Welcome to Knox College Dining at New College Dining Hall, where delicious, healthy and nutritious food is prepared fresh daily by our talented culinary team, and served up to those living within three residences along with staff, faculty and other non-resident members of student community at large who come by for great meals on campus. Conveniently located in the heart of the UTSG campus on Willcocks Avenue between St. George Street and Spadina Avenue, New College Dining Hall has ample seating, lots of natural light and serves breakfast, lunch and dinner to the residents and campus community.

The Dining Hall features a creative, imaginative and frequently rotating menu that incorporates the very best of local and international culinary inspiration and seasonal, local foods. We also provide a wide range of vegetarian and vegan options along with a commitment to work with students who have a variety of other special dietary needs such as gluten-free, allergies and Halal.

The food we prepare for our students is nourishing, nutritionally sound and directly supports a wide network of innovative and sustainable local food growers and suppliers from all Ontario. We take great pride in providing a large variety of delicious, fresh foods on an “all you care to eat” basis, giving our students the optimum value and quality for their money.

Members of the New College culinary team, led by Executive Chef James Piggott, are always interested in hearing feedback from you, the student community, and we encourage you to connect with us in person – come up and say hi and introduce yourself, through e-mail or by leaving us a comment on our Facebook page or Tweeting us.

Chef James Piggott
Executive Chef, Residential Dining

On behalf of all of the entire culinary team, I would like to welcome you to Knox College. My name is Chef James Piggot and I am the Executive Chef of Residential Dining here at Knox College. What does this mean in practice? It means that I oversee the dedicated culinary team here at Knox College; the people that plan out, prepare and serve the wide variety of delicious and nutritious food that is served up to you daily as a member of the Knox College community.

We are dedicated to providing you with fresh foods and snacks that span a wide range of culinary cultures and styles. We are very proud of the fact that we work with local Ontario food growers and producers in order to bring you the very best of local, seasonal foods that support sustainable food industries. Your satisfaction with the food that we bring to your table is very important to us. We are committed to providing you with high quality, flavourful and nutritious meals that give you value for your money throughout your university career.

If you have any comments or suggestions about anything relating to food here at Knox College, please do reach out to me, either by stopping me when you see me in order to exchange a few words, or by e-mail. My team and I are always interested in your feedback so please don’t be shy!

Wishing you a very successful and healthy academic year.

Good luck and Bon Appetit!
Pooja Mansukhani  
**Registered Dietitian and Food Safety Officer**  
Hi, my name is Pooja Mansukhani and I am the Registered Dietitian (RD) and Food Safety Officer for the University of Toronto’s St. George Campus (UTSG). I have a degree in nutrition from Ryerson University and an Honours degree in Applied Economics from the University of Waterloo. As an RD for Food Services here at UTSG, I work very closely with the culinary team in providing timely and up to date nutritional information, analyzing the nutritional content of the recipes and foods they create and also serve as a resource person for food-related issues like food allergies, sensitivities and special diets.

I’m always available to students and other members of the campus community who have nutrition-related questions about the foods that are prepared and served here on campus. Please feel free to reach out to me by e-mail with your questions, comments and concerns at dietitian@utoronto.ca

Jonathan Phillips  
**Executive Sous Chef**  
Hi, my name is Jonathan Phillips and I am the Executive Sous Chef at the Knox College Residence here at UTSG.

The culinary team here at Knox College takes great pride in creating nutritious and delicious fresh food for you each day from scratch. Students are the whole reason we are here, and your needs always come first. I consider it a great privilege to make great food for students and other members of the UTSG community, and building a healthy, thriving campus community around the food we make and serve. Our team is very interested in your feedback, so feel free to stop me as you see me at Knox, don’t be shy about letting us know about any questions or comments you may have.

Mustafa Nalwala  
**Manager of Residential Dining**  
Greetings, and welcome to Knox College Dining Hall. My name is Mustafa Nalwala and I am the Manager of Residential Dining for Food Services. I serve as your campus liaison between the culinary team, the students living here in residence and the campus community at large. My job is to make sure that you are informed and updated about matters relating to food, and serve as a resource on food issues as well. These issues can include menu changes, special food events, and other food-related concerns and issues that you may have. In turn, I bring your feedback back to Chef James and his excellent culinary team to ensure a continuous circle of communication between the great folks preparing your meals, and the people who consume them each day. Feel free to reach out with your comments, questions and suggestions at resdiningmgr@utoronto.ca
**Fall Term**
The 2018 Fall Term Meal Plan period begins at 5PM on Sunday, September 2nd, 2018 and ends at 8PM on Friday, December 21st, 2018.

