

# MONTH IN REVIEW

**We're back!**



On September 1, the Concordia Food Services team eagerly welcomed 540 residence students to the Grey Nuns and Buzz Dining Halls on the Sir George Williams Campus and Loyal Campus, respectively. We implemented safety measures, such as requiring students and staff to wear masks at all times except when seated to eat, table cards identifying tables that have been disinfected after use, and having students dine in bubbles of 10 to encourage social distancing.

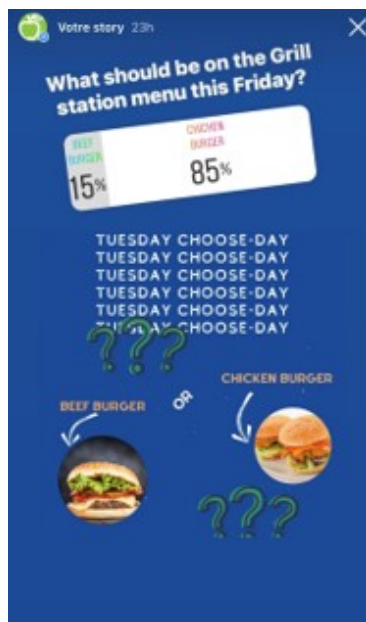
# Menu Programs & Student Engagement Activities

## Monthly themed calendar highlights food and fun activities

Each month, our dining halls prominently display themed calendars that are chock full of menu options, as well as educational and engagement activities. September's calendar included a local food day, lemonade bar, health and wellness information station, and birthday cupcakes for students who were born that month.



## Tuesday Choose-Day: new student choice poll



Tuesday Choose-day, a new program that's exclusively for residence diners, prompts students to vote between two menu items on Instagram. In September's poll, 85% of students opted for a chicken burger over a beef burger.

## Savouring global flavours

This semester, we'll take over the grill station twice per week and serve meals from one of four cuisines—Cuban, Mexican, Middle Eastern and Korean—as part of our Delicious DestiNations menu program. September's menu items included:

## GET A CUBAN CRAVIN'

Taste Cuban-inspired specialties, like mojo rice bowls, tacos, salads & more finished with your choice of protein

Cubano pork wrap or Lentil Picadillo wrap

## KEEN KOREAN CUISINE

Taste Korean-inspired specialties, like bibimbap bowls, tacos & salads finished with your choice of protein

Tofu or Chicken Bulgogi Bibimbap

## MAX YOUR MEX

Try Mexican-inspired bowls, burritos, tacos & salads finished with your choice of protein

Chipotle lime fish or tofu bowl

## MIDDLE EAST FEAST

Taste delicacies inspired from the Middle East, including chicken shawarma, falafel, mezza salad & more

Marrakesh chicken or chickpea stew

Next semester, students can look forward to authentic ingredients and bold flavours from other cuisines.

## Retail

### New Le Marché EXPRESS retail locations in LB and SP buildings

**LE MARCHÉ | EXPRESS**

**LB BUILDING**

Monday - Thursday  
07.30am - 06.00pm

Friday  
07.30am - 05.00pm

Weekend - Closed



**LE MARCHÉ | EXPRESS**

**SP BUILDING**

**LOYOLA CAMPUS**

Monday - Thursday  
07.30am - 06.00pm

Friday  
07.30am - 05.00pm



At the start of the month, we opened the new Le Marché Express retail locations in the J.W. McConnell Building on the Sir George Williams Campus and Richard J. Renaud Science Complex on the Loyola Campus. The locations offer a new line of products that includes gourmet sandwiches, composed salads, wraps, bagels, yogurt parfaits, premium bakery items, healthier confectionary items, as well as re-heatable meals-to-go made with fresh and local ingredients.

## Health & Wellness



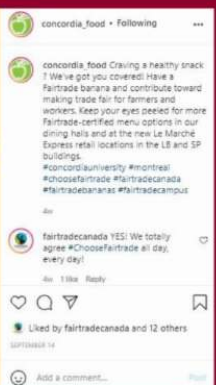
## Heart Month: Extolling the benefits of healthy eating



Each month, we will launch health and wellness campaigns and call on Concordia community members to join our efforts by choosing to eat healthier foods and adopt active lifestyles. September was Heart Month, which culminated into World Heart Day on September 29. The food services team posted promotional materials in the dining halls and retail locations, as well as promoted the campaign on social media.



## Local & Sustainable



From September 20-22, we took part in the Institutions Eat Local! campaign that was organized by our partners, les Aliments du Québec and Équiterre. Each day, we served students a full local menu that included:

- **Sept. 20 (breakfast):** Poutine made with baby potatoes from Patates Dolbec and cheese curds from Kingsey®, vegan maple-tempeh bacon from Montreal-based supplier Tempehine, as well as an Apple Pie Smoothie made with MacIntosh apples sourced from McGill University's Macdonald Farm
- **Sept. 21 (lunch and dinner):** Quesadilla with beef or Tempeh made with tortillas from Montreal-based supplier Mejicano and garnished with fresh veggies from Macdonald Farm
- **Sept. 22 (dinner):** Quebec pork loin—prepared with Dijon mustard from the Aliments Morehouse and Quebec maple syrup—accompanied by herb-roasted baby potatoes from Patates Dolbec and a Vegetable Medley from Macdonald Farm

Throughout the month, we offered Fairtrade bananas in the dining halls and on September 29, free coffee in the Le Marché Express retail locations for Concordia community members who biked to work safely.

## Special Events

### Marking Canada's National Day for Truth and Reconciliation



On September 30, to mark Canada's first National Day for Truth and Reconciliation and eighth year of Orange Shirt Day, Concordia Food Services and Hospitality Concordia staff members donned orange polo shirts and welcomed Montreal-based Indigenous Chef Norma Condo to the Grey Nuns Dining Hall on the Sir George Williams Campus.

Chef Condo, member of the Mi'kmaw community and owner of the Miqmaq Catering Indigenous Kitchen, deftly demonstrated how to make Bannock while sharing stories about how helping her grandmother cook traditional Indigenous meals for their large family set her on the path toward becoming a chef and businesswoman.

Chef Condo prepared an Indigenous meal—Three Sisters Casserole, Indigenous Salad, and Bannock—that was served to students, who were also treated to Sagamité, a traditional soup made by our partner-supplier, Sagamité-Watso, that stems from the Abenaki culinary heritage of Odanak. The rich and savoury soup was also sold in our Le Marché Express retail locations.

---

### Upcoming Events

- **October 6:** Take 15 national marketing campaign aimed at urging community members to take a break and enjoy a free cup of coffee in the Le Marché Express retail locations
- **October 7:** Concordia Food Services and Hospitality team members visit Macdonald Campus Farm grower
- **October 11:** Canadian Thanksgiving celebration meal in the dining halls
- **October 18-29:** Climate Awareness Campaign (as part of Concordia's Campus Sustainability Month) in the dining halls and our retail locations
- **October 24:** Pumpkin-carving contest in the dining halls

- **October 25-29:** On Fairtrade Campus Week, look for promotions and engagement activities in the dining halls and our retail locations
- **October 31:** Our staff members will wear costumes, deck out our dining halls, and announce the winners of the pumpkin-carving contest

Concordia University | [Food Services](#)  
[concordiafood@aramark.ca](mailto:concordiafood@aramark.ca)

