



UNIVERSITÉ  
**Concordia**

UNIVERSITY

## **HOSPITALITY CONCORDIA**

Food Services



Special events



**DELICIOUS DESTINATIONS**

**NICE INDIAN SPICE**

**Channa Masala Bowl**

**Channa Masala** (Chickpeas, Sweet Potatoes, Cilantro, Lemon Juice, Tomatoes, Salt, Turmeric, Garam Masala, Crushed Red Chili Peppers, Jalapeno, Gingerroot, Garlic, Onions, Canola Oil).

**Basmati Rice** (Basmati Rice, Canola Oil, Onions, Vegetable Stock, Garlic, Gingerroot, Salt, Turmeric, Lemon Juice).

**Pickled Red Onion** (Red Onions, Red Wine Vinegar, Sugar, Mustard Seeds, Salt, Black Pepper).

**Cilantro Chutney** (Cilantro, Mint, Lime Juice, Jalapeno Peppers, Sugar, Gingerroot, Garlic, Cumin, Salt).

**Chicken Tikka Masala Bowl**

**Chicken Tikka Masala** (Chicken, Lemon Juice, Plain Yogurt, Garlic, Margarine, Onions, Gingerroot, Coriander, Spanish Paprika, Cumin, Nutmeg, Cardamom, Cayenne Pepper, Salt, Black Pepper, Tomatoes, Brown Sugar, Whipping Cream, Cilantro).

**Basmati Rice** (Basmati Rice, Canola Oil, Onions, Vegetable Stock, Garlic, Gingerroot, Salt, Turmeric, Lemon Juice).

**Pickled Red Onion** (Red Onions, Red Wine Vinegar, Sugar, Mustard Seeds, Salt, Black Pepper).

**Cilantro Chutney** (Cilantro, Mint, Lime Juice, Jalapeno Peppers, Sugar, Gingerroot, Garlic, Cumin, Salt).

**A Holi-day feast to remember**

On March 18, dining halls were bedecked with vibrant decorations in celebration of Holi Festival (aka the Festival of Colours), which is observed by Hindus in several countries. To mark the occasion, Executive Chef Alejandro and his culinary team put together a tantalizing meal for dining hall students that featured Channa Masala and Chicken Tikka Masala Bowls, accompanied by Basmati Rice, Pickled Red Onion, and Cilantro Chutney. For dessert, a local Indian bakery supplied Barfi, a sweet, fudge-like confection—from the Indian subcontinent—that’s made by adding sugar to sweetened condensed milk and boiling it down so it looks like packed snow. The name Barfi is derived from the Hindi word for snow.

## Local and sustainable



### Launch of re-usable cup program with Montreal-based Cano Company

The week of March 14, we partnered with Concordia's Zero Waste Community to launch an innovative, re-usable cup program—in collaboration with Montreal-based Cano Company—at Le Marché Express retail locations and The Hive Café as part of Zero Waste Week, which is a “yearly, free event series dedicated to rethinking and innovating the way we approach waste,” according to the Concordia Sustainability Office. Re-usable mugs were suspended two years ago due to the pandemic. How does the program work?

- 1) Download the Cano app: Go to [canocompany.com/download](https://canocompany.com/download) or scan the QR code appearing on the signage at the Cano cup station
- 2) Borrow a cup for free: scan the QR code at the bottom of the mug
- 3) Return the cup: to a Cano bin
- 4) Click on the app's impact tab: learn more about your waste-reduction activities
- 5) Earn points: redeem them toward rewards



### Information sessions extol the benefits of buying Fairtrade products

On March 8 and 15, a Concordia Fairtrade representative set up an information booth at Le Marché Express retail locations on both campuses to explain what the university's Fairtrade campus certification entails, as well as the benefits of buying Fairtrade products. Community members who dropped by could also spin a wheel to win prizes and sample Fairtrade muffins and Camino chocolate bars. The booths are part of our Fairtrade Tuesday initiative, which promotes a complementary, Fairtrade, small hot beverage with the purchase of a Fairtrade product. In March, community members who bought Fairtrade products were also entered into a draw to win a Fairtrade goodie basket. The winner was chosen on March 29.

## Health & Wellness



### **Nutrition Month theme highlights Ingredients for a Healthier Tomorrow**

To mark Nutrition Month in March, we ran a national campaign whose theme was “Ingredients for a Healthier Tomorrow.” We urged students and all other Concordia community members to make sustainable food choices and create food systems that positively impact the health of individuals, as well as that of the greater community and planet.

We shared healthy eating tips on social media, as well as in our retail locations and dining halls, where we also served a Jerk plant-based burger and Roasted Salmon Niçoise. The salmon was Marine Steward Council (MSC) certified, a sustainable option that contributes to maintaining the health of our oceans and protecting seafood supplies for future generations. To learn more about healthy eating tips and recipes, visit <https://www.liveitgood.ca/>.

## Retail



### **New menu offerings and seating area at Le Marché Express in LB**

## Building

Le Marché Express in the LB Building has expanded its grab-and-go menu offerings to include breakfast sandwiches, bagels by local supplier Hansel & Bagel, Otis Spunkmeyer soft-made cookies, salads from local restaurant Mandy's and sushi from local supplier MITO. And with the recently added seating area, community members can dine in while lounging in comfy chairs or sitting at the counter.

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## Upcoming events

**April 4-9:** Concordia Food Services has partnered, for a second time, with the Concordia Sustainability Office to run the following events during The Climate Awareness Campaign, which is aimed at educating the Concordia community about how adopting a plant-based diet (composed mostly of vegetables, fruits, whole grains, legumes, nuts, seeds, and other vegetarian sources of proteins, and meat only occasionally) can significantly lower greenhouse gas emissions:

- **April 7, 11 a.m. to 1:30 p.m.:**
  - Humane Society International/Canada hosts a trivia game and food sampling
  - Chef's cooking demo (scratch-made plant-based burger for dinner at the grill station in the dining halls)
    - **Grey Nuns dining hall:** Concordia Food Services Chef Alejandro Velazquez and guest Chef Oliver de Volpi
    - **The Buzz dining hall:** Chef Joseph Gordon and colleague Favel Alexander
- **April 8:** Campaign-inspired snack pop-up station for dinner in the dining halls

**April 13-15:** Sugar Shack themed meal in the dining halls

**April 17:** Decorate your own cookie in the dining halls

**April 22:** Study snack to mark Earth Day

**April 26:** Winner of Fairtrade goodie basket is randomly selected



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