**Winter Term**
The 2019 Winter Term Meal Plan period begins at 7AM on Monday, January 7th, 2019 and ends at 8PM on Tuesday, April 30th, 2019.

**Meal Schedule below is for students dining at New College Dining Hall**

### Meal Period Schedules - Regular Hours

#### Monday to Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Type</th>
<th>Food Options</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7:00AM - 10:30AM</td>
<td>Full Breakfast</td>
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<tr>
<td></td>
<td>10:30AM - 11:30AM</td>
<td>Continental, Deli, Salad</td>
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<tr>
<td>Lunch</td>
<td>11:30AM - 1:30PM</td>
<td>Full Lunch</td>
</tr>
<tr>
<td></td>
<td>1:30PM - 2:30PM</td>
<td>Market Station, Deli, Salad, Pizza</td>
</tr>
<tr>
<td></td>
<td>2:30PM - 4:45PM</td>
<td>Deli, Salad, Pizza</td>
</tr>
<tr>
<td>Dinner</td>
<td>4:45PM - 8:00PM</td>
<td>Full Dinner</td>
</tr>
<tr>
<td>Late Dinner</td>
<td>8:00PM - 10:00PM</td>
<td>Deli, Salad, Pizza</td>
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#### Friday

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<tr>
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#### Weekends (Saturday & Sunday)

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**Knox College Breakfast Room: Open Monday - Friday from 7:00AM - 10:00AM**

(*with the exception of University and Civic holidays)
# Meal Period Schedules - Holidays

## Reading Week
New College Dining Hall will be operating on holiday hours and closing at 8PM each night during the following Reading Weeks:

- November 5th - 9th, 2018
- February 18th - 22nd, 2019

## Holidays
Throughout the year there are National and Civic holidays where New College Dining Hall will follow restricted hours:

- **Canadian Thanksgiving**
  Monday, October 8th, 2018
- **Family Day**
  Monday, February 18th, 2019
- **Good Friday**
  Friday, April 19th, 2019

## Reading Week and Holiday Meal Schedule

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### PLEASE NOTE:
The Dining Hall is closed for the Winter Break from 8PM on Friday, December 21st, 2018 until 7AM on Monday, January 7th, 2019.
Here is an idea of what you can expect during the school year!

**SEPTEMBER 2018**

Chef Meet and Greet
Meet the Chefs and other residence dining staff including our registered dietitian. Ask any questions you might have.

Fall Fruit Harvest Week
Enjoy a number of different fruit forward dishes as part of the celebrations of Ontario Fruit Harvests.

Fall Vegetable Harvest Week
Showcasing Ontario's Fall Vegetable Harvest with dishes centered around the late fall harvest.

**OCTOBER 2018**

Thanksgiving
Traditional Thanksgiving dinner with turkey, stuffing and all the fixings.

German Oktoberfest
Traditional Oktoberfest dishes including sausage and pretzels.

Halloween
A “Spooky” and fun Halloween-themed menu with a prize for the spookiest costume!

**NOVEMBER 2018**

Diwali
Showcasing a number of traditional Indian dishes both main courses and Mithai (Sweets)

Canadian Coast to Coast Celebration Week
Dishes centered on individual regions and provinces of Canada. Featuring a new dish each lunchtime.

**DECEMBER 2018**

Winter Holiday Celebration
Formal dinner event. Wear your best and celebrate the end of the semester.

Superfoods Study Station
Dishes and menu items that are focused on some of the top “super brain foods”.
What you can expect during the school year!

**JANUARY 2019**

**Tropical Breezes Celebration**
A week of foods dedicated to forgetting winter, featuring a different tropical regions cuisine every night!

**FEBRUARY 2019**

**Super Bowl**
Enjoy a Super Bowl themed dinner menu including chicken wings, pizza and nachos.

**Valentine’s Day**
A special lunch menu featuring “fun love foods”.

**Lunar New Year**
Welcoming in the Year of the Pig with traditional Chinese menu items for dinner service.

**MARCH 2019**

**Ontario Maple Harvest Week**
A different dinner each night of the week, featuring Ontario Maple Syrup.

**St Patrick’s Day**
A celebration of Irish food with traditional dishes served for lunch.

**APRIL 2019**

**End of Year Celebration**
Formal dinner in the dining hall - dress fancy and celebrate the end of the year!

**Easter Brunch**
A celebration of Canadian and International Easter Traditions including roasted Ontario spring lamb leg, hot cross buns, Greek Easter soup, Calabrian Ricotta Frittata and chocolate mini eggs for all!

