



The Scoop

October 2020



A Season of Changes

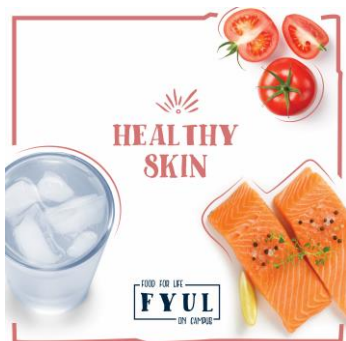
Dear Saint Mary's Community,

It's been a joy to welcome everyone back to campus. Here at Chartwells we've adjusted our program to ensure your safety is our number one priority. In addition to the obvious changes like social distancing in our facilities and providing only full-service food items, we've added daily health checks for all associates, strict cleaning and sanitizing protocols, and additional associate training. Not all the changes are COVID-related. We hope you're enjoying the new meal plans, Market, and redesigned Cardinal Club. Check out our returning events, Teaching Kitchens, and specials as well!

Sincerely,
Your Chartwells Team



October



FYUL: HEALTHY SKIN

OCTOBER 8th

A Kale Pecan Salad with Lemon Vinaigrette will be featured at Station 2 in the Toner Dining Hall during lunch.



FISH FRY

OCTOBER 16TH

Celebrate National Seafood Month with our sustainably caught fish.



TEACHING KITCHEN

OCTOBER 23rd

Learn how to make caramel apples and spiced nuts. This class is FREE. Email snicklay@smumn.edu to sign up.



PUMPKIN FEST

OCTOBER 29th

Enjoy a variety of pumpkin and fall themes specials at our Toner Dining Hall.

Retail Specials

Apple Cider

Available: 10/01/20

Price: 2.99

Location: Cardinal Coffee



Pumpkin Spice Latte

Available 10/01/20

Price: 4.01

Location: Cardinal Coffee

Caramel Apples

Available: 10/20/20

Price: 1.25

Location: Cardinal Coffee



Every Thursday in the Cardinal Club, there will be a new special. Stop in or check our social media to find out about the special!

Community



Caramel Apples and Spiced Nuts

**Friday October 23rd 2-3 PM
@ Toner Dining Hall**

Join us to learn how to make the perfect seasonal caramel apples and spiced nuts. This class is FREE and you get to take home what you make. We will be social distancing, but still please remember to wear your mask as well.

To sign up email
snicklay@smumn.edu

OR
sign up at any
of the registers



The [INSIDE] Scoop

Did you know that Chartwells is on social media?

There are many ways to stay up-to-date with dining at Saint Mary's University of Minnesota.



Find & Follow Chartwells at the following addresses:

Facebook: Chartwells at Saint Mary's University of Minnesota

Instagram: @chartwells_smumn

Twitter: @SMUDietitian or @diningsmumn

Website: dineoncampus.com/saintmarys

Text2solve: 507-858-6200



Facebook, Instagram, & Twitter

Like and follow us! Chartwells shares announcements, daily menu choices, giveaways, special events and other exciting news about the campus dining facilities. Stay tuned and follow us.

Website: Check out for new updates, special events, students dining tips, and the menu for the entire semester. Find newsletter, recipes, pictures from Chartwells' events, monthly calendar and more at dineoncampus.com/saintmarys or the dine on campus app



Text: Text2solve is a tool made for students to share their experiences with dining staff around campus.

Text us at 507-858-6200 if you have any questions, comments or suggestions about the food and dining facility at Saint Mary's. Your voice will be heard!

We like hearing feedback and ideas from each one of you. It is those kind of ideas or feedback that we strive for to help us keep improving!

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Apple Energy Bites

- 1 tsp Cinnamon
- 2 Tbsp Ground Flax Seed
- 1 tsp Salt
- 2 Tbsp Walnuts, Chopped
- ½ tsp Allspice, ground
- 1 tsp Vanilla Extract
- 2 Tbsp Honey
- ¼ Cup Cranberries, Dried
- 1 tsp Lemon Juice
- 1 Cup Grated Granny Smith Apples
- ½ Cup Almond Butter
- 2 Cup Rolled Oats

Prep time = 15 minutes

1. Grate apples and toss with 1 tsp lemon juice. Stir together oats, cinnamon, flaxseed, salt, walnuts, and allspice.
2. Stir almond butter, honey, and vanilla extract together. Then mix with oat mixture until fully combined.
3. Stir apples and dried cranberries with oat and nut butter mixture until fully combined.
4. Using a tablespoon, form balls with the oat and apple mixture. Makes 12 bits.
Store the energy bites in refrigerator in a sealed container.



Nutritional analysis per 2 bites Calories 420; Total Fat 18g; Protein 14g; Carb 55g; Fiber 10g; Sodium 200mg



Follow along with the video
@chartwells_smumn

Teaching
KITCHEN
LEARN • COOK • ENJOY

Teaching Kitchen

Pico de Gallo and Guacamole



Wellness Events

Superfood Rustic Apple Sauce



Southern Comfort



FYUL Mediterranean Turkey Wrap



The logo for 'youfirst' is displayed in white text on a blue background. The 'y' is stylized with a smiley face inside its circular part.

Real People Committed to Service

Mary, Jodi, Carolyn, Amanda, Andrew, Bob, Katie, Sandy, Scott, Tom, Judy, Lisa, Bruce, Elena, Mary, Fredericka, Darlene, Collin, Larry, Cassie, Wilma, Ron, Leo, Dennis, Marisa, Justin, Brad, Sharon, Cari, Sam, Tia, Jean, Kelly, Sabrina, Jenna, Eric, Rob, Jesse, Cristi, Michelle, and Hunter:

We'd like to recognize all the Chartwells associates for a fantastic job opening this semester. Everything about our service has changed (including the entire Cardinal Club menu) and our associates have adapted smoothly and embraced the new procedures. Many have put in extra hours to ensure a smooth opening and all have made sure we can provide the best possible service for our guests. Thank you all!



youfirst principle:

Chartwells' associates provide a
Wow experience every day,
every meal and for every guest.