



WIND UP & GO THIS SEMESTER



Dining



MEET THE TEAM



John Teeple

District Manager



Jennifer Curtis

Resident Dining

General Manager



Richard Yennerell

District Executive Chef



Bridget Bukovich

Marketing Specialist

"Great relationships form around the table."

- Mason Dining -



Meet our Registered Dietitian
VERONICA HAYES. RD

SERVICES INCLUDE:

- Food allergy management and support for new and/or current students
- Special diet accommodation requests
- Nutrition education and guidance
- Nutrition and wellness programming
- Sports nutrition
- Nutrition Counseling

QUESTIONS?

Contact Veronica at veronica.hayes@sodexo.com





What is Mindful?

Sodexo's health & wellness approach that helps you make healthy choices second nature.

- 🍏 **FILL UP** with less calories, fat and sodium
- 🍏 **EDUCATION MATERIALS** to live healthier
- 🍏 **WELLNESS TOOLS** that track your foods and activity  

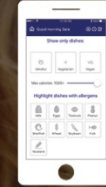
mindful
by *sodexo**

Learn more about everything Mindful offers you at [Mindful.Sodexo.com](https://www.mindful.sodexo.com)



QUICKLY FILTER MENUS BY
ATTRIBUTES AND CALORIE LEVEL

GET FULL NUTRITIONAL DETAILS



**FIND YOUR
PERFECT BITE.**

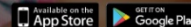


QUICKLY LOG ITEMS TO
YOUR FITBIT® DIARY

HIGHLIGHT ALLERGENS OF CONCERN TO YOU

Bite gives you the power to find just what suits your taste.

Download our Bite App today, and make it yours.



sodexo
QUALITY OF LIFE SERVICES



RESIDENT DINING





EVERYDAY FAVORITES



Breakfast: Made-to-order breakfast, an omelet station, oatmeal bar, fresh baked pastries and fresh fruit



Deli: Chef's signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.

 *Mindful Items at this station*



Salad Bar: Selection of leafy greens, freshly prepared vegetables, toppings and house made dressings, sourced from local farms whenever possible. Our made-from-scratch soups rotate daily.



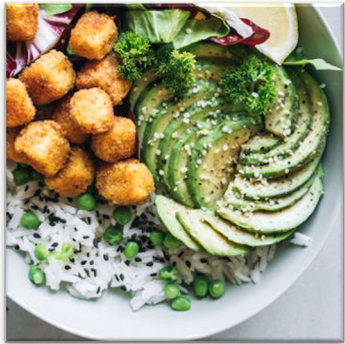
Grill: Interactive grill, highlighting diverse cuisines for a delicious, customizable experience.



Pizza & Pasta Station: Hand-tossed pizza favorites and homemade Marinara and Alfredo Sauces top your choice of pastas.



Dessert Station: Homemade cookies, cakes, bars and pastries, plus ice cream, smoothie and festive seasonal treats



Vegan Station: Plant-based and plant-forward menu items are incorporated into every offering. You will find a large variety of vegetarian and vegan choices, giving center stage to cage-free, grass-fed, additive-free ingredients.



Chef's Table: Action station featuring culinary expertise through familiar recipes and unique flavors.



My Zone: My Zone is a gluten-free, peanut and tree-nut free pantry area reserved for people with allergies and other special dietary needs.



Pop Up Station: Weekly pop up feature rotation menu such as Pho, Indian kitchen, crepes etc.



Daily Dish: Classic comfort dishes made from scratch featuring student favorites and rotating specials.



Simple Servings: All foods served at Simple Servings are prepared exclusively with ingredients which do not contain common food allergies.

SIMPLE SERVINGS

All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

♥ MILK ♥ WHEAT ♥ SHELLFISH ♥ TREE NUTS
♥ EGGS ♥ SOY ♥ PEANUTS ♥ GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.



LET'S HAVE SOME FUN!

At Mason Dining, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own dessert bars, restaurant style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.

POP UP RESTAURANTS

Dining halls are great, but every now and then we like to do something special. Pop-up restaurants transform dining locations into high-end restaurants serving a variety of cuisines. From steak to seafood to a create-your-own dessert bar, you'll love all our options.





LOCAL, SUSTAINABLE.

We purchase locally whenever possible for the freshest ingredients in our recipes. We source 100% sustainable seafood, eggs from cage-free chickens, ethically and responsibly sourced coffee, and fresh milk from local dairy farms.



PAYMENTS ACCEPTED

- Cash
- Credit Card
- Freedom Funds
- Bonus Dollars





EAT SMART. GET A PLAN.

*ON CAMPUS STUDENT WITHOUT A FULL KITCHEN
(required to purchase a meal plan)*

INDEPENDENCE PLAN: \$2,315

Not Active During Breaks

Bonus: \$100*

Guest Meals: 3

**SIGN UP
TODAY.**

mealplans.gmu.edu

masonid@gmu.edu

**Bonus Dollars Can Be
Upgraded At Any Time*

EAT SMART. GET A PLAN.

MEAL PLANS AVAILABLE FOR EVERY STAGE IN YOUR MASON CAREER!

LIBERTY PLANS

(great for Juniors and Seniors living on campus)

MEAL PLAN	MEALS PER WEEK	BONUS DOLLARS	COST
LIBERTY 9	9	\$1,185	\$2,415
LIBERTY 14	14	\$535	\$2,415

PATRIOT MEAL PLANS

(great for students living in on campus apartments)

MEAL PLAN	SWIPES PER SEMESTER	COST
GREEN & GOLD	25	\$205 + BONUS
PATRIOT	55	\$415 + BONUS
SUPER PATRIOT	85	\$615 + BONUS

FREEDOM PLANS

(great for off campus students)

MEAL PLAN	TAX-EXAMPT	\$2 DISCOUNT OFF THE DOOR PRICE IN DINING		COST
		HALLS		
FREEDOM \$300	YES	YES		\$300
FREEDOM \$400	YES	YES		\$400
FREEDOM \$500	YES	YES		\$500
FREEDOM \$750	YES	YES		\$750
FREEDOM \$1,100	YES	YES		\$1,100
FREEDOM \$1,900	YES	YES		\$1,900
FREEDOM \$2,200	YES	YES		\$2,200



Our student culinary council is comprised of student leaders who help us decide the future of dining services! Interested in joining? Follow us on Twitter @Mason_Dining to know when we'll host our first meeting of the semester!

myGtxt.com
THE DIGITAL CONNECTION

Text TellMasonDining to 82257 to receive text alerts about campus dining.

-  masondining.sodexomyway.com
-  dining@gmu.edu
-  (703) 993-3313
-  [@masondining](https://www.facebook.com/masondining)
-  [@mason_dining](https://www.instagram.com/mason_dining)
-  [@mason_dining](https://twitter.com/mason_dining)