



Monarch
Dining Services

Monarch Dining

October 2009

Greetings!

I hope everyone has eased their way back into school mode and started this fall semester strongly. Throughout the summer, we anticipated the openings of our new dining locations on campus.

Spotlight

Let's hear your feedback!

Beginning this month, Monarch Dining will conduct its semi-annual DiningStyles Survey, available now through October 23rd. Visit www.college-survey.com/odu to take the survey.

Einstein Bros. Bagel had a successful opening, giving away free breakfast, lunch, and dinner for two days. Free meals were given away for an hour per meal period. Over one thousand free meals were given away for those two days!



During the first week of this semester, the P.O.D. Market invited vendors to attend their grand opening. Pepsi, Boar's Head, and Edy's Ice Cream were there, giving away free samples of their products.

I hope that everyone is aware of our new dining facilities and their locations on campus. If not, check out our food map online and try out some new places!



Good luck with the rest of the semester!

Janet McLaughlin



Visit us online to meet our staff, find out more info, or just to see what's going on with Monarch Dining!

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Norfolk, VA 23529

757-683-3342 (phone)
757-683-4228 (fax)

Email: dining@odu.edu

www.odu.edu/monarchdining

Visit our website:
www.odu.edu/monarchdining and check out our "Dining Locations Map."



Monarch Dining - Building the Community Together

Monarch Dining joined forces with Division of Student Affairs to help the Norfolk community feel safe again. On September 16th, "ODU Neighbor 2 Neighbor: Building Community Together," was held at the First Baptist Church of Lambert's Point. It gave everyone an opportunity to chat and get to know their neighbors. The ultimate goal was to bring the people of Old Dominion University and the local community closer together.

While people enjoyed meeting their neighbors, others played Corn Hole Toss, got their faces painted, listened to music, and danced. Dean

of Students, Dr. Geneva Walker-Johnson, led the way, showing how the Cupid Shuffle is done! Socializing with the Norfolk community, special guests included our very own President John Broderick, Vice President for Administration & Finance Robert Fenning, Old Dominion University's Drumline, and Norfolk's Police and Fire Department. Monarch Dining donated the food and beverages including hot dogs, popcorn, cotton candy, and bottled water. The

event was a great way to remind everyone how terrific Norfolk is. It brought family and friends closer together, while enjoying good food and entertainment.



It's Peanut Butter Jelly Time!

On Tuesday, September 15th, Monarch Dining helped support ODU's Center for Service and Civic Engagement (CSCE). CSCE provides students with the opportunity to enhance their educational experience beyond the boundaries of the classroom by engaging in meaningful service to the campus and local and global communities.

During the organization's "Make Your Mark" week, students had the opportunity to make Peanut Butter and Jelly sandwiches for the homeless. Three hundred sandwiches were made that day and all were donated to the Union Mission. Monarch Dining was honored to help by donating everything needed to make the delicious peanut butter and jelly sandwiches!





EINSTEIN BROS. BAGELS IS NOW OPEN!

STOP BY TODAY FOR A LARGE VARIETY OF BAGELS, SANDWICHES & BEVERAGES.

HOURS OF OPERATION
 MONDAY - THURSDAY 7AM - MIDNIGHT
 FRIDAY 7AM - 10PM
 SATURDAY 7:30AM - 10PM
 SUNDAY 7:30AM - MIDNIGHT

What's Cooking?



Have culinary questions you would like answered? You're in luck! The campus Executive Chef, Timothy Brown, will answer questions in his weekly column, "Mise En Place," in The Mace & Crown. Chef Tim has been at ODU since March. However, that doesn't even begin to represent his total culinary experience. Chef Tim has been a National Certified Executive Chef for 15 years and has been in the food and beverage industry for 30 years. As an extra bonus in his Q & A column, Chef Tim will also define a culinary term. It's icing on the cake!

Please email Chef Tim at cheftim@odu.edu with any of your culinary questions. Make sure to find your answers in The Mace & Crown.

DID YOU KNOW???



POD MARKET

MEAL EXCHANGE OPTIONS
 The P.O.D. accepts Meal Exchange
 Monday - Friday
 11:45am - 1:15pm
 Choose from the meal exchange menu
 and use a meal swipe for lunch!

