

The Scoop

February 2021



Share the Love

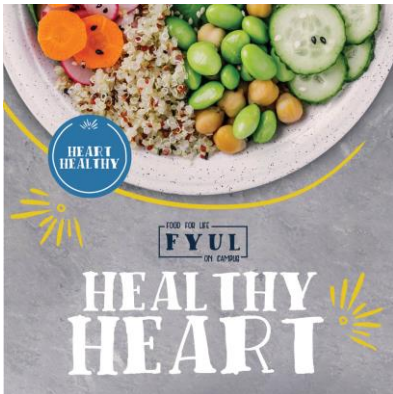
Dear Saint Mary's Community,

Everyone could use some extra love right now. Pamper yourself or someone else with a treat from the market or one of the new specials in Cardinal Coffee. Also look for festivities in the dining hall like Valentine's treats, DIY chocolate dipping, and a Mardi Gras feast. We can't wait to see how the love is spread throughout our community.

Sincerely,
Your Chartwells Team



February



FYUL: Heart Healthy
Location: Toner Dining Hall
February 3rd @ 7-10 AM

Iced Latte Overnight Oats to start your day right.



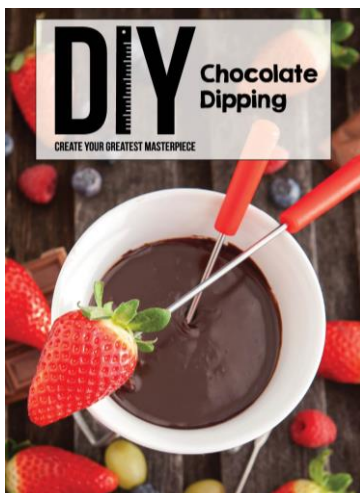
Valentine's Treats
Location: Toner Dining Hall
February 14th

Celebrate Valentine's Day the right way with some of your favorite desserts.



Mardi Gras
Location: Toner Dining Hall
February 16th @ 5:00 PM – 7:30 PM

Mardi Gras is taking over the Toner Dining Hall. Join us for a Cajun style dinner and a taste of New Orleans.



DIY Chocolate Dipping
Location: Toner Dining Hall
February 24th

Grab a pre-packaged fondue kit and put your own spin on chocolate dipping.

Retail Specials

**Stop by
Cardinal
Coffee for
one of
these
delicious
Valentine's
Day drinks!
They are
available
until
February
15th.**

(SELF) Love
FEEL THE
FEBRUARY

The Significant Other
White Chocolate & Strawberry Frappuccino

The Rebound
Espresso, Peanut Butter & Milk Chocolate Frappuccino

Me, Myself & I
Strawberry, Raspberry & Yogurt Blended Drink

Heartbreaker
Espresso, Oreo, and White Chocolate Frappuccino

Med. 4.99
Lg. 5.29

Available for a limited time



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

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Immune-Boosting Berry Citrus Smoothie Bowl

Ingredients

- 1 frozen banana
 - 1 cup frozen strawberries
 - 2 tbsp orange juice
 - 1/2 cup vanilla yogurt
- Toppings include: pumpkin seeds, chia seeds, unsweetened coconut, and dried cranberries



Directions

Preparation time = 5 minutes

1. Add all ingredients to your blender bowl. Blend until smooth. Tamp down or stop and scrap down the sides of the blender to incorporate all ingredients. Spoon into a bowl.
2. Arrange desired toppings on smoothie



Follow along with the video
@chartwells_smumn



Thanksgiving Dinner



Pie Party





New!

NEW!

BowlLife



JP Chicken Salad



Chicken Caesar Salad

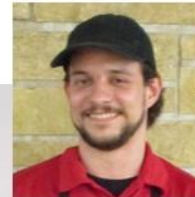


Chicken Nachos

youfirst



WE'RE COMMITTED TO SERVICE.



Congratulations on Passing Your ServSafe Food Protection Manager Exam! #socialstars



youfirst



youfirst principle:

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