**Superfoods Study Station**
Dishes and menu items that are focused on some of the top “super brain foods”.

Stay tuned for more information about additional activities that will be held throughout the year, including cooking demonstrations with the campus Chefs.
Students are now welcome to bring their coats and bags into the Dining Hall. The dining staff request that students abide by the following rules:

1. Be Safe - Please keep your bags and coats on your chair or with you at all times while in the Dining Hall.*

2. Be Kind - Please do not take up an extra seat for your personal belongings. Space is limited during peak times and your cooperation is greatly appreciated.

3. Be Courteous - Please do not leave bags or coats on the floor or in the main passage ways, as this could be a tripping hazard.

4. Be Honest - Stealing or removing food from the Dining Hall without express permission of the Dining Hall staff is strictly prohibited and is a violation of the New College Code of Conduct. Dining Hall staff reserve the right to inspect all bags and coats if they suspect someone has stolen food from the dining hall area.

5. Be Responsible - When possible leave your coats and bags in your room or in the cubbyholes provided at the entrance of the dining hall.*

*New College is not responsible for any lost, damaged or stolen bags, coats or other personal items left unattended in the Dining Hall or surrounding area.

General Conduct
In the Dining Hall, you are expected to observe all the University rules of conduct. If you are intoxicated, throwing food, removing food or property, or otherwise creating a disturbance, you will be asked to leave.

As a courtesy to others in the Dining Hall, clean attire must be worn at all times, including shoes and shirts. Skateboards, rollerblades and oversized coats are not permitted in the dining halls.

Guest Conduct
Residents are responsible for the conduct of their guests while in the Dining Hall.

Share the Space!
Please refrain from taking up space on the chairs and tables for your books or laptop.

Cleaning up
Please pick up all your dishes, cutlery and glassware and return these items to one of the Regeneration Stations. If you notice a spill, please let one of the Dining Hall staff know so that it can be cleaned up immediately.

Reduce Food Waste!
Be mindful of not taking more than you can eat: you can always go back for seconds. Food Services encourages recycling and composting whenever possible, so please sort your waste into the appropriate bins at the Regeneration Stations in the Wilson and Wetmore dining areas.
I have a friend who is visiting, can I bring him/her into the Dining Hall for a meal?
Your family and friends are welcome. You have two choices for payment:

1. **Guest Meal Pass**
A Guest Pass lets you treat a guest to a meal in the Dining Hall for $6.25 (prices do not include tax). Your allocation of Guest Passes is a welcome gift from us and is not replenish-able.

The number of guest passes you are given depends on what Meal Plan you have purchased. One swipe of your TCard plus $6.25 cash will feed a friend, Mom, or Dad until your allocation has been used up.

2. **Cash meal prices**
Guests may also pay cash at the door when accompanied by a registered student. 2018/19 prices are as follows:

- Breakfast: $8.99
- Lunch: $12.99
- Dinner: $13.99

Prices do not include tax.

May I take food back to my room for a snack?
Your Meal Plan was not designed to allow for take-out snacks. Exceptions - you can take out one of the following:

- 1 ice-cream cone or 1 cookie or 1 piece of fruit
- 1 “enviro-mug” containing no more than 750ml of beverage (Plastic water and pop bottles not permitted)

Removal of any dishes or cutlery will result in the suspension of your Meal Plan immediately and/or result in a fine, or loss of meal privileges.

How do I get into the Dining Hall?
Your University of Toronto Student Card (TCard) is your ticket into the Dining Hall. Everyone must swipe a TCard or pay for a meal to enter the New College Dining Hall. There will be absolutely no exceptions.

**Remember:** No one other than you may use your meal card. CARDS MAY NOT BE TRANSFERRED. If you are caught lending your card it will result in the suspension of your Meal Plan immediately and/or result in a $100 fine, or loss of meal privileges.
Meal to Go (Lunch only)
You can sign up for a bag lunch.

You must order your bag lunch on-line before 7am, one day PRIOR to the day you want to pick up your bag meal.

For Example: If you want to pick up your bag lunch on Tuesday, you will need to order it before 7AM the previous Monday.

Orders placed on Saturday and Sunday WILL NOT be ready for pick up on Monday. For an order pick up on Monday, you must place your order before 7am of the Friday prior.

