

meal plans  
*for your real world*

Goucher College





## at Goucher...

We offer three “all-you-care-to-eat” dining cafés: the Stimson, Kosher and Heubeck Dining Halls.

The Stimson Dining Hall offers popular American and international grill favorites. A long list of choices includes: pizza, pasta, salad bar, deli, entrée station, hot soups and dessert; as well as daily vegan, vegetarian and gluten-free options. Enjoy the meal-time bustle as you chat with our chef while your made-to-order entrée is prepared at our Fire and Spice station or savor the smoky aromas of house-made barbeque at “the Q”.

At the Heubeck Dining Hall with its state-of-the-art kitchen, you can choose from several culinary stations that include the Cucina Verde entrée station, Global Green exhibition station, Stockpot soup station, Double Treats desserts, Toss-Up salad station and Sammies Deli.

### **Our other services include:**

Experience the revolutionary, LEED Certified Athenaeum facility while sipping a cup of delicious locally roasted and, fair-trade coffee from Alice’s Restaurant. Need a quick bite? Alice’s also offers panini sandwiches, grab-and-go salads and sandwiches, great smoothies and a wide variety of pastries and bottled beverages. Join us for our late-night service—Alice’s is open until 2a.m.!

The Weinberg Jewish Student Center at Goucher College invites you to participate in the Kosher Dining Program. The program offers kosher certified and supervised kosher meals for lunch and dinner in a cozy family-style setting.

Along with our two “all-you-care-to-eat” dining halls and our kosher dining program, we offer three a la carte locations for your dining convenience: Alice’s Restaurant, Passport Café at Pearlstone and The Van.

Newly appointed in January of 2011, the Passport Cafe at Pearlstone (located in Mary Fisher Hall), offers authentic, made-from-scratch Latin-inspired specialties for lunch, International favorites for dinner and a widely popular happy hour in the afternoon. Pearlstone is also the site of the busiest breakfast on campus with a more traditional, American-style Farmhouse breakfast. A wide variety of grab-and-go choices including: sustainable sushi, pre-made sandwiches and salads are also available.

### *Other Services, Continued*

The Van, Goucher's a la carte venue, is located in the lobby of the Van Meter Building. The Van features Chesapeake Bay Roasting Company coffee as well as delicious, freshly-baked pastries convenient to several of the primary classroom buildings.

In addition to providing great tasting food and a choice of dining locations and services styles, Bon Appétit offers meal plans that are flexible, versatile and able to satisfy all the dietary needs of the Goucher campus community. We encourage you to read the detailed plan information provided in this brochure to learn more about our meal plan options.

### **our food standards**

Bon Appétit at Goucher College prides itself on offering fresh, innovative and nutritious cuisine to the campus community. Our Kitchen Principles follow:

- Our menus are written weekly by the onsite executive chef based on seasonality and availability of local ingredients
- Turkey breast and chicken are produced without the routine use of antibiotics as a feed additive
- Hamburgers are made from natural ground beef without antibiotics or added hormones
- Turkey and beef are roasted in-house daily for deli meat
- Milk is free of artificial bovine growth hormone
- Shell eggs are cage-free and Certified Humane
- Vegetarian and vegan options are plentiful at every meal
- Healthy menu items are a mainstream offering
- Trans-fats are not used in our kitchens
- Soups, stocks, salsas and sauces are made from scratch
- We support the Seafood Watch guidelines as recommended by the Monterey Bay Aquarium in all seafood choices
- Fresh seafood is purchased locally when possible
- Olive and canola oils are used for salad dressings
- All salad dressings are made from scratch, except nonfat and low-calorie dressings
- MSG and peanut oil are never used in the preparation of our food
- Mashed potatoes are made from fresh potatoes
- Cookies, muffins and other pastries are baked fresh daily

### **farm to fork**

Farm to Fork is a local farmer/grower program that was introduced in Fall 2003. This groundbreaking venture took root in our commitment to freshness and quality.

In our mission to provide the freshest seasonal produce from local farmers, Bon Appétit at Goucher College is partnering with farmers and artisanal food producers from around the mid-Atlantic region; many of whom use organic and sustainable practices. In 2006, in collaboration with students, we introduced Goucher College's First Annual Farmers Market and supported the creation of a campus composting program and organic herb garden. Our goal is to be able to provide high-quality fresh vegetables and fruits to you while contributing to the local economy.

### **food safety**

Bon Appétit Management Company takes food safety and sanitation very seriously.

We are proud that each food service manager has earned the National Restaurant Association's ServSafe certification. This program is recognized and accepted by more federal, state and local jurisdictions than any other food safety training program.

## dining services

### Manage your time and your meals with our Flexible Block Meal Plans

A Block Meal Plan combines meals and flexible Dining Dollars to give you total control and management of your meals during the semester.

