FOODFUL

FOODFUL /fuːd(f)ʊl/ 
ABOUNDING WITH OR SUPPLYING FOOD.

WILLIAM & MARY
DINING SERVICES
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.

Jason Aupied
Resident District Manager
Meet the Team

Jason Aupied
Resident District Manager
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Stephanie May, MS, RD, LD
Campus Dietitian
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Michael Bush
Sadler Operations Manager
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Steve Moyer
Commons Operations Manager
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Jason Vercammen
Retail Operations Manager
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“Great relationships form around the table.”
William & Mary Dining Team
Let’s Have Some Fun

At William & Mary Dining, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own dessert bars, restaurant style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.
Limited Time Offers

• Meal time 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.

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TASTES OF CHINA

Join Chef Grayson at The Wok Station at Commons (caf) for
Black Tea Eggs, Char Sui BBQ Riblets, Beef & Pork Belly with Rice with Soy and Local Virginia Spicy Honey Glaze, & Vegetable Spring Rolls

Diversity Series

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LOW COUNTRY BOIL

SEAFOOD

OCTOBER 1ST @SADLER


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THURSDAY POKE BOWLS

THIS WEEK:
DICEF YELLOWFISH TUNA, AVOCADO, EDAMAME, TOMATOES, NORI, RICE AND WASABI AIOLI

DINING EVENTS

BBQ ON THE PATIO
SEPTEMBER 5 & 6
12:00 PM - 2:00PM
5:00 PM - 7:00PM

MUST REGISTER ONLINE AT http://BIT.LY/WMTSTEAKHOUSE

BLT WEDGE SALAD
Iceberg, Roms, Bacon, Ranch

10 OZ. RIBEYE
Cooked medium with roasted mushroom & onions finished with Maine O’’ Hotel Butter

BAKED POTATO
Sali crusted served with Butler, Sour Cream and Chives

BROCCOLI
Simply seasoned and steamed until “just right”

PUMPKIN CHEESECAKE
Pumpkins, Spices, Cream Cheese and Real Whipped Cream

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Masks required except when eating or drinking
Maximizes 6 feet physical distance
What is Mindful?

Sodexo’s health & wellness approach that helps you make healthy choices second nature.

- **FILL UP** with less calories, fat and sodium
- **EDUCATION MATERIALS** to live healthier
- **WELLNESS TOOLS** that track your foods and activity

![Mindful by Sodexo](image)

Learn more about everything Mindful offers you at **Mindful.Sodexo.com**

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**William & Mary | Dining Services**

Visit [dining.wm.edu](http://dining.wm.edu) to see how busy the dining halls are before you arrive.

**Don’t want to wait in line mobile order with the app**

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Mobile ordering available on [bite.sodexo.com](http://bite.sodexo.com) skip the lines schedule a time coordinate pick up times with friends
RESIDENT DINING

- Center Court at Sadler
- Commons Dining Hall
<table>
<thead>
<tr>
<th>Pizza:</th>
<th>Look for the Labels:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand-tossed pizza favorites and homemade Marinara and Alfredo Sauces top your choice of pastas.</td>
<td>Both resident dining halls include a vegan station that serves foods such as whole grain salads, quinoa, fresh cooked and/or raw vegetables, a hot entrée, soup and hummus. Throughout both dining halls, you will find vegan and vegetarian menu items identified by a “V” or “VG” logo.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Deli:</th>
<th>Mindful:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chef’s signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.</td>
<td>Mindful is a program that helps students identify foods that are lower in total calories, total fat, saturated fat, and sodium. Look for the Mindful logo at each station and on posted menus.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Dessert:</th>
<th>My Zone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade cookies, cakes, bars and pastries, plus ice cream and festive seasonal treats.</td>
<td>My Zone is a gluten-free, peanut and tree-nut free pantry area reserved for people with allergies and other special dietary needs.</td>
</tr>
</tbody>
</table>
Simple Serving Stations are located in the Center Court at Sadler & Commons Dining Halls.

For more information on special diets, or to schedule a consultation, Stephanie May at smmay@wm.edu

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.
Some locations may be closed for the Spring 2021 semester

Where to eat on campus:

William & Mary operates a variety of dining halls, convenience stores, food trucks, and retail locations for students to conveniently grab a meal or a snack anywhere on campus.

