

Buy • Eat • Live  
**BETTER**

Framingham State University  
Fall 2022



Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility.

Join us to experience the comfort, convenience, outstanding food, and inviting atmosphere designed especially for you.

# Welcome



## Awards & Accolades

- Our FSU Culinary team was recognized in this year's issue of Sodexo's CRAFT culinary magazine.
- PETA Rating: Massachusetts State Average rating is a B, Framingham State University Dining received an A PETA.



Aretha Phillips  
General Manager



John Carney  
Operations Manager



David Garufi  
Productions Manager



David Lafleur  
Executive Chef



Paul Hines  
Dining Commons Manager



Gabriela Montero  
Retail Manager



Hanna McMahon  
Marketing Coordinator



Leah Forristall  
Registered Dietitian RD LDN



Tristan Fahey  
Catering Manager



Mike Miles  
Restaurant Supervisor

# Meet the Team



# Let's Have Some Fun

At FSU 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.

## Limited Time Offers

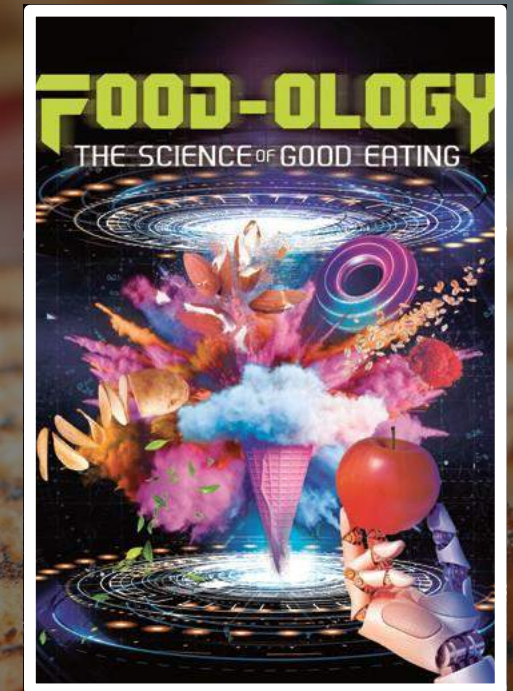
Mealtime is about much more than just great food. It's a chance to recharge, catch up with friends, and have fun! Exciting limited-time offers enhance the dining experience. Join us each month for events, giveaways, and special menus.

## 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 of our options.

## Promotions

Every week will bring new promotions and celebrations, including chances to win prizes, such as trips, gaming systems, or Amazon gift cards. Be on the lookout for event calendars and a chance to win!



# Mindful Update

We are committed to creating healthy environments for our guests. Central to this effort is providing **healthy, nutritious foods**. We've listened to our customers. We've researched marketplace trends. Our executive chefs and registered dietitians work together to create an exciting collection of recipes. The result is Mindful - an approach that focuses on **transparency of ingredients, delicious food, satisfying portions** and clarity in message so that making Mindful choices becomes second nature.



@Mindful by Sodexo

**mindful**  
by *sodexo*



# Bite for Universities

## The App You'll Use Everyday

- Transparent and accurate menus at your fingertips
- Filters to highlight or hide menu items based on your specific dietary need



**What's to Eat & Where to Find it**

Available on the  
App Store

GET IT ON  
Google Play

**bite** FOR  
UNIVERSITIES



# Transact Mobile Ordering

- The Transact Mobile Ordering app is a simple, super convenient way to order, pay and pick up right from your mobile device.
- Use the app to browse the FSU Dining locations, see the menu options and order from your favorite campus spot.

Available on the  
App Store

GET IT ON  
Google Play



# Resident Dining



McCarthy Center Dining Commons



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



**Framingham State University**  
**DINING SERVICES**  
FRESH. HEALTHY. DELICIOUS.



# McCarthy Center Dining Hall



**Classics 1839:** Serves up restaurant quality dishes accompanied by sides and vegetables that are locally sourced as much as possible. Customize your entrée by requesting different portion sizes or only vegetables and protein to add to other menu items in the dining hall.



**Pizzeria Collina:** Features traditional cheese and pepperoni pizza, in addition to creative limited time offer pizza toppings and sauces.



