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-
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

Learn more about everything Mindful offers you at Mindful.Sodexo.com
EVERYDAY FAVORITES
<table>
<thead>
<tr>
<th>Breakfast: Made-to-order breakfast, an omelet station, oatmeal bar, fresh baked pastries and fresh fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Deli: Chef’s signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.</td>
</tr>
<tr>
<td>Grill: Interactive grill, highlighting diverse cuisines for a delicious, customizable experience.</td>
</tr>
<tr>
<td>Pizza &amp; Pasta Station: Hand-tossed pizza favorites and homemade Marinara and Alfredo Sauces top your choice of pastas.</td>
</tr>
<tr>
<td>Dessert Station: Homemade cookies, cakes, bars and pastries, plus ice cream, smoothie and festive seasonal treats</td>
</tr>
</tbody>
</table>

*Mindful Items at this station*
**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.

**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.

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

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

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

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

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)

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>MEALS PER WEEK</th>
<th>BONUS DOLLARS</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIBERTY 9</td>
<td>9</td>
<td>$1,185</td>
<td>$2,415</td>
</tr>
<tr>
<td>LIBERTY 14</td>
<td>14</td>
<td>$535</td>
<td>$2,415</td>
</tr>
</tbody>
</table>

**FREEDOM PLANS**  
(great for off campus students)

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>TAX-EXAMPT</th>
<th>$2 DISCOUNT OFF THE DOOR PRICE IN DINING</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>FREEDOM $300</td>
<td>YES</td>
<td>YES</td>
<td>$300</td>
</tr>
<tr>
<td>FREEDOM $400</td>
<td>YES</td>
<td>YES</td>
<td>$400</td>
</tr>
<tr>
<td>FREEDOM $500</td>
<td>YES</td>
<td>YES</td>
<td>$500</td>
</tr>
<tr>
<td>FREEDOM $750</td>
<td>YES</td>
<td>YES</td>
<td>$750</td>
</tr>
<tr>
<td>FREEDOM $1,100</td>
<td>YES</td>
<td>YES</td>
<td>$1,100</td>
</tr>
<tr>
<td>FREEDOM $1,900</td>
<td>YES</td>
<td>YES</td>
<td>$1,900</td>
</tr>
<tr>
<td>FREEDOM $2,200</td>
<td>YES</td>
<td>YES</td>
<td>$2,200</td>
</tr>
</tbody>
</table>

**PATRIOT MEAL PLANS**  
(great for students living in on campus apartments)

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>SWIPES PER SEMESTER</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>GREEN &amp; GOLD</td>
<td>25</td>
<td>$205 + BONUS</td>
</tr>
<tr>
<td>PATRIOT</td>
<td>55</td>
<td>$415 + BONUS</td>
</tr>
<tr>
<td>SUPER PATRIOT</td>
<td>85</td>
<td>$615 + BONUS</td>
</tr>
</tbody>
</table>
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!

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