Who takes what?:

- MS - Meal Swipes
- DD - Dining Dollars
- XP - W&M Express

Commons:

Residential Dining Locations: Commons Dining Hall, often referred to as “the Caf”
Convenience Store Location: Tribe Market

Sadler:

Residential Dining Locations: Center Court at Sadler Center
Retail Dining Locations: Cost, Odoba, Tribe Truck (seasonal)
Convenience Store Location: Student X-Change

Swem Library:

Retail Dining Location: Aromas

Raymond A. Mason School of Business:

Retail Dining Location: Boely Café

Integrated Science Center:

Retail Dining Location: Element Café

Campus Center:

Retail Dining Location: Marketplace

School of Education:

Retail Dining Location: Monticello Café powered by Intelligentsia

Law School:

Retail Dining Location: Law Café

Daily Grind:

Retail Dining Location: Aromas

 Tribe Square:

Chick-fil-A

Off-Campus:

Domino's Call-in orders
PAYMENT ACCEPTED AT ALL RETAIL LOCATIONS

- Cash
- Credit Card
- Dining Dollars
- W&M Express
- Mobile order available at six dining locations
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. We also have a hydroponics grow wall on campus.
Hydroponics? Student-grown produce? Composting? W&M Dining has it all. Through partnerships with local farmers, William & Mary’s Office of Sustainability, and local composting facilities, W&M Dining strives to address the full cycle of sustainability.

KeLa Rae Farms is a family-owned farm located 20 minutes from campus in Toano, Virginia, where William & Mary Dining rents and maintains eight 120-yard rows of farming space in order to provide the freshest produce to William & Mary students.

At KeLa Rae Farms, Dining staff, student interns and other volunteers plant seeds, tend to the crops, and harvest the produce.

Each year, W&M Dining yielded an average of 7 tons of produce which included tomatoes, cantaloupes, onions, potatoes, sweet potatoes, broccoli and more. The bounty was harvested, prepared and served in the campus dining halls.

In the summer of 2019, William & Mary Dining also harvested fresh honey after the inclusion of a colony of bees at the farm. KeLa Rae products served in the dining halls are highlighted by a special graphic located at each serving station.

W&M Dining doesn’t just focus on production. Through a tray-less program, which cuts down on food and water waste, the implementation of the reusable to-go containers, biodegradable flatware, and takeout option, W&M Dining works to minimize waste and encourage environmental stewardship. Additionally, all food waste produced in the residential facilities is composted and returned to campus to be used by Grounds Maintenance or to KeLa Rae Farm to feed campus crops.

**HYDROPONICS**

Be sure to check out the Hydroponics grow wall in Commons. Dining interns grow lettuce and herbs in this self-sustaining agricultural system for chefs to serve on-site.
Eat Smart. Get a plan.

<table>
<thead>
<tr>
<th>Plan</th>
<th>Meals</th>
<th>Dining Dollars per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>FREEDOM PLAN</td>
<td>Unlimited Meals</td>
<td>$100.00</td>
</tr>
<tr>
<td>GOLD 19</td>
<td>19 Meals</td>
<td>$225.00</td>
</tr>
<tr>
<td>BLOCK 175</td>
<td>175 Meals</td>
<td>$400.00</td>
</tr>
<tr>
<td>BLOCK 125</td>
<td>125 Meals</td>
<td>$400.00</td>
</tr>
<tr>
<td>BLOCK 100</td>
<td>100 Meals</td>
<td>$500.00</td>
</tr>
<tr>
<td>COMMUTER 50</td>
<td>50 Meals</td>
<td>$560.00</td>
</tr>
<tr>
<td>COMMUTER 25</td>
<td>25 Meals</td>
<td>$560.00</td>
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</tbody>
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All Freshmen and Sophomores are required to select either the Freedom, Gold 19 or Block 175 meal plan.

If you have a meal plan in the fall, you will automatically be assigned the same meal plan in the spring and be billed accordingly. Unused Dining Dollars will roll from the fall semester to the spring semester but unused meal swipes will expire.

Juniors/Seniors/Apartment/Grad/Commuters Only

Sign up today.

dining.wm.edu
SEND A LITTLE LOVE FROM HOME!

WHETHER IT’S A SPECIAL OCCasion, A RANDOM SUPRISE SHOWING YOU CARE, OR SIMPLY SAVING YOUR STUDENT A TRIP TO THE STORE, A DELIVERED PACKAGE IS SURE TO BRIGHTEN YOUR STUDENTS’ DAY!

Dining.wm.edu
Our team of marketing interns help create and execute special dining hall events! If you are interested in joining the Marketing Intern Team Contact Melissa Strain at mmstrain@wm.edu

The William & Mary Dining sustainability internship program consists William & Mary students who work with W&M Dining to improve environmental, social, and economic sustainability of food served in the dining halls and throughout campus. Specifically, the program consists of the following main five committees:

- Farm committee
- Hydroponics committee
- Compost committee
- Food awareness committee
- Marketing committee

Contact Steve Moyer at sfmoyer@wm.edu if you are interested in joining the W&M Dining Sustainability team.

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