Dining Services Welcomes Class of 2021

What is Bryn Mawr Dining?

Dining Services is a self-operated, award winning group of food service professionals dedicated to serving delicious meals that are nutritious for the body and good for the environment. Making meals our students enjoy, providing optimum health and being responsible stewards of the environment are the principles that guide us every day. A full description of all the services Dining Services provides can be found online at www.brynmawr.edu/dining

One Mandatory Meal Plan?

Communal dining is an integral part of the residential experience at Bryn Mawr. In order to support the availability of these services, a guaranteed level of participation is necessary. Our goal is to take care of your dining needs in a comprehensive way. If you feel

our services are not meeting your needs, please let us know. We will do our very best to accommodate you.

What If I Don’t Eat All Those Meals?

The number of meals available are to best accommodate the majority of students so they have access to nutrition and when they need it. The cost of a full meal plan is in fact not based on students eating 100% of available meals, but rather an average participation factor. That is the average number of meals students eat in the dining halls. If every student ate every meal offered the meal plan would have to cost a whole lot more.

What role does student input have on what menus and offerings are offered?

Dining Services relies on student feedback for developing its menus, recipes and offerings. Students can make requests by posting a Napkin Note. Each dining hall has a Napkin Note board that is monitored and replied to daily. There are frequent surveys polling students for preferences as well as an annual satisfaction survey. The management team supported by a large student work force is highly responsive, so if you don’t find what you need, let anyone in Dining Services know and they will do their best to help you.

Who should students contact with ideas or questions about the menu?

1. Talk to a manager or cook in any of our dining locations.
2. Write a napkin note.
3. Send a message to emeat@brynmawr.edu
4. Contact the Executive Director of Bryn Mawr & Haverford College Dining (Bernie Chung-Templeton, bchung@brynmawr.edu, x7410) or the Associate Director (David Chase, dchase@brynmawr.edu, x7420).

What if I have a Special Dietary Need?

Dining Services’ team of professionals are trained and well versed with helping students with special needs. There is also a registered dietitian on staff available to
help you navigate our dining halls and menus. Meatless, vegan and gluten free meals are available at every meal. Allergens are handled with care and proper labeling. All staff go through annual Aller-Train program. Anyone with questions about our dining program or accommodations may contact Natalie Zaparzynski. She can be reached at x7417 or nzaparzyn@brynmawr.edu

Options for Cooking While on Campus?

Students living on campus in dorms requiring full meal plan do not have access to cooking facilities in their dorms. Students who wish to cook occasionally, make their favorite recipes, or bake for social occasions can use the SGA kitchen.

Are Kosher/Halal or other Religious Accommodations Available?

Dining Services does not offer full service kosher or halal dining options. Some items can be available as well as accommodations to assist students with dining needs around religious holidays and observances like Passover and Ramadan.

What is the guest policy?

Students on the Traditional 20 full board plan will receive six guest meals per year as a bonus to her meal plan. These passes may be used for any meal during the academic year. Additional guests are welcome anytime. Our meal rates are available at www.brynmawr.edu/dining.

Dining @ Haverford or Swarthmore

Your meal plan gives you unlimited access to meals at Haverford or Swarthmore should you have a class on either campus or just want a change of pace.

Do First-Year Students Work in Dining Services?

Yes! Our secret ingredient. First-year students wishing to work on campus are directed to Dining Services. Each year Dining Services employs over 350 students in their 5 dining operations. First year students have repeatedly shared this experience as one of the most wonderfully rewarding in their
Upcoming October Dining Events

10/10 – ‘Everything Pumpkin!’ at Erdman
10/25 – ‘Local Dinner’
10/27 – ‘Local Breadstick Day’
10/31 – ‘Halloween’ – both lunch and dinner

Break Closing/Opening Schedule

Wednesday, October 11th
- The Lusty Cup closes.

Thursday, October 12th
- Uncommon Grounds closes night hours.

Friday, October 13th
- Erdman closes after lunch
- New Dorm Dining Hall closes at 1:30 pm
- Boxed dinners made available at NDDH upon request; requests closed by Wednesday October 11th, please see manager to place request. Requests must be picked up by 3pm.
- Uncommon Grounds closes at 3pm during the day.

