The Scoop

September 2021







chartwells where hungry minds gather

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 12th

The Eatery Join us for brunch and try the breakfast sandwich special.

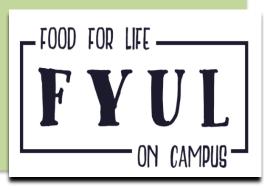


REGIONAL MASHUP (11:30-1:30) TUESDAY, SEPTEMBER 14TH The Eatery Enjoy your Midwest favorites!



ESPRESSO YOURSELF

(11:30-1:30) WEDNESDAY, SEPTEMBER 29TH The Eatery "Espress" yourself by making your very own blend of coffee!



FYUL (11:30-1:30) THURSDAY, SEPTEMBER 16th 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





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!

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

WEBSITE

www.dineoncampus.com/saintmarys

<u>Text2solve</u> 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

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!

Let your thoughts be heard!



Are you wondering what's for lunch today?



Check out the <u>DINE ON</u> <u>CAMPUS</u> app!



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 lengthwise
- 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
- 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

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







Saint Mary's University of Minnesota



Teaching Kitchen

Pico de Gallo and Guacamole

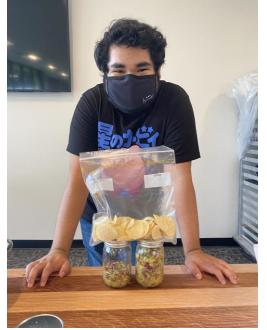












People



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.

The Scoop | Chartwells at Saint Mary's University of Minnesota 700 Terrace Height, Winona, MN I<u>www.dineoncampus.com/saintmarys</u>