

# 2019/20

## DINING HALL BOOK

Food Services at University of Toronto



CampusOne

FOOD SERVICES *at*  UNIVERSITY OF TORONTO

[www.ueat.utoronto.ca](http://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](mailto:resdiningmgr@utoronto.ca)



# Meal Period Schedules - Regular Hours

## Fall Term

The 2019 Fall Term Meal Plan period begins at **5PM on Sunday, September 1<sup>st</sup>, 2019** and ends at **8PM on Friday, December 20<sup>th</sup>, 2019**.

## Winter Term

The 2020 Winter Term Meal Plan period begins at **7AM on Monday, January 6<sup>th</sup>, 2020** and ends at **8PM on Tuesday, April 28<sup>th</sup>, 2020**.

### Monday to Thursday

<b>Full Breakfast:</b> 7:00AM - 11:00AM	Breakfast
11:00AM - 11:30AM	Continental Breakfast, Salad Bar
<b>Full Lunch:</b> 11:30AM - 2:00PM	Chef's Table, Pop-up, Salad Bar, Pizza, Gourmet Burger, Pan Station
2:00PM - 4:45PM	Pop-up, Gourmet Burger, Salad Bar, Pizza
<b>Full Dinner:</b> 4:45PM - 8:00PM	Chef's Table, Pop-up, Salad Bar, Pizza, Gourmet Burger, Pan Station
<b>Late Dinner:</b> 8:00PM - 10:00PM	Gourmet Burger, Salad Bar, Pizza

### Friday

<b>Full Breakfast:</b> 7:00AM - 11:00AM	Breakfast
11:00AM - 11:30AM	Continental Breakfast, Salad Bar
<b>Full Lunch:</b> 11:30am - 2:00PM	Chef's Table, Pop-up, Salad Bar, Pizza, Gourmet Burger, Pan Station
2:00PM - 4:45PM	Pop-up, Gourmet Burger, Salad Bar, Pizza
<b>Full Dinner:</b> 4:45PM - 8:00PM	Chef's Table, Salad Bar, Pizza, Gourmet Burger, Pan Station

### Saturday & Sunday

<b>Full Breakfast:</b> 8:30AM - 10:30AM	Breakfast
<b>Brunch:</b> 10:30AM - 2:30PM	Breakfast, Chef's Table, Salad Bar, Gourmet Burger, Pizza Station
2:30PM - 4:45PM	Gourmet Burger, Salad, Pizza
<b>Full Dinner:</b> 4:45PM - 8:00PM	Chef's Table, 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 4<sup>th</sup> - 8<sup>th</sup>, 2019
- February 17<sup>th</sup> - 21<sup>st</sup>, 2020

## Holidays

Throughout the year there are National and Civic holidays where CampusOne will follow restricted hours:

### Canadian Thanksgiving

Monday, October 14<sup>th</sup>, 2019

### Family Day

Monday, February 17<sup>th</sup>, 2020

### Good Friday

Friday, April 10<sup>th</sup>, 2020

## Reading Week

<b>Full Breakfast: 7:00AM - 10:30AM</b>	Breakfast
<b>Brunch: 10:30AM - 2:30PM</b>	Breakfast, Chef's Table, Salad Bar, Gourmet Burger, Pizza Station
<b>2:30PM - 4:45PM</b>	Gourmet Burger, Salad, Pizza
<b>Full Dinner: 4:45PM - 8:00PM</b>	Chef's Table, Salad Bar, Pizza, Gourmet Burger

## Holiday Meal Schedule

<b>Full Breakfast: 8:30AM - 10:30AM</b>	Breakfast
<b>Brunch: 10:30AM - 2:30PM</b>	Breakfast, Chef's Table, Salad Bar, Gourmet Burger, Pizza Station
<b>2:30PM - 4:45PM</b>	Gourmet Burger, Salad, Pizza
<b>Full Dinner: 4:45PM - 8:00PM</b>	Chef's Table, Salad Bar, Pizza, Gourmet Burger

*\* Hours may change. Please check the Food Services website ([www.ueat.utoronto.ca](http://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 20<sup>th</sup>, 2019  
until 7AM on Monday, January 6<sup>th</sup>, 2020.**

## What you can expect during the school year!

Throughout the year, we will be running a number of special events in the Dining Hall. Among the many topics they will cover, these food-themed events will highlight seasonal fruits and vegetables, celebrate various types of cuisines from throughout the world and just generally provide you with a big serving of fun and lots of food for thought.