Students who do not pick up bag lunches may lose their meal bag privileges; remember that each time you sign up it counts as a meal swipe.

Take away meals are picked up at:
Wilson Hall Cashier Stand
Monday through to Friday
7:00AM - 10:30AM

Bag lunch includes:
Your choice of 1 of the following:

Daily Deluxe Salad
(Please see on-line menu)

OR Deluxe Deli Sandwich of the day
(Please see on-line menu)

Plus

1 Beverage (Pop, Juice or Milk)
Small Salad OR Veggie Sticks
Cookie

HOW TO ORDER
Ordering a “Meal to Go” on line is easy and convenient.

STEP 1
Go to the New College Residence website and visit http://www.newcollege.utoronto.ca/current-students/residence-at-newcollege/

STEP 2
Click on “Current Residents”
Ordering a Meal to Go Lunch cont.

**STEP 3**
Under the menu on the left of the page, find and click on “Meal Plans” link.

**STEP 4**
Click on the text link “Order Your Meal to GO”.

**STEP 5**
You will be required to enter your UTORid.
(You must have a UTORid to log in and order a lunch)

**STEP 6**
Click “Order Meals” and choose your date and meal type.
Special Dietary Needs

Over the years, we have accommodated many students with severe dietary allergens, intolerances, and restrictions due to medical conditions who live in residence and dine with us multiple times a day. Students who indicate that they require dietary accommodations when applying to this residence will have their circumstances reviewed by the Residence Life Office and be contacted by our Registered Dietitian and Food Safety Officer if necessary. They will also be introduced to the culinary team who will support their needs throughout the school year. Students with anaphylactic allergies are asked to have their auto-injector on them at all times while dining in the residence Dining Hall in case of emergency. Residents with food allergies or intolerances and other dietary restrictions are responsible for communicating their needs when dining at our locations. Our staff will find the most accurate information and make an effort to accommodate such requests, and clearly communicate this information back to the customer. It is then up to the customer to decide whether to consume a particular item. A recipe binder containing all recipes on the residence menu is available for review at the cash register at the entrance to each of the Dining Halls.

The University of Toronto has developed formal standards for Vegetarian, Vegan, Halal, and Local food. These can be found on the Food Services website https://www.ueat.utoronto.ca

Meal to Go Program

Each day we offer vegetarian and vegan sandwich and salad options. Most of the recipes can be reviewed in the recipe binder at the cash register. We may be able to accommodate dietary allergens, intolerances, or restrictions due to medical conditions in our Meal to Go program.

For more information please contact
Pooja Mansukhani, Food Services Registered Dietitian and Food Safety Officer at dietitian@utoronto.ca

Allergies or Food Intolerances

If you wish to meet with our registered dietitian to discuss specific needs, please fill out our online form at www.ueat.utoronto.ca/allergen-dietary-form/

We list ingredients for foods that are prepared “in-house”. You are welcome to check the ingredients lists of any purchased items.

Vegetarian and Vegan Dining

Food standards & labels at the University of Toronto, St. George campus allow for easier identification of options for individuals following vegan or vegetarian diets. Watch for the green labels as listed above for a variety of vegan or vegetarian options. Our menu cycle offers vegetarian and vegan breakfast, lunch and dinner options. Soy milk is also available at all times along with vegetarian and vegan desserts.

Halal Dining

Halal products will feature the green label as shown above. During all meal periods there are Halal food choices offered. All of the chicken served in the Dining Hall is certified Halal and Halal burger patties are available upon request. Please ask the server what Halal offerings are available.
ENJOY GREAT FOOD WITH EXTRA BENEFITS!

5% Discount at Retail Locations
10% Discount at Dining Halls

Use your TCard to pay for food, photocopying, textbooks, printing

Great budgeting tool
TBucks don’t expire
No need to carry cash!

BUY YOUR TBUCKS & MEAL PLAN TODAY

Purchase online 24/7 @ www.ueat.utoronto.ca
If there is an Emergency in the Dining Hall

In all cases, please report the emergency to one of our staff.

In case of **FIRE**, exit the Dining Hall when the alarm sounds. When the alarm ends you will be allowed back in to finish your meal ONLY if advised by an emergency services or University staff member.

In case of **ILLNESS** or **INJURY**, please report the problem to a staff member immediately. A member of the staff will be able to administer first aid and call for help as required.

**CAMPUS POLICE**
(St. George, Downtown campus only)
Dial (416) 978-2222

**FOR EMERGENCIES**
POLICE, FIRE OR AMBULANCE
Dial 911