger Village residence halls must choose Option #5, or a meal plan of greater value, for both fall and spring semesters.

All upper-class students living on-campus in Southeast Campus or Greek housing must choose Option #6, or a meal plan of greater value, for both fall and spring semesters.

All full-time undergraduate students not living on campus must choose Option #6, or a meal plan of greater value, for both fall and spring semesters.

All requests for meal plan changes or exemptions must be submitted to the Charger Card Office no later than the last day of the 2nd week of classes each semester.
Are you our newest student employee?

Be a part of the UAH Dining team. We offer flexible hours, great pay, and a free meal with every shift.

Email campusdining@uah.edu for more information.
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

@SoInternships
Mystery Shoppers Needed

It’s YOUR dining program! Help us make informed decisions about it.
Follow us so you don’t miss out on your chance to be one of our Mystery Shoppers.
Student Culinary Council provides a forum for regular and consistent feedback on dining services offered, engagement with student leaders, and a venue for field-testing or demonstrating new products, services, and programs.

CONTACT US FOR MORE INFORMATION:
MERIDITH COOK
DININGSERVICES@UAH.EDU
256.824.5128
CONNECT WITH US!

STUDENTS
Text UAHdining to 82257

PARENTS
Text UAHParents to 82257
Did someone make your day groovy? Make sure you say thx:)
When a student becomes a member of UAH’s Student Culinary Council, they are representative for their fellow students towards their Dining experience on campus.

The University Intern program is designed to:
• Enhance customer engagement
• Improve depth and consistency of tactical marketing deployment, wellness/nutrition, and sustainability efforts
• Set us apart in the industry in supporting our client’s educational mission

Text UAHdining to 82257 to receive text alerts about campus dining.