



The Scoop

March 2021



Powered by Plants

Dear Saint Mary's Community,

The warmer temperatures have put us in a hopeful mood. We can't wait to get started with the exciting events Spring has to offer. This month we'll be celebrating National Nutrition Month with the theme Powered by Plants. We'll also have FYUL Sustained Energy, Sushi Teaching Kitchen, and Spring Broke in the Dining Hall. The St. Patrick's-inspired specials in Cardinal Coffee and Cardinal Club are back. And be sure to check out the new breakfast menu in the Cardinal Club!

Sincerely,
Your Chartwells Team



Upcoming Events

March



Spring Broke Lunch
Location: Toner Dining Hall
March 3rd @ 11:30–1:30 PM

National Nutrition Month
Location: Toner Dining Hall
March 10th @ 11:30–1:30 PM

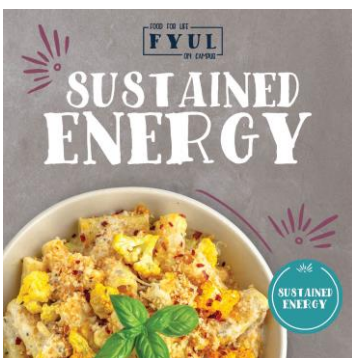


Teaching Kitchen
Location: Toner Dining Hall
March 12th @ 2:30-3:30 PM

Saint Patrick's Day
Location: Toner Dining Hall
March 17th @ 5-7:30 PM



FYUL: Sustained Energy
Location: Toner Dining Hall
March 23rd @ 11:30 AM – 1:30 PM



DIY Protein Bites Trail Mix
Location: Toner Dining Hall
March 25th – While supplies last



Retail Specials



Grilled Reuben Sandwich

Available: 3/17

Location: Cardinal Club

Price: 8.99 or 1 meal exchange



Mint Leprechaun Shake

Available: 3/12 – 3/19

Location: Cardinal Coffee

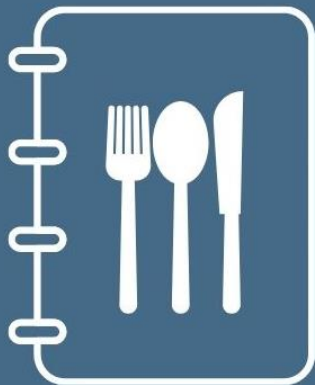
Price: Medium 4.99 | Large 5.29

*Every Monday, curly
fries or tater tots are
offered!*

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



DINE ON CAMPUS APP



*Menu
including
nutrition and
ingredients*



Hours



Specials

DOWNLOAD IT TODAY!



Feedback



Cardinal Club Breakfast

Menu:

(2) Eggs cooked any way, comes with breakfast potatoes and a drink

Omelet with choice of two toppings, comes with breakfast potatoes and a drink

Belgian waffle with strawberries and topped with whipped cream, comes with a drink

7.99 or 1 Meal Exchange
Monday - Friday from 10:00 - 11:15 AM

LIMITED TIME ONLY



Teaching KITCHEN

L E A R N • C O O K • E N J O Y

Sushi Rolling



Friday March 12th @ 2:30 PM

Toner Dining Hall

Send an email to snicklay@smumn.edu
to sign up

POPUPS

RAMEN FRIES



Ingredients

For Ramen Fries:

Ramen Noodles
and flavor packets
1 egg
Ice cube tray

For Sauces:

Mayo
Tobasco
Ketchup
Sriracha
Ranch
BBQ Sauce

Recipe

1. Get your ramen and save the flavor packet (s)
2. Boil the ramen
3. While ramen is boiling, whisk 1 egg with 2 flavor packets
4. Strain ramen when al dente
5. Add ramen to egg mixture and mix
6. Spin your fork into spoon to create a circular shape in ice cube tray
7. One the tray is full, freeze for 2 hours
8. While that is freezing make sauces:
Spicy Ketchup: mix mayo, tobacco, ketchup, sriracha
BBQ Ranch: mix ranch, BBQ sauce
9. Heat vegetable oil
10. Pop frozen ramen out of ice cube tray
11. Fry ramen for 2-5 minutes
12. Toss in salt & pepper
13. Plate and garnish with parsley