**State Street Deli:** Create your own deli sandwich by choosing from a variety of breads, freshly sliced meats, cheeses, vegetable toppings, dressings and sandwich spreads.



**Fired Up:** Choose from beef and turkey burgers, house-made plant-based patties, hot dogs, quesadillas and grilled cheese. Or if your feeling adventurous try the limited time offers that change daily during dinner time.



**Dessert Table:** Find a variety of cookies, bars, pies cakes and more all prepared in our bakery. You'll always find something for that sweet tooth!



**Tossed:** Tossed creates fresh composed salads. Two salad options are available daily.



**Rustic Roots:** Plant-based cuisine that includes a main entrée with side dishes. Black bean burgers, sweet potatoes, and mixed vegetables are available as well as plant-based desserts.



**Simple Servings:** This station takes the worry out of dining on campus. It provides safe, delicious choices for people with food allergies or gluten intolerance. Simple Servings does not use milk, egg, soy, shellfish, wheat, soy, tree nuts, peanuts and gluten in their meals. Simple Servings uses their own oven, stovetops, utensils, cookware and service ware as well as service space to avoid cross contamination.



**Magellan's:** This station features inspired dishes from around the world that are prepared using the freshest ingredients. Try menu items from Mexican, Italian, Asian, South African and more.



**UCook @ FSU:** Cook and customize your own meals at this station! At UCook you get to create your own meal. Choose from a variety of veggies, and proteins to pair with pasta or rice. Cook your meal in sauces, steam your veggies and add flavor from a large selection of spices.

# 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.

#SIMPLE

# Meet the Dietitian

Leah Forristall RD, LDN is available for complimentary consultations on topics such as:

Food allergies, celiac disease, or other special dietary needs

Eating healthy on campus

Vegan and vegetarian dining

QUESTIONS?

Contact Leah at [leah.forristall@sodexo.com](mailto:leah.forristall@sodexo.com)



# Retail:



Serving delicious burgers, fries, chicken fingers and more! We also offer New England Coffee and grab and go snacks.



Serving flatbreads, wraps, burrito bowls and more! Also offers, Rams on the Run, candies, and a wide variety of gluten-free snacks.



Located across the Library Lobby. The café features locally roasted Red Barn Roasters coffee, premium local bagels, assorted snacks, chips and soft drinks.

**THE SNACK BAR**



Featuring our grab and go sandwiches, salads and snacks. Other daily offerings include plenty of snacks to keep you going through the day.

**DUNKIN'**

Ram's Run on Dunkin'!



# Local, Sustainable.

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.



McCarthy Center Dining Commons

## OUR LOCAL COMMUNITY

### the story of your food

#### MASSACHUSETTS

<b>ATLEBORO</b> 2 FRIENDS FARM	<b>HADLEY</b> GREAT MEADOW FARM DAVID MOKRZECKI FARM PLAINVILLE FARM TWIN OAKS FARM	<b>ACTON</b> STONEFIELD FARM
<b>SOUTH DEERFIELD</b> GALENSKI FARM HARVEST FARM MANHEIM FARM MYCOTERRA FARM PIONEER VALLEY GROWERS ASSOCIATION	<b>CONCORD</b> KENNEY FARM VERRILL FARM	<b>HATFIELD</b> SWAZ POTATOE FARMS
<b>DEERFIELD</b> ATLAS FARM	<b>DEVENS</b> LITTLE LEAF FARMS	<b>SHARON</b> WARD'S BERRY FARM
<b>CHELSEA</b> BACKYARD FARMS CUTONE MARIO MUSHROOM CO.	<b>NATICK</b> LOOKOUT FARM	<b>SUNDERLAND</b> WARNER FARM
<b>PLYMPTON</b> C&C READING FARM	<b>GRANVILLE</b> MOUNTAIN ORCHARD	<b>LEXINGTON</b> WILSON FARM
<b>FEEDING HILLS</b> E. CECCHI FARMS	<b>SHREWSBURY</b> PAQUETTE FARMS	<b>AMHERST</b> WYSOCKI FARMS
<b>ANDOVER</b> DARGOONIAN FARMS	<b>METHUEN</b> PLAINVILLE FARM	
<b>CARVER</b> DECAS FARMS	<b>DRACUT</b> SAJA FARM	
<b>WILLIAMSTOWN</b> DELFTREE MUSHROOM COMPANY		
<b>SOUTH DARTMOUTH</b> EVA'S GARDEN		
<b>WHATELY</b> FAIRVIEW FARMS LONG PLAIN FARM		
<b>REHOBOTH</b> THE FARMER'S GARDEN OAKDALE FARMS SOUZA FAMILY FARM		
<b>SEEKONK</b> FOUR TOWN FARM		
<b>LITTLETON</b> GARY'S FARM STAND		
<b>MONTAGUE</b> JIANG FARM		

