



# eating made easy

**Study Hard, Eat Well**

MEAL PLAN GUIDE | 2023

MUNdining.ca

MUN  
DINING





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# Choose Less Stress

University is a time of discovery. It's a place in which to discover yourself, your passion, your friends, and your nutritional needs. Tackling what's best for your lifestyle and body doesn't have to be challenging. MUN Dining provides delicious and healthy options with meal plans aimed at enriching your campus experience.



## **ONLY THE BEST**

Fresh, sustainable and local are just a few of the quality indicators you'll find served up every day in our chef-inspired, on-trend menus that feature vegan, vegetarian, and plant-forward options.



## **TOOLS TO HELP YOU THRIVE**

Our team of culinary and nutrition experts are dedicated to delivering well-balanced nutrition, specialized diet options, and complete menu transparency so you can focus on your studies.



## **ALL FOR YOU**

Your satisfaction is our highest priority. Through personalized special events, tastings, themed menus, and cooking demos, we foster a student-focused culture and connected campus community.





## Ace Your Appetite

Your convenience is our command. University can be demanding, so your meal plan should be effortless and on your schedule.

### **ALL YOU CARE TO EAT**

Your appetite will meet its match at the R. Gushue dining hall, which serves only the best in variety and value, ranging from comfort foods and plant-forward favorites to international cuisine and original creations.

### **SUSTENANCE TO ACCOMMODATE YOUR SCHEDULE:**

- We offer a boxed-lunch program if you can't make it to the dining hall or are completing an off-campus work term. To order your boxed lunch, [fill out this order form](#).

### **ON THE GO**

We understand the challenge of balancing academics, extracurriculars, and a social life—all while getting a good meal. That's why we offer national brands known for quality and speed of service, such as Tim Hortons, Subway and Jumping Bean, as well as retail locations that offer freshly made grab-and-go items, coffee, snacks, and anything else you might need.

View location information and hours of service [here](#)

# More to Explore

Our meal plan benefits go beyond stability, quality and value. We consider our diners' families and continuously seek new ways to ensure their experiences are memorable because your university years are meant to be unforgettable.



## **SPECIAL EVENTS**

From celebrating national food days to hosting seasonal gatherings, our monthly calendar is chock full of student-focused events meant to bring the community together in ways that are educational, nutritional, and most importantly, fun!



## **SUSTAINABILITY**

We constantly strive to minimize our environmental impact on campus and create opportunities for students to join our sustainability efforts in ways that are informative, resume building, and entertaining.



## **NUTRITION**

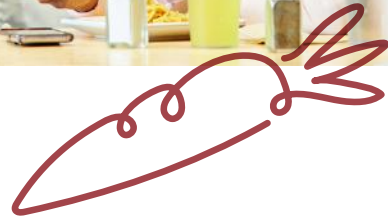
Our chefs and registered dietitian are trained and eager to assist with any dietary restrictions or concerns each student may have. Our registered dietitian also hosts nutrition events. We pride ourselves on offering various options and resources, as well as menu transparency.



## **SUPPORTING LOCAL**

We embrace and support the local community by bringing authentic, local produce and products to the dining hall.

# Know Your Perks



## **MEAL SWIPES**

Meal swipes are used to access the all-you-care-to-eat R. Gushue dining hall. Your student ID card becomes your meal swipe pass because fewer cards equal less stress.

## **CONVENIENCE**

From 7 a.m. to 8 p.m., benefit from unlimited access to the dining hall, which offers wholesome meals—for breakfast, lunch and dinner—that cater to diverse needs and tastes. A wide selection of menu items includes comfort food, healthy options, local and international cuisine, as well as snacks, and various hot and cold beverages.

## **FLEX DOLLARS**

Flex Dollars, included with your meal plan, are used to access our dining hall, national brands and MUN Dining retail locations on campus.

## **PLANT-FORWARD MENU OPTIONS**

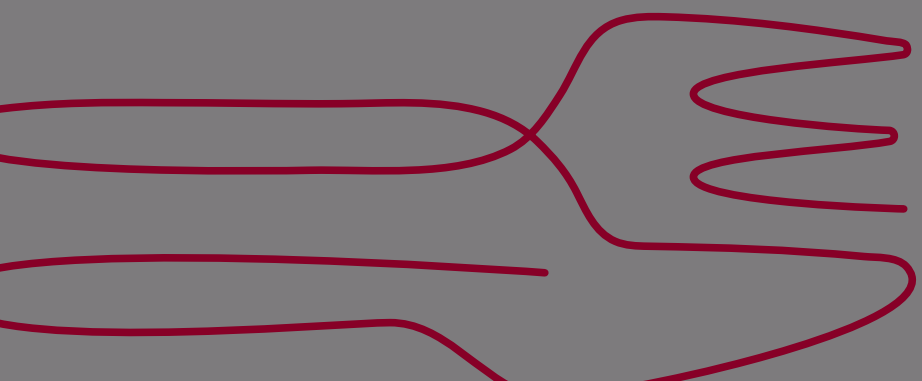
The dining hall features a dedicated vegan station, as well as vegetarian, gluten-free, and plant-forward menu options.

# Find Your Fit

MEAL PLAN	FLEX DOLLARS	PRICE WINTER SEMESTER
7 Day Unlimited	*\$100	\$2,840
5 Day Unlimited	*\$200	\$2,840
Block 100	0	\$1,465 \$1,684.75 (W/TAX)
Block 50	0	\$755 \$868.25 (W/TAX)
Block 10	0	\$160 \$184.00 (W/TAX)

**\*Flex dollars expire at the end of the winter semester.**

For more information,  
contact Stephanie Holt at [holt-stephanie@aramark.ca](mailto:holt-stephanie@aramark.ca) or 709 - 864 - 4503  
or Derrick Dean at [dean-derrick@aramark.ca](mailto:dean-derrick@aramark.ca). or 709 - 864 - 8885





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## *Mark These Dates!*

WINTER 2023:

JAN.  
04

**DINING HALL OPENS AT  
4 P.M. FOR DINNER**

WINTER MEAL PLAN

APR.  
22

**DINING HALL CLOSES  
AT 11 A.M. FOLLOWING  
BREAKFAST SERVICE  
UNTIL SEPTEMBER**

TO BUY YOUR RESIDENT MEAL PLAN: CONTACT STUDENT RESIDENCES.  
TO BUY YOUR COMMUTER MEAL PLAN: GO TO HATCHER HOUSE, ROOM HA212.

**CONNECT WITH US**



@MUNDining