WHITEHURST DINING LUNCH SHUTTLE **LEGENDS**

TAKE THE LUNCH SHUTTLE FROM
**WEBB CENTER TO WHITEHURST HALL
 FOR LUNCH AT LEGENDS**

Monday - Friday
 11:30AM - 1:30PM



THE SHUTTLE PICKS UP ON ELKHORN AVE.
 RIGHT BEHIND WEBB CENTER

WWW.ODU.EDU/MONARCHDINING

jam onnn... You Know You Want To!

Monday, September 21st marked the start of Jam week at Legends in Whitehurst Hall. Students received FREE Jam giveaways like water bottles, frisbees, footballs, koozies, code cards, promo cards, and information about the latest Jam sweepstakes. In addition, students were given special code words each day that allowed 5 extra entries into the current sweepstakes.

For those students who are not familiar with this rewards program, Jam

Rewards hosts several sweepstakes throughout the year and selects winners randomly. To increase one's chances of winning, more entries is key! Purchasing a meal plan, spending \$5.00 or more when you use cash, credit, Monarch Plus, or Flex Points at any Monarch Dining location, and playing games on-line, all will help you gain entries into the sweepstakes.

Here at ODU, we have had over 90 students win great prizes so far including Nintendo Wii consoles and

Wii Fit boards, 32" LCD TV, \$500 gift card to Best Buy, \$1000 cash, Flip Video Camcorder, and many other great prizes.

Visit www.jamrewards.com to register for this FREE program, play games, and enter to win. The rewards are truly sweet with Jam Rewards! Be on the look out for Jam Rewards tables, events, and the famous Jamonkey around campus for free giveaways and your chance to win additional entries into the sweepstakes.



www.jamrewards.com

Fill Up Here: New Water Station

Thirsty? In an effort to reduce campus bottle and jug waste, we have set up a water station in Webb Center so you are able to refill your water bottles or canteens with fresh filtered water. This AquaMax LX water filtration system is located on the condiment station outside of the Café 1201 entrance adjacent to Chick-fil-A.

This countertop water dispenser is fully



equipped with a carbon based filter that reduces lead, chemicals sediments, and cysts and UV light technology that will protect the dispenser from bacterial growth and lessen the transmission of germs. Bring your canteen or water bottle between classes or at lunch and fill up here.

ARAMARK - Environmental Stewardship

Aramark Higher Education, which provides Old Dominion University's food services, is getting involved with its colleges and university partners. It is creating awareness so people understand global environmental issues, such as climate change and over-utilization of natural resources. Aramark strives to elevate environmental commitments to all of their 500+ higher education accounts. These global commitments are called Green Stakes.

There are 5 Green Stakes:
By 2010...

- ◆ Implement an Energy & Water Conservation program at every account
- ◆ Purchase only paper products with recycled content
- ◆ Implement Daily Green cleaning products
- ◆ Divert 100% of fryer oil waste
- ◆ Increase level of sustainable food offerings, with a yearly growth goal of 5%

Six Core areas in Aramark's Environmental Stewardship program, "Green Thread":

- ◆ Sustainable Foods
- ◆ Green Buildings
- ◆ Waste Stream Management
- ◆ Responsible Procurement
- ◆ Energy & Water Conservation
- ◆ Transportation



Green Thread is a symbol of Aramark's commitment to reduce its environmental imprint.

Visit www.odu.edu/monarchdining and click "Sustainability" to see what Monarch Dining has done to be **GREEN** on campus!

Go Green Committee- Student Focus Group

Monarch Dining is part of ODU's Go Green Committee, an organization helping to make ODU more environmentally-friendly.

Description: The Go Green Committee will conduct a student focus group to hear students' opinions about being green.

Date: Thursday, October 8th

Time: 12:30pm—1:30pm

Location: Board of Visitors Room in Webb Center



(Lunch will be provided!)

Remember to visit...

www.odu.edu/monarchdining

For menus, nutritional information, news, and events

www.jamrewards.com

To register, play games, and enter to win great prizes

www.odu.edu/cardcenter

For meal plan and Monarch Plus info