



# OLD DOMINION UNIVERSITY

## MONARCH DINING

Greetings all! Just to keep you in the loop, below is an update on how Monarch Dining is staying active on campus and in the community.

### SOUS CHEF SHOWCASES

Monarch Dining holds bi-weekly Chef Showcases which feature the Café 1201 Sous Chefs and Chef Managers. On February 3, Sous Chef Greg Marshall prepared Spaghetti with Tomatoes, Black Olives, Garlic, and Feta; which will be featured in the new Restaurant Commons. On February 9, Sous Chef Brent Gaudet (a native of Louisiana) prepared Shrimp and Crawfish étouffée to celebrate Mardi Gras.



### WEIGH THE WASTE

On February 4, Monarch Dining held a Weigh the Waste event in an effort to create food waste awareness. Monarch Dining collected uneaten food from Cafe 1201 customers from 11:30am - 1pm. The uneaten food was weighed to determine our campus' average food waste per person. From this event, the average waste per student was .06 pounds. Thanks to ODU for being conscious about food waste! Our goal is to educate on food waste and awareness, and to continue to see decreases on campus year over year.



### EARLY MEAL PLAN SIGN UP (EMPSU) WINNER!

Toward the end of the fall 2015 semester, non-mandatory meal plan holders had the opportunity to sign up for a Spring 16 meal plan and put it on their Student Accounts. Those who signed up were entered into the Monarch Dining EMPSU raffle to win a Trek 7.0 Bike, retailing at almost \$400! Congratulations to our winner, Gabrielle Mastro, a sophomore from Woodbridge, VA!



### FRIDAY FAVORITES

From January 18 - 22, Monarch Dining set up ballot boxes so students could vote for their favorite foods. Favorites are selected based on popular vote and served the first Friday of each month. On February 5, Monarch Dining held its first Friday Favorites event in Café 1201 and served fried chicken, mac and cheese, corn on the cob, cornbread, and potato salad. The next Friday Favorite will be held on March 4.



## CLASS EATS FOR FREE

Monarch Dining created a new Class Eats for Free program this spring semester to support an on-going commitment to engagement within the University, and to the academic success of faculty and students. Monarch Dining will be treating professors' classes to free food and/or drinks. Currently-active ODU Professors on the main Norfolk campus are eligible to register for this program by emailing [dining@odu.edu](mailto:dining@odu.edu).

On February 17, Monarch Dining treated Bethea Garcia's Communicative Competencies: Advanced Reading & Composition class. Ms. Garcia is a Lecturer in Foreign Languages & Literatures, and was excited to have her class receive a free lunch, which included Papa John's pizza, fresh baked cookies, and bottled water. Ms. Garcia and her students were excited and appreciative of this special treat!



## FUN TEAMS

Throughout the month of February, Monarch Dining partnered with campus student organizations to host Fun Teams. Fun Team is Monarch Dining's fundraising program where student organizations earn \$250 for serving students' favorites in Café 1201. The program is a great opportunity for student organizations to promote their group's missions, values and programs with other fellow students. Student organization donations for the month of February totaled \$1,000. Here's a list of February Fun Teams:

- On February 5, Monarch-Key Premier A Capella served Oreo Churros
- On February 11, African Student Association served Fresh Guacamole and Chips
- On February 18, Engineers Without Borders served Ice Cream Floats
- On February 23, Sport Management Association served Soft Pretzels



### FREE LUNCH AT LADY MONARCHS BASKETBALL GAME

Monarch Dining wanted to thank the ODU students who support our Lady Monarchs Basketball team. Monarch Dining provided a free lunch to students that attended the game on February 6- the 14<sup>th</sup> Annual Hoops for the Cure game. Hoops for the Cure is Lady Monarchs commitment to support the fight against breast cancer. About 100 ODU students that attended this game enjoyed Chicken Fingers, BBQ Pork Sliders, Mac and Cheese, Grilled Vegetables, and Oreo Churros.



### SUPER BOWL VIEWING PARTY

On February 7, Monarch Dining held a Super Bowl viewing party. A reserved area inside Cafe 1201 included 3 large screens and projectors, so guests could watch the game, and commercials of course! Guests also enjoyed a special menu that included chicken wings, marinara meatballs, cheese pizza, beef sliders, and chips and salsa/guacamole.



### VALENTINE'S DAY DINNER IN THE NORFOLK ROOM

Monarch Dining wanted to show their love and appreciation to students on Valentine's Day. The first 47 people who completed their RSVPs were the lucky guests to enjoy a special dinner in The Norfolk Room from 6pm-8pm. On February 14, The Norfolk Room turned into a lovely atmosphere with mood lighting/music, digital fireplace, and rose gifts. Guests enjoyed a 4-course meal which included Shrimp Cocktail or Fried Green Tomatoes hors d'oeuvres; Caesar or Caprese salads; Grilled Ribeye with Confetti Salsa, Boneless Chicken Breast, or Linguini Marinara Primavera as the main courses; and Strawberry Cheesecake or Heart-Shaped Brownie Topped with Strawberries for desserts.



### TRACY CONDER'S TABLING EVENTS

On February 22, ODU's Registered Dietitian, Tracy Conder, held a "Try Me" tabling event for the daycare program of ODU's Children's Learning & Research Center. She gave parents and children samples of Chocolate Chia Seed Pudding, a much healthier treat for everyone. On February 19 and 29, Tracy held "Healthy Bites" tabling events in Legends and Café 1201, respectively. She showed students how to conveniently make microwaved Brownies in a Mug, using ingredients that can be found at all P.O.D. Market locations!



### FOOTBALL COOKING DEMO

On February 20, Monarch Dining partnered with the ODU Football program to hold a cooking demo for their student athletes in Legends. The goal of the cooking demo was to show the players that they can prepare simple and healthy recipes on their own. Executive Chef Bob Patton, Chef Manager Tiffany Raney, and Sous Chef Jerome Cooper showed approximately 70 football players how to prepare Chicken and Apple Sauté, Country-Style Meatloaf, and Cheddar Vegetable Strata.



## RESTAURANT-STYLE NIGHT

On February 25, Monarch Dining transformed Café 1201 into a Restaurant-Style Night during the dinner meal period. It was a night of elegance, where students enjoyed a plated meal, jazz music, and great service. The multi-course menu included:

- Unlimited Soup & Salad, Artisan Bread & Cheese Hors D'oeuvres
- Option of a *Plated Entrée*:
  - Ramen-Encrusted Fried Chicken Breast with Miso Gravy, Wasabi Mashed Potatoes & Sesame Asparagus
  - Salmon with Boiled Peanut Vinaigrette, Stone-Ground Buttered Grits & Charred Corn, Green Beans and Tomatoes (*This entrée is Gluten Free*)
  - Fresh Saffron Pasta with Roasted Winter Vegetable Au Jus (*This entrée is Vegan*)
- Dessert *Action Station*
  - Warm Cherries Jubilee over Vanilla Ice Cream
  - Fudge Brownie topped with Vanilla Ice Cream & Caramel Drizzle



We hope you have found this update to be informational, and perhaps it has allowed you to get to know a side of the Dining Services team that you may not be aware of or exposed to on a regular basis.