These blocks can be used to dine at the Stimson or Heubeck Dining Halls for our “all-you-care-to-eat” meal experience. And, depending on the plan you select, your Meal Plan also gives you the flexibility to purchase a meal from any of our retail locations.

Are you a first year student? We recommend that you select the 150 Block Meal Plan until you are familiar with campus life and your class routine.

Any Block Meal Plan is a great buy. Just compare the cost of one of our meals to eating off-campus and you'll see the difference.

You'll be able to spend your meal block the way you want to because with these plans, you don't have a meal quota each week. Friends or relatives visiting? Use your Block Meal Plan to treat your guests to a meal at Stimson, Heubeck or in Kosher anytime they are on campus during the semester.

*\*Note: Certain special meal events may be excluded.*

A busy schedule should never be the reason to miss a great meal. Take a look at the variety of block plans available and select the Plan that suits your lifestyle, schedule and eating habits—then, enjoy your new-found freedom.

*Bon Appétit!*

## meal plan information

### 190 Block Meal Plan plus \$300 Dining Dollars

This standard meal plan offers the best value for the dollar. We serve three (3) meals per day, Monday through Friday, with brunch and dinner on Saturday and Sunday. Enjoy our “all-you-care-to-eat” dining halls at regularly scheduled meal times. Your family can be sure you have the opportunity to eat on campus every day.

### 150 Block Meal Plan plus \$350 Dining Dollars

This meal plan is a great value if you want to eat on campus daily, with unlimited portions and have some extra money to spend at Passport Cafe at Pearlstone, The Van or Alice's Restaurant.

### 140 Block Meal Plan plus \$325 Dining Dollars

This plan provides value and flexibility. It offers approximately nine (9) block meals per week and \$325 Dining Dollars to spend at Passport Cafe at Pearlstone, The Van or Alice's Restaurant.

### 120 Block Meal Plan plus \$300 Dining Dollars

This meal plan is also great value if you need fewer meals, but still want the convenience of enjoying the “all-you-care-to-eat” offerings at Stimson, Kosher and/or Huebeck, and some extra spending money or meal equivalents to use at Passport Cafe at Pearlstone, The Van or Alice's Restaurant

### 100 Block Meal Plan plus \$300 Dining Dollars

On the run? This ideal meal plan provides approximately seven (7) block meals per week at both the Stimson and Heubeck Dining Halls, meal equivalents at the retail facilities, and \$300 Dining Dollars that can be used anywhere on campus.

### 50 Block Meal Commuter Plan plus \$50 Dining Dollars

Are you an off-campus student? This special meal plan is perfect for you, providing fifty (50) meals a semester and ensuring you at least three meals per week and \$50 Dining Dollars.

*\*Note: The 50 Block Commuter Meal Plan is not available to residential students.*

## kosher block meal plans

Kosher Block Meal Plans are available and meals are served in a cozy, family-style setting in the Kosher Dining Hall, found in the Weinberg Student Center (located in Stimson Hall). Lunch and dinner are served daily, including Shabbat and holidays. Kosher breakfast is not available; however, you may eat this meal in either Stimson Dining Hall or the Passport Cafe at Pearlstone. If you are pressed for time, a variety of kosher grab-and-go items, freshly-made in our kosher kitchen, are always available at the Passport Cafe at Pearlstone. Vegetarian and special diet options are available, too. Meals served during Passover are included in the Kosher Block Meal Plan.

**190 Kosher Block Meal Plan plus \$300 Dining Dollars**

**150 Kosher Block Meal Plan plus \$350 Dining Dollars**

**140 Kosher Block Meal Plan plus \$325 Dining Dollars**

**120 Kosher Block Meal Plan plus \$300 Dining Dollars**

**100 Kosher Block Meal Plan plus \$300 Dining Dollars**

**50 Kosher Block Meal Commuter Plan plus \$50 Dining Dollars**

*\*Note: The 50 Kosher Block Commuter Meal Plan is not available to residential students.*

If you do not select a Kosher Block Meal Plan, but want to eat kosher meals during Passover, you can purchase a separate Passover Block Meal Plan and dine in the Kosher Dining Hall during Passover. Reminders will be posted about 30 days before the start of Passover.

## one card, gopher bucks and dining dollars

Your meal plan balance is deposited to your OneCard, Goucher's multi-functional ID/debit card, at the start of each semester. Much like an electronic checkbook, money in your OneCard account is debited against your balance, as needed, with the swipe of a card.