We want to make sure that your everyday dining experiences are as enjoyable as possible and also want to add an additional dash of fun into residence life. These events are also a chance for you to chat with the members of our culinary team and Dining Hall staff and give us your feedback.

For a complete listing of all the special food events, click here: <https://ueat.utoronto.ca/>



# 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 this residence will have their circumstances reviewed by the Residence Life Office and be contacted by our Registered Dietitian 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. The nutritional information for all menu items can be found online on our website. 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. The nutritional information for all menu items can be found online on our website. 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

Food Services Registered Dietitian  
at [dietitian@utoronto.ca](mailto: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/](http://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. Our menu cycle offers halal breakfast, lunch and dinner options. Please ask the server what Halal offerings are available.



# LITE DINING PLAN

**\$5400** (\$5300 Meal Plan Dollars & \$100 in TBucks)

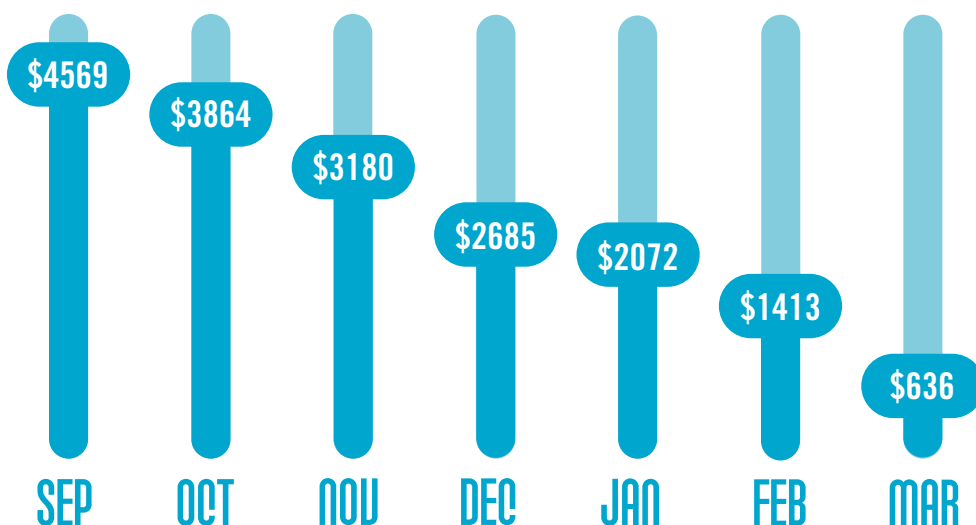
This is a great plan for students who visit family on weekends, spend lots of time away from the residence, or are light eaters.

## 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 2018's average monthly student spending for the LITE Dining Plan.

To stay on budget, login to your [student account](#) and click "Check Your Balance" (University of Toronto students only). In addition, all students can check their balance by asking the cashier in the dining hall. 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 28, 2020.

