

# Cedar Crest College

# DINING PLAN OPTIONS

## 2017-2018

### DINING PLAN OPTIONS

Cedar Crest College Dining Services is committed to providing you with memorable dining experiences. Enjoy culinary dishes that are nutritionally balanced, alive with flavor, and prepared from scratch using only the freshest and highest-quality ingredients!

At Canova Commons, an all-you-care-to-eat venue, you'll be able to enjoy creations from all over the world freshly prepared right in front of you. You will also savor delicious, fresh salads, mouth-watering deli sandwiches, fresh stock soups and your favorite home-style meals and sides. Visit our retail location, the Falcon's Nest for our freshly-made On the Go! salads and sandwiches, hot subs, juicy burgers, pizza and pasta dishes . . . and much more. The Coffee Cyber Cafe features hot specialty beverages, ice cold bottled beverages along with fresh from our bakeshop desserts and pastries.

### DINING PLANS

#### Unlimited - Residents Only

- Unlimited access to Canova Commons
- Plus \$50 Dining Dollars for the semester
- This plan includes 5 guest meals
- Best value for regular dining guests

#### 190 Block Plan - Residents Only

- 190 Meals per semester
- Plus \$50 in Dining Dollars for the semester
- Dining Dollars can be spent at any dining venue

#### 150 Block Plan - Residents or Commuters

- 150 Meals per semester
- Plus \$50 in Dining Dollars for the semester
- Dining Dollars can be spent at any dining venue

#### 25 or 50 Block Plans - Commuters Only

- 25 or 50 Meals per semester
- Plus \$50 in Dining Dollars for the semester
- Dining Dollars can be spent at any dining venue

#### 5 Meal Plan - Commuters Only

- Any 5 meals served in one week
- Plus \$50 in Dining Dollars for the semester
- Dining Dollars can be spent at any dining venue

### SPECIAL DIETARY NEEDS

Cedar Crest College Dining Services is committed to assisting students with specific nutritional needs. Whether you have food allergies, dietary restrictions or simply need particular guidance with your food selections, Cedar Crest College Dining Services can provide resources to help you make the right choices.

Students with special dietary needs should contact Dining Services prior to the start of the semester to present individual needs. Students can set up a meeting with Eugene Boyle, the Executive Chef by contacting him at (610) 435-7051 (campus extension 3446) or [eugene.boyle@cedarcrest.edu](mailto:eugene.boyle@cedarcrest.edu)

### STUDENT JOB OPPORTUNITIES

Student team members are very important to us. We have part-time positions available at Canova Commons, the Falcon's Nest and in our Catering Department and would love to have you join our team! Ask any cashier for a job application or stop by the Dining Services office to talk to a manager and pick up an application.

### STUDENT CATERING

We know that occasionally there is a need for student catered events. We are happy to provide all levels of catering services for student groups and we will work with you to make sure we exceed your expectations. Just call us at (610) 435-7051 or email us at [foodsvcs@cedarcrest.edu](mailto:foodsvcs@cedarcrest.edu) to inquire. We look forward to assisting you with all of your catering needs.

### BAG MEAL REPLACEMENT OPTION

Did you know we offer a bag meal replacement? For those times you can't make a meal you have the option of ordering a bag meal replacement ahead of time. Ask a cashier in the Falcon's Nest for a bag meal replacement order form. One bag meal replacement equals one meal swipe.

### NUTRITIONAL INFORMATION

Do you want to know the calorie content of a menu item, identify gluten free menu items or find other nutritional information? Visit our website at [www.cedarcrest.edu/diningservices](http://www.cedarcrest.edu/diningservices) and click the NetNutrition tab to obtain the nutritional information of our menu items.

**\*Dining Dollars:** Dining Dollars provide flexibility and can be used to pay for a guest at Canova Commons or can be used to purchase items in our retail locations. **Dining Dollars will automatically carry over from the fall semester to the spring semester. Dining Dollars do not carry over from the spring semester to the following fall semester. You may purchase additional Dining Dollars anytime throughout the year. These Voluntary Dining Dollars will carry over from semester to semester and to the following academic year.**

## FREQUENTLY ASKED QUESTIONS

### How can I find out what's on the menu?

Weekly menus can be accessed on the Dining Services website at [www.cedarcrest.edu/diningservices](http://www.cedarcrest.edu/diningservices).

