

# The Scoop

chartwells  
where hungry minds gather

September 2021



## Renovated Eatery

Dear Saint Mary's Community,

We are so excited to see all your new, and old, faces here on campus! A big welcome to all first-year students. It's been a joy to see you all during lunch and dinner at our fully renovated dining hall, The Eatery. For an improved dining experience, we have adjusted our program back to buffet style. Even though much has changed this year, we still have our events, Teaching Kitchens and specials. Also look out for a Street Food Festival later this month.

Sincerely,  
Your Chartwells Team



# September



## **BUT FIRST BRUNCH**

(11:30-1:30) SATURDAY, SEPTEMBER 12<sup>th</sup>

The Eatery

Join us for brunch and try the breakfast sandwich special.



## **REGIONAL MASHUP**

(11:30-1:30) TUESDAY, SEPTEMBER 14<sup>TH</sup>

The Eatery

Enjoy your Midwest favorites!



## **ESPRESSO YOURSELF**

(11:30-1:30) WEDNESDAY, SEPTEMBER 29<sup>TH</sup>

The Eatery

"Espress" yourself by making your very own blend of coffee!



## **FYUL**

(11:30-1:30) THURSDAY, SEPTEMBER 16<sup>th</sup>

The Eatery

Try a delicious dish with anti-inflammatory properties!



# Retail Specials

## Pumpkin Spice Latte

Available: 9/10/21

Price: Starting at \$3.65

Location: Cardinal Coffee



**SPECIAL OFFER**

Every Thursday in the Cardinal Club, there will be a new limited time offer. Stop by or follow us on social media to stay updated!

mix  
&  
match

**TWO**  
for  
**2.50**

For a limited time.



## 2 Bottled Beverages

Available 9/01/21

Price: \$2.50

Location: Market

# THE *{inside}* SCOOP

Check Us Out!

ON SOCIAL MEDIA



Chartwells at Saint Mary's University of Minnesota

@SMUDietitian or @diningsmumn



@chartwells\_smumn

@chartwellssmumn



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

WEBSITE

[www.dineoncampus.com/saintmarys](http://www.dineoncampus.com/saintmarys)

Let your thoughts be heard!



Text2solve is a tool for students to share their dining experiences with the 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

# Are you wondering what's for lunch today?



Check out the DINE ON CAMPUS app!



[DINEONCAMPUS.COM/SAINTMARYS](http://DINEONCAMPUS.COM/SAINTMARYS)

This app allows you to check out the following:

- Breakfast, Lunch, and Dinner Menus
- Opening and closing times of all dining locations
- Specials and events



# Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

## Grilled Local Vegetables

### Choose a Variety of Local Vegetables:

- Zucchini, sliced thick length-wise
- Summer Squash, sliced thick length-wise
- Asparagus, trimmed and placed on grill pan
- Eggplant, sliced thick length-wise
- Cherry Tomatoes, skewered
- Bell Peppers, sliced in half
- Jalapenos, whole
- Mushrooms, skewered if small
- Corn on the Cob, left in husk and

soaked in water before grilling

- Potatoes, chopped and put in foil packet with seasoning
- Garlic, end removed and wrapped in tin foil
- Romaine lettuce head, sliced in half length-wise
- Red Onion, quartered length-wise
- Smaller vegetables like green beans, broccoli, cauliflower, etc on a grill pan or in a foil packet

1. Preheat grill to high heat.
2. Drizzle vegetables with olive oil, salt, and pepper.
3. Place on grill using long-handled tongs. Allow vegetables to lightly char, flip over and grill until tender. No need to flip any vegetables wrapped in tin foil. When lightly charred on both sides, remove from grill and enjoy! Grilled vegetables are a great as a side or chopped and used in recipes like wraps and salads.



Follow along with the video  
@chartwells\_smumn

Teaching  
KITCHEN  
LEARN • COOK • ENJOY



### Pico de Gallo and Guacamole



The logo for 'youfirst' features the word 'youfirst' in a white, lowercase, sans-serif font. The letter 'o' is replaced by a white smiley face with two dots for eyes and a curved line for a mouth. The logo is set against a solid blue background.

## Real People Committed to Service

**Mary E., Carolyn, Andrew, Bob, Katie, Scott, Tom, Judy, Lisa, Bruce, Elena, Darlene, Mary O., Collin, Larry, Cassie, Wilma, Ron, Dennis, Marisa, Justin, Cari, Tia, Jean, Kelly, Sabrina, Jenna, Jesse, Cristi, David, Ben, Tim, Carseda, Simon, and all our student associates:**

We'd like to recognize all the Chartwells associates for a fantastic job opening this semester. Much of our service has changed, we're facing industry-wide staffing and product shortages, and our associates have rose to the challenge. 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.