

# meal plans for your real world

2012-2013



CLAREMONT  
MCKENNA  
COLLEGE

## about bon appétit!

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Bon Appétit Management Company is an onsite restaurant company offering full food service management to corporations, universities and specialty venues. We are committed to sourcing sustainable, local ingredients and preparing fresh food from scratch for all our 400 cafés throughout the country. A pioneer in environmentally-sound sourcing policies, Bon Appétit has developed programs addressing local purchasing, the overuse of antibiotics, sustainable seafood, cage-free eggs, the connection between food and climate change and, most recently, farmworker rights. Through our fellows program, young advocates who were sustainability champions on their campuses work directly with farmers to assess overall sustainability, and visit campuses across the country to involve and educate students. For our efforts, we've received awards from organizations like the Natural Resources Defense Council, Seafood Choices Alliance, The Humane Society of the United States, and Food Alliance.

We believe that food service serves a much larger purpose for the community. Dining rooms and cafés are gathering places. Breaking bread together helps to create a sense of community and comfort. We are honored to fill an important role on campus and strive to exceed the expectations of our guests.

# why a dining plan makes sense

## **Community**

Breaking bread together helps create a sense of community. On-campus dining enriches your education experience by allowing you to enjoy shared meals in a comfortable, social atmosphere.

## **Simply Fresh**

We cook from scratch using recipes our onsite executive chef creates daily.

## **Peace of Mind**

No need to worry about packing food, bringing cash, or doing dishes!

## **Food with a Conscience**

Our milk is from cows not treated with rBGH, our chicken is raised without the routine use of antibiotics and our beef is all-natural. Our seafood is purchased in accordance with the Monterey Bay Aquarium's Seafood Watch guidelines and our produce is seasonal, local, and organic whenever possible.

## **Location, Location, Location**

With the café centrally located on campus, you are always just steps away from great food!

## **Vegetarian and Vegan Options**

A wide range of creative alternatives is always available.

## **Your Special Needs**

We know how important individual dietary preferences are. Our chefs can create custom meals at the Collins Bistro. Talk to a dining services manager at CMC if you have a medical or dietary restriction. Every possible measure will be taken to accommodate your request.

## **Dollars and Sense**

A Bon Appétit meal plan is the affordable, flexible, easy, and healthy choice!

## dining at collins bistro

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*The Collins Bistro is a gathering place for the entire community and is designed to showcase a wide range of flavorful, delicious offerings for breakfast, lunch, and dinner in a casual dining setting. We are pleased to offer the following food choices for the upcoming year.*

**Collins Grill** has favorites such as made-to-order omelets or french toast for breakfast. All-natural beef burgers, vegetarian burgers, chicken breast sandwiches, house fries, a specialty fried item and daily grill special are available for lunch and dinner.

**@ Home** offers classic comfort entrée combinations that reflect seasonally fresh ingredients blended with a dash of creative flair.

**Farm to Fork** features only vegetarian and vegan foods with ingredients that are minimally processed and organically and locally grown based on seasonality and availability.

**Greens** begins with the freshest of vegetables. Add these to mixed greens and top it all off with your pick of house-made dressings or herb-infused vinegars.

**Expo** brings the show to you with exhibition-style cooking right before your eyes. Enjoy international cuisines such as Asian, Italian, and Mexican. Vegetarian items will always be available. Fun items like funnel cakes and ice cream sundae bars will also be available throughout the year.

**Ovens** features pizza and pasta baked fresh daily. The pizza selections will run the gamut from the house favorites, such as cheese or pepperoni, to the more exotic like shrimp scampi. The pasta of the day will be accompanied by your choice of two sauces.

**Corner Deli** offers a make-your-own sandwich station with meats roasted fresh right on the premises. Traditional favorites like turkey, roast beef and ham, as well as tuna salad and egg salad are always available.

**Options** is a lunch and dinner concept served Monday–Friday that will feature a made-to-order cold entrée salad or “wrap” for lunch and a hot deli, piadini salad or carving station at dinner. Chili and potato bars are also a favorite at this station.