Fall Break (10/16-10/20)

- Uncommon Grounds open from 8-2:30pm; reopens in full on 10/20 at 8:30pm.
Uncommon Grounds: Menu Posting

Warm Bowls:
All bowls served with a slice of lebus bread choice of brown rice, farro, or quinoa.

Harvest ($6.95) – organic chopped kale tossed with your choice of warm grain, roasted sweet potatoes, & grilled chicken, topped with diced apples and crumbled goat cheese.

Smokey Sweet Burrito ($6.95) – organic chopped kale with your choice of warm grain, roasted sweet potatoes, a hint of smoked paprika, seasoned black beans, grilled chicken, & sliced avocado.

Earth ($6.95) – organic leaf spinach tossed with your choice of warm grain, spicy roasted broccoli, mushrooms, & grilled chicken topped with baked chickpeas.

Roasted Spicy Cauliflower ($6.95) – organic chopped kale tossed with your choice of warm grain, roasted spicy cauliflower, & grilled chicken topped with parmesan cheese.

NEW WARM GRAIN BOWLS!
Tossed with organic produce and your choice of brown rice, farro, or quinoa ($6.95)
Wyndham

Open for Lunch Monday-Friday 11:30 am - 2 pm.

Accepts Cash, Credit, OneCard

Students Welcome – Come check out Chef Tom Tirendi’s seasonal menu! Students with an ID get a 15% discount.

Need food for a gathering or social event?

Click here for [Catering Menus]

- Back Door Catering
- Simple Snack
- Student Catering – (610) 526–5234

RootED:

Our Principles of Plant Forward Cuisine at New Dorm Dining Hall

- Plates centered around minimally processed foods...plant protein takes the lead!
- Fresh. Seasonal. Local. No added sweeteners and reduced sodium.
- Transparent ingredient sourcing that is supportive of sustainable farming and fisheries.
- Emphasis on healthy dietary patterns, including whole food, avoid excess servings and focus on calorie quality.
- Encourage innovation and sustainability through food purchasing patterns and practices to advance community health, social well-being and our food system.
- Reduce the role of animal-based foods, sourcing the healthiest affordable ingredients imaginable from antibiotic-free raised animals. If animal based foods are served, prioritize fish, then dairy, then eggs.
- Unapologetic elevation of flavor and quality.
A Quick Q&A About Eggs

by Natalie Zaparzynski

Q: What’s so great about this perfect protein?
A: One egg contains 6 grams of protein which help maintain proper cell function.

Q: What about the yolk?
A: Despite what you may have heard, the yolk is where most of the health benefits lie. The majority of the protein is found here. To get the 6 grams of protein in 1 whole egg, you would have to eat 3 egg whites. The yolk also contains 13 essential vitamins and minerals. When you choose just the white, you lose the iron, vitamin D, vitamin A, vitamin E, calcium, zinc, and B vitamins.

Q: Aren’t eggs high in cholesterol?
A: Although eggs are high in cholesterol, they actually help increase your levels of “good” cholesterol known as HDL cholesterol. People who have high levels of HDL, have a lower risk of heart disease and stroke.

Q: How can I include eggs in my diet?
A: Eggs are a super versatile food. They’re most often seen at the breakfast table, but can be included at any meal. Add a hardboiled egg to your salad at lunch for some added nutrients. They can also be incorporated in a stir-fry or frittata at dinner. Paired with vegetables and whole grains, eggs can be the centerpiece to a perfectly balanced plate.

Do you have more questions? Feel free to reach out to Campus Dietitian, Natalie Zaparzynski, MA, RD, LDN.
Nzaparzyns@brynmawr.edu
Now serving from our new menu...

**Wynharn Salad**
Roasted Butternut Squash & Quinoa Salad
Fried Oyster & Chicken Salad
Chicken Pot Pie
Roasted Salmon with Cilantro Lime Butter
Hummus & Roasted Pepper Sandwich
BBQ Brisket Sandwich

**Baked Vegetable Lasagna**
Al dente pasta, creamy ricotta cheese, grilled zucchini, and peppers, baked with house-made marinara