

# DIETARY FACTS

## VEGAN DINING

This fact sheet is meant to give you an understanding of how Dining Services can accommodate your dietary needs while you dine on campus. Clear communication is important to insure your dietary needs are fully understood and likewise for you to fully understand how to best navigate in our dining facilities. A meeting between you, the Director of Dining Services and our Executive Chef is the first step in this process. This meeting should be set up within your first week of your arrival on campus.

### **Standard Vegan Menu Selections**

- One soup daily
- Salad Bar always offers tofu and a legume
- One entrée always vegan
- Deli offers hummus
- Sauté station offers tofu and fresh vegetables
- Special theme meals always include a vegan selection
- Grill at Chase offers garden burgers
- All campus BBQ's offer a vegan selection

In the event that you need a special meal prepared for you Dining Services will email you a special meal order form. Simple instructions are at the top of the meal order form. You decide where you want to pick up the meal (Chase or Emerson) and at what time and it will be ready for you.

Communication is critical! We ask that you talk with us if you have any questions or any trouble finding what you need. The dining team is always willing to help you out. If you don't tell us what you need we can't assist you. We have many ways for you to leave us your feedback. Each location has comment cards. Our dining web site has a feedback link and most important is face to face communication. We also host several roundtables during the year.

**Call the Dining Services office if you have any questions at 508 286-8209**

# DIETARY FACTS

## VEGETARIAN DINING

This fact sheet is meant to give you an understanding of how Dining Services can accommodate your dietary needs while you dine on campus. Clear communication is important to insure your dietary needs are fully understood and likewise for you to fully understand how to best navigate in our dining facilities. A meeting between you, the Director of Dining Services and our Executive Chef is the first step in this process. This meeting should be set up within your first week of your arrival on campus.

### **Standard Vegetarian Menu Selections**

- One soup daily
- Salad Bar always offers tofu and a legume
- One entrée always vegetarian
- Deli offers hummus
- Sauté station offers tofu and fresh vegetables
- Special theme meals always include a vegetarian selection
- Grill at Chase offers garden burgers
- All campus BBQ's offer a vegetarian selection

In the event that you need a special meal prepared for you Dining Services will email you a special meal order form. Simple instructions are at the top of the meal order form. You decide where you want to pick up the meal (Chase or Emerson) and at what time and it will be ready for you.

Communication is critical! We ask that you talk with us if you have any questions or any trouble finding what you need. The dining team is always willing to help you out. If you don't tell us what you need we can't assist you. We have many ways for you to leave us your feedback. Each location has comment cards. Our dining web site has a feedback link and most important is face to face communication. We also host several roundtables during the year.

**Call the Dining Services office if you have any questions at 508 286-8209**

# DIETARY FACTS

## GLUTEN FREE DINING

Our **Gluten Solutions Program** was designed for those requiring a gluten free diet or looking to avoid gluten in their diets.

There are a variety of informational signs posted in various places at all dining locations. These include:

- Our Gluten Solutions Commitment
- Equipment for products that are made without gluten ingredients only – such as our special toasters in Chase & Emerson
- Gluten free bread available
- This selection is made with ingredients that do not contain gluten
- Avoiding gluten in your diet

It's important to note that even foods commonly prepared without gluten containing ingredients may not be 'gluten-free'. Our recipes are prepared in open kitchens where cross-contact is possible and where ingredient substitutions are sometimes made.

**\*\*If you have celiac disease or a gluten sensitivity please notify an on-site manager to assist you\*\***

There is a wide variety of options for you to enjoy:

- Udi's gluten free muffins, breads & English muffins
- Van's whole grain waffles
- Gluten free pizza is available upon request
- Gluten free pasta is available upon request (sauté station)
- Gluten free soy sauce
- Salad dressings and deli meats are gluten free
- Pre-packaged French Meadow Bakery gluten free brownies and cookies
- We always offer a gluten free breakfast cereal

Executive Chef and production team reviews each menu item and selections that are made with ingredients that do not contain gluten will be labeled as such.

We continue to expand our gluten free inventory. A list of current gluten free products will be available at Chase & Emerson and will be updated as needed.

Communication is critical! If you have any questions or trouble finding what you need please ask us. We can prepare a special meal for you.

We are happy to meet with you to review our Gluten Solutions program with you in details.