



Pine Manor College
 400 Heath Street
 Chestnut Hill, MA 02467
www.pmc.campusdish.com

Welcome New Students!

What Dining Services can offer you...

Dining Services has a wide variety of programs, offerings and special events planned for students this fall! Here are a few early dates to mark on your calendars:

August 30th – Opening Carnival: Dining Services teams up with Student Life to bring you a carnival to remember!



September 3rd – Help us Celebrate September Birthdays with Cake, Punch and Balloons!

September 8th – Café 400 and Late Nite Café are open for the Semester!

September 12th – Late Night Chocolate Craving? Enjoy Chocolate Milk Shakes from 5:00pm-7:30pm!



September 17th – Don't Miss 70's Night! Dining Services brings back a popular era with inspired food, décor, music and much more!

September 21st – International Peace Day! Dining Services will be asking the PMC community to contribute to Jane Goodall's Roots & Shoots program to educate and empower a generation of global citizens who are committed to building a more sustainable world. In addition these funds help us link youth through a global network, which supports 150,000 youth in over 100 countries. If you are a donor, we will be giving you a Peace Sign to sign and post in the Dining Room!



September 25th – Friday Night Mocktails! Virgin Strawberry Daquiris and Mockarita Margaritas can be enjoyed with fun music just like if you went out!

include more Spirit Lifters, Theme meals and other events that benefit the students, PMC community and the environment.

What is the Real Food On Campus Brand all about? The RFoC brand is about more than simply refreshing the traditional all-you-can-eat-dining program with new menu solutions. It is about re-inventing the entire residential dining experience. This means we are introducing new restaurant-style culinary options, developing flexible designs and equipment, creating trendy and comfortable environments for students to can hang out with their friends, re-defining our approach to customer service. (Continued on Page 2)

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Café 400 and Late Nite Café are opening September 8th! Don't Miss Out!

These are your favorite places to hang out, eat delicious food and use your Gator Bucks!

Check out the new hours, new menu and new faces only at Café 400 and Late Nite!

Both Located in the Rosemary Ashby Campus Center.

Café 400	Late Nite Cafe
Monday - Thursday	Monday - Friday
9:30am - 3:00pm	8:00pm - 11:00pm
Friday	
9:30am-2:00pm	



What Real Food on Campus is all about...

In order to serve students better and get students excited about food again, Dining Services has been working on re-inventing the RFoC brand through constant employee trainings, new menus and fun concepts that

Look what's happened!

Terry Dion, AFSD

A New Twist

Due to the drop in student population during the months of May, June and July, Dining Services offered the students Restaurant at the Pines as a new, innovative way to provide the small amount of customers a fresh hot meal to order.

This style of dining was offered during dinner where students would be seated by our front of the house staff and were waited on just like a real restaurant!! Popcorn was offered at the tables as students made their choices from our menu which included appetizers, main dishes and delicious desserts!!

Thanks to our students and ARAMARK staff this new twist on dinina was a HUGF success!

Please consider the environment and recycle this newsletter.

(Continued from page 1 What's RFOC..)

Some of Dining Services new menu styles have include Pancake Panarama, Top your Own Pizza, Banana Split Bar, Nacho Mountain, and Potato Salad Bar! Watch out for new styles, menus items and feel free to give us a few ideas!

Pancake Panarama



Banana Splits

6 Ft Subs



Check Me Out!
Paolo

Ubiratan Paolo has been working for at PMC for 7 years and has been cooking for over 12 years. Before Pine Manor he worked at the 99 Restaurant in the kitchen.

Paolo is originally from Ipatinga - M.G, Brazil. One of Paolo's favorite dishes to cook is steak sirloin! When we asked him what his favorite thing about working at Pine Manor was, he answered that he enjoys interacting and talking with the students!

Say hello to him as you visit the Residential Restaurant!



Tips to Stay Healthy this Fall!

Going away to college is an exciting time in one's life. There are new people to meet, classes to attend and professors to impress. With all these new responsibilities there's no time to worry about staying healthy and making smart decisions. Here are some tips to remember to keep you healthy for the semester!

- *Exercise regularly* - Exercising at least four days a week is the best way to avoid college weight gain. Join the school gym, walk to school if you live off campus or take the stairs. There are many easy ways to fit exercise into even the busiest of schedules. Work out with your roommates and make it a group activity.
- *Make healthy food choices*- Choose healthy food items at the cafeteria such as low fat chicken dishes, salads and sandwiches. And don't forget the fruits and vegetables!
- *Go easy on the fast food* - It can be quite easy to fall into the routine of ordering pizza for those late night study sessions. But all those calories, especially late at night, can lead to unwanted weight gain. Try low fat popcorn as a snack instead.
- *Cut back on the alcohol* - Some people may not be aware of just how many calories are in alcoholic beverages. All that partying and alcohol consumption on a weekly basis can definitely take its toll on the body.
- *Get plenty of rest* - Sleep is good for many things, including fighting weight gain. With proper rest the body will feel less stressed and the metabolism will be able to function at its peak rate. Also, the more time you spend sleeping, the less time you spend eating!

Have a Dietary Question? Contact our Registered Dietitian at: askthedietitian@aramarkcampusdish.com

Summer Madness

Summer camps were in full swing this Summer which kept Dining Services busy!! The hustle and bustle of lunch made for an exciting and fun summer for the students, staff and camp members! Thank you to Chestnut Hill Day Camp, Shelly Mars' Tennis Camp, American International Sport Camp, Irish Basketball Team, and the Center for Inclusion Leadership and Social Responsibility's Leadership Camp!

Have a happy and safe Fall Semester!



CILSR Leadership Camp



Chestnut Hill Day Camp

Looking for a Job?

Dining Services is now hiring student workers for dishwashers, front of the house workers and station help.



Come to the ARAMARK office in the Residential Restaurant for an application! Or visit our website

www.pmc.campusdish.com



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