

meal plans for your real world



california institute of the arts

brought to you by bon appétit

2013-2014



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OF THE ARTS
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BON APPÉTIT
MANAGEMENT COMPANY
food service for a sustainable future®



about bon appétit

Bon Appétit Management Company is an onsite custom restaurant company offering full food service management by providing café and catering service to corporations, colleges and universities and specialty venues. We have over 192 clients with over 400 cafés in 27 states across America.

Founded in 1987 as a catering company, the hallmark of Bon Appétit's expertise is serving fresh food that is prepared from scratch using authentic ingredients. We also have made a commitment to social responsibility by supporting sustainable food suppliers and local producers.

the bon appétit philosophy

As California Institute of the Art's food service provider, Bon Appétit believes in serving only the freshest food. Food that is made from scratch using authentic ingredients. Food that is alive with flavor and nutrition. Food that is created in a socially responsible manner. We have pledged to take a stand on many issues surrounding our food supply. We believe this responsibility is integral to our value as food providers. We are partners in creating a better world.

Bon Appétit brings made-from-scratch, restaurant style dining to CalArts—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 CalArts. We are very excited to have you join us here, and we enjoy serving you and being part of your life at CalArts. Our main focus is you.

we believe...

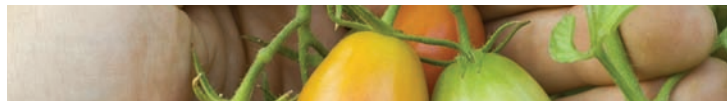
...that food service serves a much larger purpose for the community. Dining rooms and cafés are gathering places. Breaking bread together helps to create a sense of community and comfort. We recognize the important role we fill and take great care to honor our partnership.



kitchen principles

We strictly adhere to the following principles:

- Menus are written based on seasonality and availability of regional fresh product. Whenever possible, these are produced locally using sustainable and organic practices.
- Turkey and chicken are produced without the routine use of antibiotics as a feed additive.
- Hamburgers are made with fresh ground beef from cattle raised on vegetarian feed and never given antibiotics or hormones.
- Other meats are raised without antibiotics as a first preference.
- Turkey and beef are roasted in-house daily for deli meat.
- Milk and yogurt are from cows not treated with artificial Bovine Growth Hormone.
- Shell eggs are produced cage-free and are certified by Humane Farm Animal Care, Food Alliance or Animal Welfare Approved.
- Vegetarian and vegan options are plentiful at every meal.
- Healthy menu items are a mainstream offering throughout our cafés.
- Salsas, pizza, marinara, and other sauces are made from scratch.
- Stocks are made from scratch.
- All seafood purchases, wild and farmed, follow the sustainability guidelines of the Monterey Bay Aquarium's Seafood Watch program. Seafood should be purchased fresh when available locally or frozen at the source to ensure quality, and never air-freighted.
- Olive and canola oils are used for everyday salad dressings. Specialty oils for other purposes (i.e. walnut oil or chili oil). Peanut oil is never used in the preparation of our food.
- Trans fats are not used in our kitchens.
- All salad dressings are made from scratch. Nonfat and low-calorie dressings may be purchased as necessary.
- Vegetables are prepared in batches at the last possible minute and served in the smallest possible batches.
- MSG is never used in the preparation of our food.
- Mashed potatoes are made from fresh potatoes.
- Fresh squeezed lemon juice is used for cooking and sauces.
- Cookies and muffins are baked fresh daily. Breads are baked fresh daily where possible.



CalArts is pleased to offer Meal Plans that are designed to meet the needs of every student. You'll never have to worry about carrying cash. Just present your student ID card and you can enjoy world-class, restaurant-style cuisine prepared in a socially and environmentally responsible manner at the Kafa at CalArts!

it's easy!

Signing up for a meal plan is easy; simply add it to your tuition bill during registration or contact the Accounting Office to purchase.

dollars and sense

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

general meal plan information

- BFA 1 Residents residing on campus are required to carry at least the 10 Meal Plan, but can always buy up to save money on their per meal price. This includes the 14, 17 and 140 block meal plans.
- BFA 2 Residents residing on campus are required to start each semester with \$200.00 in Flex. Additional Flex can be added at any time after the initial \$200.00 has been applied.
- No refunds will be given at the end of the semester for unused weekly meals or flex dollars that are associated with the meal plans or BFA2 Flex.
- Students on a Meal Plan may use only one meal during any single meal period. Flex dollars may be used anytime the Kafa is open. Flex dollars may be used for additional point of purchase items and any additional meals.
- Meal Plans begin on September 3, 2013 for fall semester, and on January 10, 2014 for spring semester.
- Meal Plans may not be used during the following school breaks: Thanksgiving — Nov. 28, 2013 to Dec. 1, 2013; Winter Break — Dec. 14, 2013 to Jan. 9, 2014; Spring Break — March 22, 2014 to March 30, 2014.
- There will be a one week grace period for any changes to the Meal Plan without penalty.
- Terminating the Meal Plan agreement after the first week of the semester will result in a food service charge equivalent to 15% of the semester Meal Plan charge, plus a pro-rated weekly charge for meals used until the date of termination.
- Students who cancel the Meal Plan after the 7th week of the fall or spring semester will be responsible for the total Meal Plan charge.
- Students on the mandatory meal plan can only be removed with a documented medical reason. A doctor's letter explaining why the student cannot eat in the café should be sent directly to the Dean of Students in the Office of Student Affairs.

