

2018/19

DINING HALL BOOK

Food Services at University of Toronto



CampusOne

FOOD SERVICES *at*  UNIVERSITY OF TORONTO

www.ueat.utoronto.ca

Welcome To **CAMPUS ONE**

Welcome to the Dining Hall at CampusOne, where delicious, healthy and nutritious food is prepared fresh daily by our talented culinary team, and served up to those living within this residence 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 College Street between Spadina and St. George, the Dining Hall has ample seating, lots of natural light and serves breakfast, lunch and dinner to the residence and campus community. Here, you can enjoy many of the most popular food brands found on the St. George Campus. We are proud to feature 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.

Members of the CampusOne 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 in the entire culinary team, I would like to welcome you to CampusOne. My name is Chef James Piggott and I am the Executive Chef of Residential Dining for New College and CampusOne Dining Halls.

I am responsible for overseeing the dedicated culinary team, 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 CampusOne community.

We are committed to providing you with fresh, flavourful and nutritious meals 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. If you have any comments or suggestions about anything relating to food here at CampusOne, please feel free to reach out. We 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!

Rene Picarella
Executive Sous Chef

Hi, my name is Rene Picarella and I am the Executive Sous Chef at the CampusOne Residence here at UTSG. The culinary team here at CampusOne 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 our community, and build 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 CampusOne, 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 CampusOne. 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



Meal Period Schedules - Regular Hours

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.**

Monday to Thursday

Full Breakfast: 7:00AM - 11:00AM	Breakfast
11:00AM - 11:30AM	Continental Breakfast, Salad Bar
Full Lunch: 11:30AM - 2:00PM	Market Station, So Sushi, Salad Bar, Pizza, Gourmet Burger, Pan Station
2:00PM - 4:45PM	So Sushi, Gourmet Burger, Salad Bar, Pizza
Full Dinner: 4:45PM - 8:00PM	Market Station, So Sushi, Salad Bar, Pizza, Gourmet Burger, Pan Station
Late Dinner: 8:00PM - 10:00PM	Gourmet Burger, Salad Bar, Pizza

Friday

Full Breakfast: 7:00AM - 11:00AM	Breakfast
11:00AM - 11:30AM	Continental Breakfast, Salad Bar
Full Lunch: 11:30am - 2:00PM	Market Station, So Sushi, Salad Bar, Pizza, Gourmet Burger, Pan Station
2:00PM - 4:45PM	So Sushi, Gourmet Burger, Salad Bar, Pizza
Full Dinner: 4:45PM - 8:00PM	Market Station, Salad Bar, Pizza, Gourmet Burger, Pan Station

Saturday & Sunday

Full Breakfast: 8:30AM - 10:30AM	Breakfast
Brunch: 10:30AM - 2:30PM	Breakfast, Market Station, Salad Bar, Gourmet Burger, Pizza Station
2:30PM - 4:45PM	Gourmet Burger, Salad, Pizza
Full Dinner: 4:45PM - 8:00PM	Market Station, Salad Bar, Pizza, Gourmet Burger

Meal Period Schedules - Holidays

Reading Week

CampusOne 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 CampusOne 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

Full Breakfast: 8:30AM - 10:30AM	Breakfast
Brunch: 10:30AM - 2:30PM	Breakfast, Market Station, Salad Bar, Gourmet Burger, Pizza Station
2:30PM - 4:45PM	Gourmet Burger, Salad, Pizza
Full Dinner: 4:45PM - 8:00PM	Market Station, Salad Bar, Pizza, Gourmet Burger

* Hours may change. Please check the Food Services website (www.ueat.utoronto.ca) for up to date Dining Hall hours.

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

Dishes centered on individual regions and provinces of Canada.

DECEMBER 2018

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

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.

My responsibilities in the Dining Hall

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 CampusOne 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.*

* CampusOne 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.



Special Dietary Needs and Food Choices

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 these residences will have their circumstances reviewed by the Residence Life Offices 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 halls 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://ueat.utoronto.ca>

Each day we offer vegetarian and vegan sandwich and salad options. All 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.

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 <https://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 to speak to a staff member to find out what Halal offerings are available.