Block Meal Plans will not cover the entire semester if you swipe the maximum of five times per day. You should be prepared to use cash, Gopher Bucks, or any remaining Dining Dollars to purchase meals once zero meals remain in your Meal Plan. You can add Gopher Bucks at the Goucher website: [www.goucher.edu/onecard](http://www.goucher.edu/onecard).

*\*Note: Unused blocks or remaining Dining Dollars expire at the close of the semester. They become invalid and do not carry over to the next semester.*

### **Purchasing Additional Dining Dollars:**

You can purchase additional dining dollars in the following increments, with added bonus value.

- \$25 purchased = NO added/bonus value
- \$50 purchases = 5% added/bonus value totaling \$53.00
- \$75 purchased = 10% added/bonus value totaling \$83.00
- \$100 or more purchased = 15% added/bonus value totaling \$115 on each \$100

## frequently asked questions

How much will I, or my guest(s), pay for a meal at Stimson, Heubeck or the Kosher Dining Hall if I do not use my Block Meal Plan?

Breakfast	\$8.95
Lunch	\$11.50
Brunch	\$11.50
Dinner	\$13.50

*\*Note: The cost of kosher meals during Passover will vary.*

### Who can answer my questions about Meal Plans?

If you have any questions about selecting the best Meal Plan for you or any of our dining options, please contact Business and Auxiliary Services, extension 6134, between 9:00 a.m. – 5:00 p.m., Monday through Friday, or call Dining Services at 410-337-6416.

### Can I change my Meal Plan during the semester?

Choosing a Block Meal Plan is a personal decision that should be based on your lifestyle and eating habits as well as your academic and work schedules. You have up until the end of the add/drop deadline each semester to change your Block Meal selection if you find that it does not fit into your schedule or meets your individual needs. To change or select a meal plan, go to [www.goucher.edu/mealchange](http://www.goucher.edu/mealchange).

### How do I purchase a Meal Plan?

All resident students will be charged for the 150 Block Meal Plan if they have not yet selected a meal plan. To change a meal plan prior to the deadline each semester, go to [www.goucher.edu/mealchange](http://www.goucher.edu/mealchange). Your meal plan selection or change will be automatically updated on your account.

On the web: Visit: [www.goucher.edu/billing](http://www.goucher.edu/billing)

In person: Stop by the Billing Office (SAS) located in the Dorsey Center. By phone: Call 410-337-6022, Monday through Friday, 9:00 a.m. – 5:00 p.m.

By email: [billing@goucher.edu](mailto:billing@goucher.edu)

### What if I run out of meals on my Meal Plan?

At any time during the semester, you can purchase additional meal blocks by emailing the Billing Office ([billing@goucher.edu](mailto:billing@goucher.edu) or stopping by that office in the Student Administrative Services office (SAS in Dorsey Center). The additional meal block will be added to your OneCard by the next business day. Additional Dining Dollars and Gopher Bucks can be purchased 24/7 at [www.goucher.edu/onecard](http://www.goucher.edu/onecard). **Remember that Dining Dollars expire at the end of each semester**, however, Gopher Bucks will remain on your account until you graduate or withdraw. Upon graduation or withdrawal, Gopher Buck balances greater than \$10 will be refunded in full.

### What types of nutritional resources are available through Bon Appétit?

Bon Appétit is committed to maintaining fresh food standards at our sites. We are concerned about how we interact with you and contribute to your knowledge, beliefs and, ultimately, your choices about food. Look for monthly nutrition brochures, flyers, table tents and nutritional labeling to make healthy eating easy. In addition to educational material, Bon Appétit has a registered dietician as an available resource to you. Terri Brownlee M.P.H., R.D., L.D.N. has worked in the field of nutrition for over fifteen (15) years and is available to answer your questions. You may contact Terri at [askterri@cafebonappetit.com](mailto:askterri@cafebonappetit.com).

## café hours of operation

### Stimson Dining Hall

Monday–Thursday 8am to 8pm  
Friday 8am to 7pm  
Saturday and Sunday 11am to 7pm

### Kosher Dining Hall

Sunday–Saturday 11am to 2pm, 5pm to 7pm  
*Please note: Shabbat services times and dinner times are often set by the Campus Hillel organization.*

### Heubeck Dining Hall

Monday–Thursday 11am to 2pm, 5pm to 7:30 pm  
Friday 11am to 2pm (Lunch only)  
Closed Saturday  
Sunday 5pm to 8pm (Dinner only)

### Passport Café at Pearlstone

Monday–Friday 7:30 am to 9pm  
Closed Saturday and Sunday

### Alice’s Restaurant at the Athenaeum

Open Daily 9am to 5pm,  
reopens at 9 pm to 2am

### The Van Coffee Shop

Monday–Thursday 8:30 am to 4pm  
Friday 8:30 am to 12 noon  
Closed Saturday and Sunday

## notes



notes