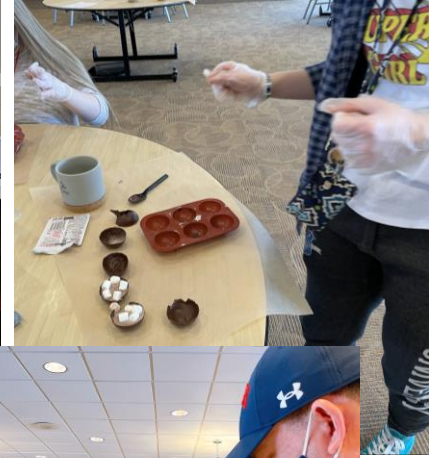
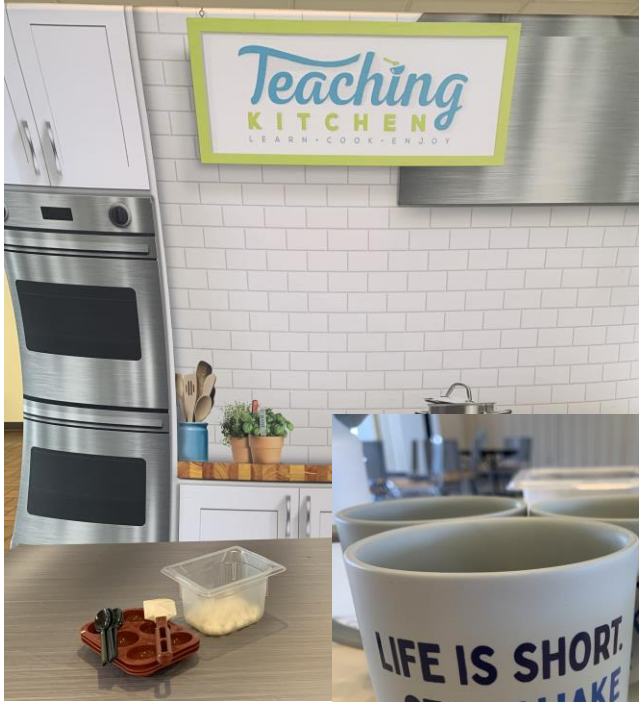
Watch the Video



@chartwells_smumn
dineoncampus.com/saintmarys

chartwells
where hungry minds gather

Feb. Teaching Kitchen – Hot Chocolate

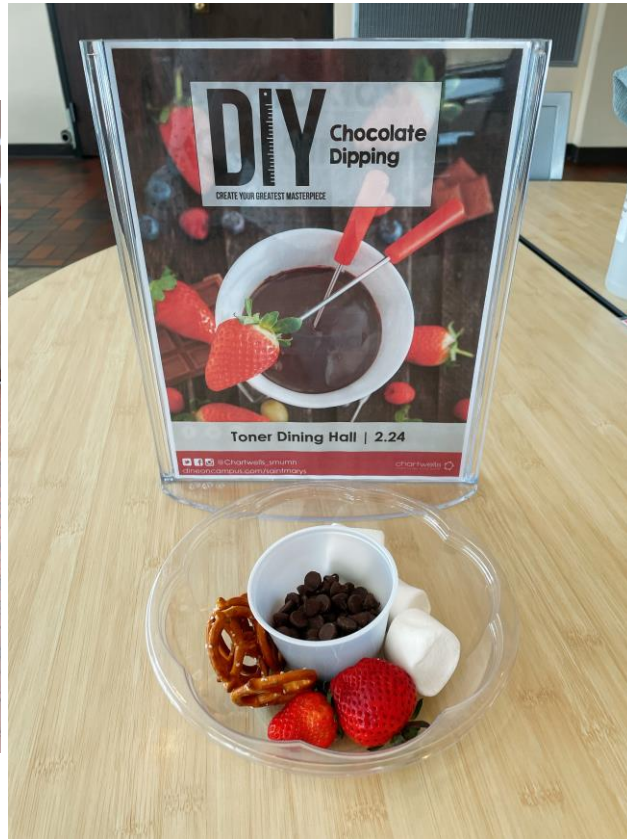


Love, Chartwells Feb.

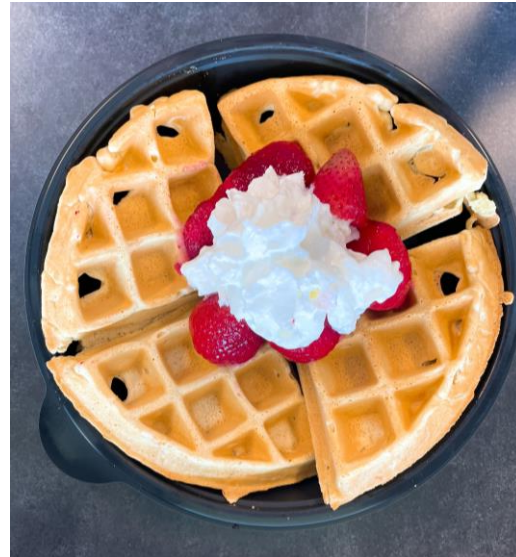
Mardi Gras



Feb. DIY Chocolate Dipping



New Cardinal Club Breakfast Items



youfirst



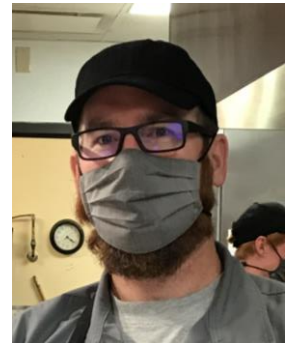
Real People Committed to Service



Cassie Roman & Dennis

Vandermoon: Cassie & Dennis have worked tons of extra shifts in the dining hall and been truly fantastic team members!

Eric Pinter: Eric has earned more responsibility in the Cardinal Club and is always reliable!



Wilma Shines: received a heart-warming note from a student thanking her for brightening his time at Saint Mary's with her welcoming attitude!

Thank you for all you do!



youfirst principle:

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