### Can I take food or drink out of Canova Commons?

If you are dining in Canova Commons you may have all-you-care-to-eat while dining in, but no food or drink is permitted to be taken out. For those "on the go" we do offer a takeout option. You may leave your student ID with the cashier. You will be given takeout containers to fill and take with you. Please remember to pick up your ID from the cashier when exiting Canova Commons.

### Can I bring a guest with me into Canova Commons?

Yes, if you would like to bring a guest you can use a meal/guest meal, use your Dining Dollars or pay with cash or credit card.

Our all-you-care-to-eat meal rates are as follows:

Breakfast	\$5.65
Lunch / Brunch	\$7.40
Dinner	\$9.85
Special Theme Dinner	\$10.30

### How does my Meal Equivalency work in the Falcon's Nest?

Meal Equivalency allows student meal plan holders to substitute breakfast, lunch or dinner in Canova Commons for the equivalent meal in the Falcon's Nest. Special "meal deals" are available at breakfast, lunch and dinner that can be purchased with meal equivalency. One meal is deducted from your meal plan account for each meal equivalency purchased.

### How does the Unlimited Meal Plan work?

The Unlimited Meal Plan provides unlimited access to Canova Commons, our all-you-care-to-eat venue. It gives you the flexibility to enjoy dining any time in Canova Commons during the hours of operation. You can enjoy a full breakfast buffet in the morning, stop back in for a late morning pastry and coffee, then come back to have an incredible lunch. And if you get hungry in the afternoon, stop by for homemade dessert and a nice cold beverage...the flexibility is yours! The Unlimited Meal Plan also comes with five guest meals and \$50 in Dining Dollars for the semester.

## OUR CULINARY GOLD STANDARDS

At Cedar Crest College Dining Services, we pride ourselves on our Culinary Gold Standards.

We adhere to these guidelines to ensure that your meal is fresh, nutritious and delicious. Here is a sampling of our Standards:

- Fresh vegetables daily
- USDA Choice or above
- Minimum of five fresh fruits daily
- No processed vegetables on the salad bar
- Soups made from scratch
- Eggs to-order daily
- Pizza dough made from scratch
- Foods prepared from scratch using real ingredients
- Real mashed potatoes
- Real cheese
- Real bacon bits and house-made croutons
- Real, whole-roasted turkey

## HOURS OF OPERATION

### Canova Commons

Monday - Friday

Breakfast	7:00 a.m. - 10:00 a.m.
Continental	10:00 a.m. - 11:00 a.m.
Lunch	11:00 a.m. - 2:00 p.m.
Mid-Afternoon	2:00 p.m. - 4:30 p.m.
Dinner	4:30 p.m. - 7:30 p.m.

Saturday & Sunday

Brunch	10:30 a.m. - 1:30 p.m.
Mid-Afternoon	1:30 p.m. - 4:30 p.m.
Dinner	4:30 p.m. - 6:30 p.m.

### Falcon's Nest

Monday - Friday	7:00 a.m. - 9:00 p.m.
Saturday - Sunday	6:00 p.m. - 9:00 p.m.

### Coffee Cyber Cafe

Monday - Friday	7:00a.m. - 9:00p.m.
Saturday - Sunday	Closed



Join us in Canova Commons on Wednesdays for Hump Day Hangout as we present Dinner and a Movie for your dining pleasure!



Look for Fun Feast Friday Nights featuring a monthly special Fun Feast. You don't want to miss the fun and excitement!



## QUESTIONS & COMMENTS

Visit our website: [www.cedarcrest.edu/diningservices](http://www.cedarcrest.edu/diningservices)

**Any questions or need more information**

email: [foodsvcs@cedarcrest.edu](mailto:foodsvcs@cedarcrest.edu)

phone: (610) 435-7051 (campus extension 3446)

Monday - Friday: 8:30 a.m. - 4:00 p.m.