LITE DINING PLAN

\$5300 (\$5100 Meal Plan Dollars & \$200 in TBucks)

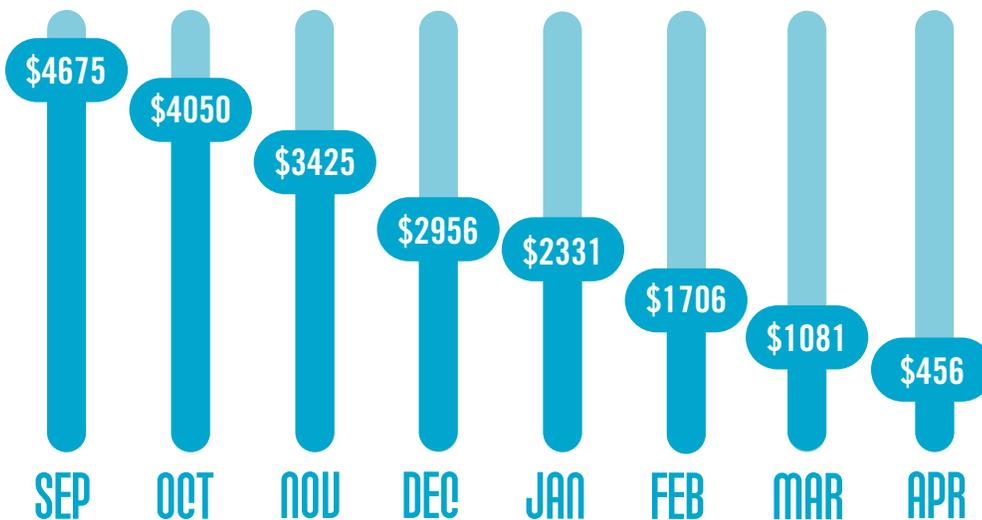
This is a great plan for students who visit family on weekends, spend lots of time away from the residence, or are light eaters.

How much should I spend per month at CampusOne using the LITE Dining Plan?

After you have purchased your [Dining Plan](#) simply choose what you would like to eat/ drink at the CampusOne Dining Hall and pay for your items at the cash register using your student card before exiting.

It is important to have a budget for meals. Below is a chart to help you stay on track and plan approximately how much you can spend per month. The chart below is based on 2017's average monthly student spending for the LITE Dining Plan.

To stay on budget, login to your [student account](#) and check your balance at the end of each month. Compare your balance to our chart below. If you are spending more, we recommend purchasing additional [TBucks](#) to make sure you have enough funds for meals.



PLEASE NOTE: Meal Plans expire on April 30th, 2019.

The Dining Hall will be closed from 8PM Friday, December 21st, 2018 until Sunday, January 6th, 2019 (inclusive). It will re-open on Monday, January 7th, 2019 at 7AM.

Benefits

Receive \$200 TBucks that can be used at any of the UTSG Food Services locations.

When can I use my Meal Plan?

Fall Term 2018
Meal Plan period begins at 5PM on September 2nd, 2018 and ends at 8PM on Friday, December 21st, 2018.

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

AVERAGE DINING PLAN

\$5500 (\$5400 Meal Plan Dollars & \$100 in TBucks)

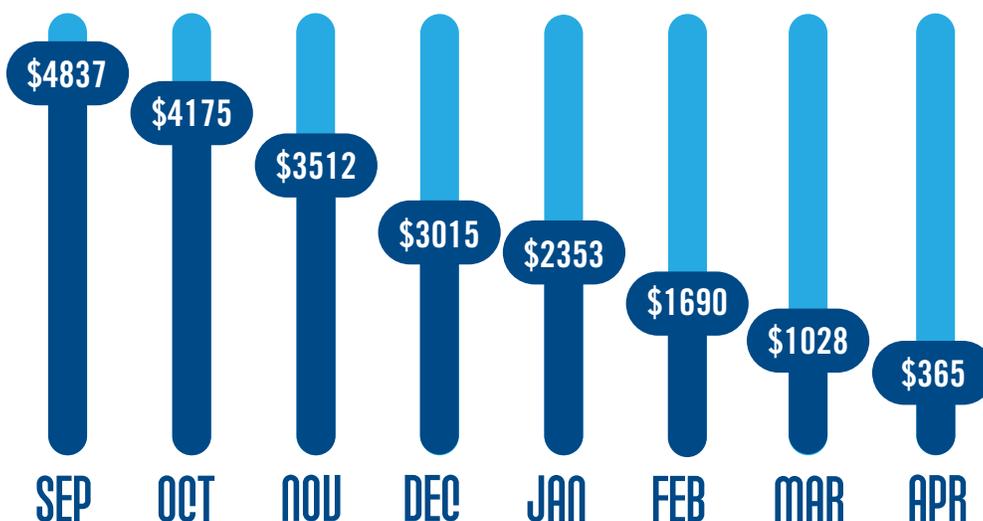
This is a great plan for students who are average eaters, who tend to stay on campus most weekends, and whose schedules allow them to make it back to the residence for meals on a regular basis.

