



Vegetarian & Vegan

TCNJ Dining Services understands that vegetarian and vegan cuisine is an important concern of today's health-conscious lifestyles. With that in mind, we have daily vegetarian and vegan options in our dining venues. For this reason, Dining Services has taken important steps to inform you of the ingredients in the foods you eat. All nutritional & ingredient information for foods served in The Atrium at Eickhoff can be found by using one of two nutritional kiosks in the dining hall. Common allergens, including peanuts, tree nuts, milk, eggs, soybean, wheat, crustacean shellfish, and fish are also found on these kiosks, as many common allergens are hidden in food.

Additionally, most offerings from our dining menus can be viewed using our Nutritional Calculator, which is located on the Dining Services website, tcnj.sodexomyway.com. This is a tool which will help you identify the eight most common allergens, as well as nutritional information such as calorie and fiber content.

At The Atrium at Eickhoff, we serve a variety of vegetarian and vegan entrees, vegan chili, vegetarian soups, hot and cold sandwiches, and pizzas. We also have an extensive salad bar with 16 vegetarian toppings. Soy milk is also available, as well as plenty of fresh whole fruit and fresh cut fruit daily. Most platforms in the Atrium give the student them ability to create a custom meal, exactly to their liking. Also built into the program in The Atrium at Eickhoff, Veggie Loop is a completely meat-free zone, 91.3 Wokery has two woks dedicated to vegetarian cooking and Quimby's Kitchen serves at least one vegetarian entree at every meal. At the Lion's Den in the Brower Student Center, Pizza & Pasta Co., SubConnection, and Eastern Sensations offer vegetarian options. Also available daily at our retail locations are vegetarian soups, pizza, hot and cold sandwiches, wraps and paninis.

Students, faculty & staff can join us at our bi-weekly Dining Services Committee meetings. Our meeting dates, times & locations are listed [here](#).

Any student having questions about the foods served should contact : **Anne Sugrue**, Registered Dietitian, at sdhrd@tcnj.edu, **Ronald Pritchard**, Director of Operations: Residential Dining & Catering, at ronald.pritchard@sodexo.com or **Keith Murray**, General Manager, at keith.murray@sodexo.com.



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