**Food Icons:** APPLE, HERBS, ZUCCHINI, EGGPLANT, BEANS, MUSHROOM, CARROT, SWEET POTATO, PICKLES, BEET, BROCCOLI, SPINACH, KALE, ARUGULA, MICRO GREENS, BUTTERNUT SQUASH, BLUEBERRY, CRANBERRY, STRAWBERRY, HERRIES, ASPARAGUS, TOMATO, PARSNIP, LEEK, CORN, YELLOW SQUASH, CAULIFLOWER, POTATO.

*sodexo*



### Mindful

Every Mindful Limited Time Offer has one goal: to balance indulgent flavors and good-for-you ingredients to prove that **it IS possible to eat deeply satisfying foods while focusing on personal wellness.**



### BYOP

Save when you purchase more! Easily stock up your fridge and save when you build your own beverage pack at Sandella's and the Snack Bar



### Snacks and Beverages

**You won't hit a snacking rut on our watch!** Whether you are looking for something protein packed to get through your last class or stay hydrated with new and exciting beverages, we add new snacks and drinks throughout the academic year.



### Seasonal Snacking at it's Finest

Whether it's all things Pumpkin Spice Latte in the fall, better-for-you snacks in January or indulgent treats to close out the year we bring seasonal snacks to our retail locations. Be on the look out when you come to campus for our seasonal snacking areas, so you don't miss out.



# Eat Smart. Get a Plan.

## RESIDENT PLANS

MEAL PLAN	MEALS PER WEEK	DINING DOLLARS	COST
Value	19	0	\$2010
Value+	19	\$100	\$2100
Premier	14	\$150	\$2120
Ultimate	Unlimited	\$100	\$2265
Senior 7	7	\$500	\$2120

## COMMUTER PLANS

MEAL PLAN	MEALS A SEMESTER	DINING DOLLARS	COST
50 Block	50	0	\$460
50 Block+	50	\$100	\$550
25 Block	25	0	\$240
25 Block+	25	\$50	\$280
All Flex	0	\$500	\$500



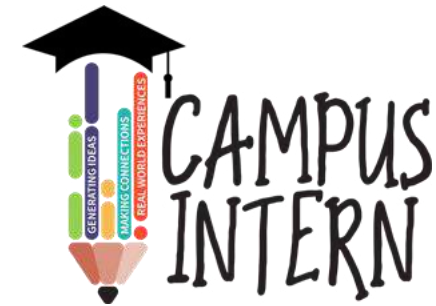
## How to Purchase a Meal Plan.

To purchase or change a meal plan, log into your myframingham account and select "Meal Plan Change" under "Billing Requirements".

# Student Engagement Opportunities



Coming Soon to FSU Dining!  
This program provides the FSU community with a positive environment where they can learn and share ideas while helping to define what we want the student experience to be here on the FSU campus.



We are hiring interns  
this Fall!

The campus interns help drive student participation and engagement within FSU's promotional events, nutritional needs, sustainability and more!



We are hiring this Fall!  
Would you want a job right on campus? If so, we have a job for our Rams! All new employees get a \$100 bonus after 30 working days and free lunch during their shift! What more could you want?!