How much should I spend per month at CampusOne using the AVERAGE Dining Plan?

After you have purchased your [Dining Plan](#), simply choose what you would like to eat/ drink at the CampusOne Dining Hall and pay for your items at the cash register using your student card before exiting.

It is important to have a budget for meals. Below is a chart to help you stay on track and plan approximately how much you can spend per month. The chart below is based on 2017's average monthly student spending for the AVERAGE Dining Plan.

To stay on budget, login to your [student account](#) and check your balance at the end of each month. Compare your balance to our chart below. If you are spending more, we recommend purchasing additional [TBucks](#) to make sure you have enough funds for meals.



PLEASE NOTE: Meal Plans expire on April 30th, 2019.

The Dining Hall will be closed from 8PM Friday, December 21st, 2018 until Sunday, January 6th, 2019 (inclusive). It will re-open on Monday, January 7th, 2019 at 7AM.

Benefits

Receive \$100 TBucks that can be used at any of the UTSG Food Services locations.

When can I use my Meal Plan?

Fall Term 2018
Meal Plan period begins at 5PM on September 2nd, 2018 and ends at 8PM on Friday, December 21st, 2018.

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

HEARTY DINING PLAN

\$5700 (\$5600 Meal Plan Dollars & \$100 in TBucks)

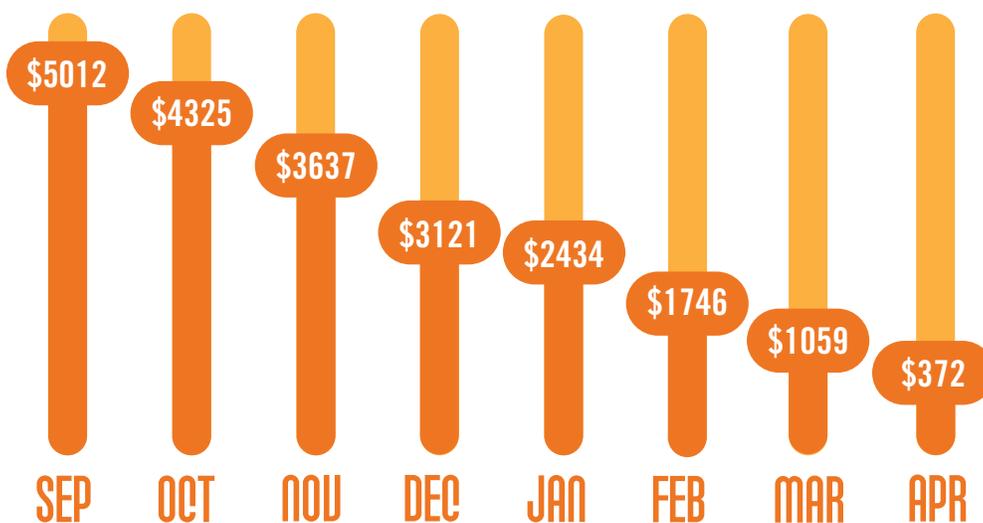
This is a great plan for students who expect to be consistently on campus, and in or near the residence, seven days a week (or just can't get enough of our amazing food).

How much should I spend per month at CampusOne using the HEARTY Dining Plan?

After you have purchased your [Dining Plan](#), simply choose what you would like to eat/ drink at the CampusOne Dining Hall and pay for your items at the cash register using your student card before exiting.

It is important to have a budget for meals. Below is a chart to help you stay on track and plan approximately how much you can spend per month. The chart below is based on 2017's average monthly student spending for the HEARTY Dining Plan.

To stay on budget, login to your [student account](#) and check your balance at the end of each month. Compare your balance to our chart below. If you are spending more, we recommend purchasing additional [TBucks](#) to make sure you have enough funds for meals.



PLEASE NOTE: Meal Plans expire on April 30th, 2019.

The Dining Hall will be closed from 8PM Friday, December 21st, 2018 until Sunday, January 6th, 2019 (inclusive). It will re-open on Monday, January 7th, 2019 at 7AM.

Benefits

Receive \$100 TBucks that can be used at any of the UTSG Food Services locations.

When can I use my Meal Plan?

Fall Term 2018
Meal Plan period begins at 5PM on September 2nd, 2018 and ends at 8PM on Friday, December 21st, 2018.

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



CampusOne

www.live-campusone.ca

253 College Street, Toronto, ON

Phone: (647) 288-0827