# dining options and meal plans

## Dining Options and Board Plus Dollars

The Claremont Colleges recognize that our students take classes at all five undergraduate colleges, are involved in activities across campus lines, and sometimes just want a change of environment. For these reasons, the Colleges participate in a cross-dining relationship, whereby students may enjoy a meal at any of the Colleges' dining halls. Each meal will be subtracted from the weekly allotment of meals — the same as a student who eats a meal on their home campus.

## Meal Plan Information

- All students living in the residence halls are required to select one of the CMC Meal Plans.
- Students living off-campus or in the Student Apartment Complex have the option of selecting a Meal Plan.
- Meal Plans may be changed no later than the first week of classes each semester. Come to the Dean of Students Office in The Heggblade Center or call 909-621-8114.
- For questions about meal plan prices, call Student Accounts at 909-621-8232.

## Meal Plan Choices

WEEKLY MEALS	BOARD PLUS DOLLARS PER SEMESTER	ANNUAL COST
16	\$200	\$6600
14	\$140	\$6255
12	\$120	\$5950
8	\$80	\$5550

## Hours of Operation

### MONDAY — FRIDAY

Breakfast	7:30 a.m. — 9:00 a.m.
Continental Breakfast	9:00 a.m. — 9:30 a.m.
Lunch	11:00 a.m. — 1:00 p.m.
Dinner	5:00 p.m. — 7:00 p.m.

### WEEKENDS

Brunch	10:30 a.m. — 12:30 p.m.
Dinner	4:45 p.m. — 6:15 p.m.

## frequently asked questions

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### **What are the advantages of a Meal Plan?**

The time that you use to shop, plan, cook, and clean up after your meal could be used to study, meet with friends, or just have fun. Bon Appétit food is made from scratch daily by the onsite executive chef who designs menus weekly based on the community's food preferences. A Meal Plan makes planning easy!

### **How do Board Plus dollars work?**

Accompanying each meal plan is an allotment of Board Plus dollars per semester. Each Board Plus dollar is equal to one dollar in cash and they are tracked electronically on your student ID card. The Board Plus dollars may be used in a variety of ways. Any of the cash operations at the undergraduate Colleges that have a card reader will accept Board Plus dollars in lieu of cash for food and beverages. Students may also use Board Plus Dollars to purchase a meal for a guest in the Bistro.

### **Do Board Plus dollars expire?**

Board Plus dollars do not roll over to the next semester, so it is in your best interest to spend them.

### **How do I know what's cookin'?**

We create menus for breakfast, lunch and dinner each week and post them at the entrance to the Collins Bistro so you can scope out the week's offerings at a glance. Menus may also be viewed on our website at:

[WWW.CAFEBONAPPETIT.COM/COLLINS-CMC](http://WWW.CAFEBONAPPETIT.COM/COLLINS-CMC)

### **Additional Meal Plan Questions?**

Please call Student Accounts at 909-621-8232.

# bon appétit kitchen principles

Bon Appétit brings made-from-scratch, restaurant-style dining to Claremont McKenna College in the kind of atmosphere that lets you feel right at home. We care about your college experience. That's why we provide quality programs offering a supportive environment that reflects our commitment to your success at CMC. We are very excited to have you join us here, and we enjoy serving you and being part of your life at the College. Our main focus is you. At Bon Appétit, we strictly adhere to the following principles:

## **We serve food alive with flavor and nutrition**

- Our menus are written weekly by the onsite executive chef based on seasonal, regional, fresh ingredients.
- Seasonal vegetables and fruits are purchased fresh.
- Vegetables are prepared in batches at the last possible minute and served in the smallest possible batches.

## **We serve food prepared from scratch**

- Stocks, salsas and sauces are made from scratch.
- Turkey breast and beef are roasted in-house daily for deli meat.
- Mashed potatoes are made from fresh potatoes.
- Cookies and muffins are baked fresh daily.

## **We serve food sourced in a socially responsible manner**

- Salmon is wild-caught. We support the Seafood Watch guidelines as recommended by the Monterey Bay Aquarium.
- Chicken is purchased free of antibiotics as a routine food additive.
- Milk is free of artificial bovine growth hormones.

Bon Appétit at Claremont McKenna College  
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909.607.2883

VISIT US ONLINE!  
[www.cafebonappetit.com/collins-cmc](http://www.cafebonappetit.com/collins-cmc)

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MANAGEMENT COMPANY

*food services for a sustainable future.®*