# SEE SOMETHING different

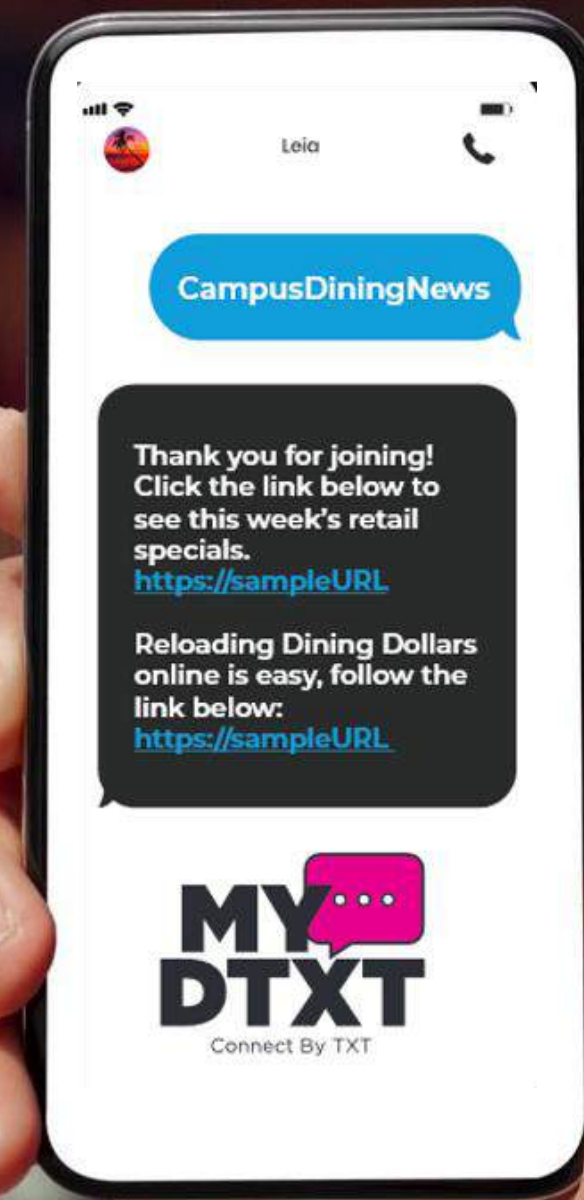
Connect With Us on MYDTXT!

**STUDENTS**

text fRAMilyeats to 82257

**PARENTS**

Text fsuparents to 82257



# Experiences Matter

The student dining experience matters to us which is why all of our teams go through an award-winning training twice a year to ensure that the experiences that students have with us go above and beyond. Our team is excited to see you and have you dine with us.



**EXPERIENCES MATTER**  
EXPERIENCES MATTER  
EXPERIENCES MATTER



# SEND A LITTLE *love* FROM HOME!

WHETHER IT'S A SPECIAL OCCASION,  
A RANDOM SUPRISE SHOWING YOU CARE,  
OR SIMPLY SAVING YOUR STUDENT A TRIP  
TO THE STORE, A DELIVERED PACKAGE  
IS SURE TO **BRIGHTEN** YOUR STUDENTS' DAY!



The Munchie Mania gift pack is perfect for a late night snack or any time of the day you get the munchies!

- 3 Snickers Candy Bars, 3 Peanut M&M's, 3 Kit Kat Candy Bars, 3 Reese's Peanut Butter Cups,
- 2 Packages of Oreo Cookies, 3 Bags of Chips, 3 Bags of Microwave Popcorn and a 12 Pack of Soda.

Stay on track with the Healthy Snack Pack!  
Food is fuel and you can fill up with the best

- 4 Nature Valley Granola Bars, 4 Greek Yogurts, 6 pieces of fresh seasonal whole fruit, 4 packs of Planters Trail Mix
- Assortment of 3 Sabra Hummus packs with pretzels, 2 packages of celery and carrot sticks and 6 bottles of water.

Treat yourself or a whole study group with this great assortment of snacks and beverages that will give you the extra boost you need to hit the books late into the night.

- 2 Coke Monsters, 2 Dunkin' Bottled Beverages, 2 bottles of Dasani water, Bigelow Tea, 4 Kind Bars, 3 bags of microwave buttered popcorn,
- 2 each of Snickers, Plain M&M's, Twix, Reese's Peanut Butter Cups, Baked Lays, Pretzels, and Sea Salted Chips

# Stay Connected



@FSUDiningServices



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[framingham.sodexomyway.com](http://framingham.sodexomyway.com)

508-626-4602