## Benefits

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

# AVERAGE DINING PLAN

**\$5650** (\$5550 Meal Plan Dollars & \$100 in TBucks)

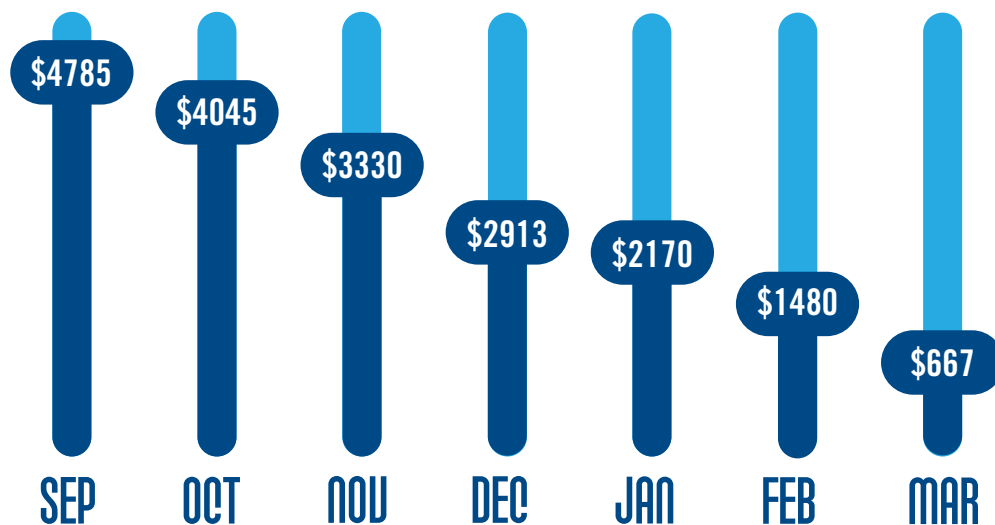
This is a great plan for students who are average eaters, who tend to stay on campus most weekends, and whose schedules allow them to make it back to the residence for meals on a regular basis.

## 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 2018's average monthly student spending for the AVERAGE Dining Plan.

To stay on budget, login to your [student account](#) and click "Check Your Balance" (University of Toronto students only). In addition, all students can check their balance by asking the cashier in the dining hall. 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.



## Benefits

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

PLEASE NOTE: Meal Plans expire on April 28, 2020.

# HEARTY DINING PLAN

**\$5850** (\$5750 Meal Plan Dollars & \$100 in TBucks)

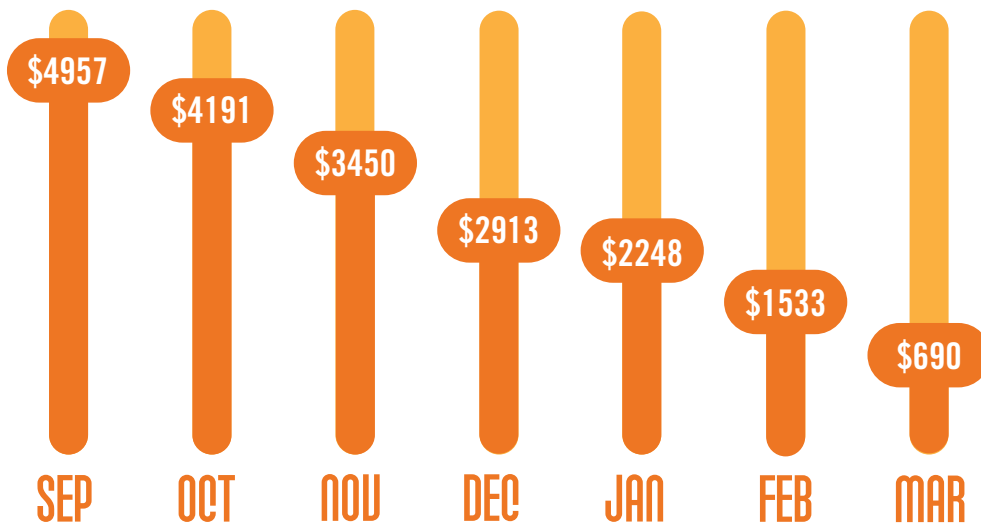
This is a great plan for students who expect to be consistently on campus, and in or near the residence, seven days a week (or just can't get enough of our amazing food).

## 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 2018's average monthly student spending for the HEARTY Dining Plan.

To stay on budget, login to your [student account](#) and click "Check Your Balance" (University of Toronto students only). In addition, all students can check their balance by asking the cashier in the dining hall. 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.



## Benefits

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

PLEASE NOTE: Meal Plans expire on April 28, 2020.



**CampusOne**

[www.live-campusone.ca](http://www.live-campusone.ca)

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