FALL: 5 Meal Plan

5 meals per week + \$50.00 flex
Cost: \$670/semester

SPRING: 5 Meal Plan

5 meals per week + \$60.00 flex
Cost: \$814/semester

FALL: 10 Meal Plan

10 meals per week + \$150.00 flex
Cost: \$1,372/semester

SPRING: 10 Meal Plan

10 meals per week + \$170.00 flex
Cost: \$1,631/semester

FALL: 14 Meal Plan

14 meals per week + \$150.00 flex
Cost: \$1,842/semester

SPRING: 14 Meal Plan

14 meals per week + \$170.00 flex
Cost: \$2,185/semester

FALL: 17 Meal Plan

17 meals per week
+ \$100.00 flex
Cost: \$2,101/semester



SPRING: 17 Meal Plan

17 meals per week + \$100.00 flex
Cost: \$2,502/semester

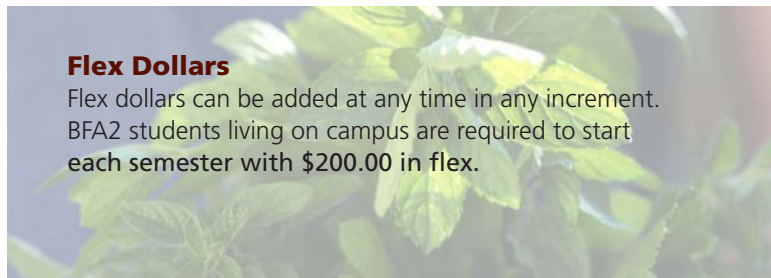
140 BLOCK MEAL PLAN + \$150.00 flex

Cost: \$1,642 per semester
This student-designed plan allows you to have access to 140 meals for the semester in the Kafa at CalArts. This is the only transferrable meal plan available—no more leftover meals.



Flex Dollars

Flex dollars can be added at any time in any increment. BFA2 students living on campus are required to start each semester with \$200.00 in flex.





The Kafa is a comfortable gathering place for the CalArts community and is designed to showcase a wide range of delicious menu options all week long. Featured stations include the “Comfort Zone”, where you can find traditional favorites such as house-made macaroni and cheese and roast beef with made-from-scratch mashed potatoes, or the “Market Grill”, with menu items prepared to order. The Kafa offers an abundant salad bar with local fresh produce and toppings, and deli and grill stations that feature a variety of options and daily specials. Hot coffee, teas and freshly baked desserts are available daily. For vegetarian and vegan diners, our chef creates nutritious and imaginative daily vegan entrées, as well as vegetarian options at all stations.

hours of operation

Monday – Friday

7:30 a.m. - 8:00 p.m.

Breakfast 7:30 a.m. – 11:00 a.m.

Lunch 11:30 a.m. – 4:00 p.m.

Dinner 4:00 p.m. – 7:00 p.m.

After Hours Grill 7:00 p.m. – 8:00 p.m.

Saturday and Sunday

10:00 a.m. – 4:00 p.m.

Each meal consists of the following:

Breakfast

(1) 21 oz beverage or (2) 12 oz beverages from the beverage bar; (1) entrée (i.e. eggs, breakfast meat and potatoes); (2) side items (i.e. bagel, pastry item, hot or cold cereal); and (1) whole fruit selection

Lunch

(1) 21 oz beverage or (2) 12 oz beverages from the beverage bar; (1) entrée from Comfort Zone, Market Grill, Grill, or Deli; (2) side items (i.e. bread item, soup, or small salad from the salad bar); and (1) dessert or (1) whole fruit selection

Dinner

(1) 21 oz beverage or (2) 12 oz beverages from the beverage bar; (1) entrée from the Comfort Zone, Market Grill, or Grill; (2) side items (i.e. bread item, soup, or small salad from the salad bar); and (1) dessert or (1) whole fruit selection

- Packaged beverages and snacks are not part of the Dining Plan, but may be purchased with cash or Flex dollars.

frequently asked questions

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's food is made from scratch daily by our own Executive Chef, who designs menus weekly based on the community's food preferences and seasonality.

Am I required to have a Meal Plan?

If you are a BFA1 residing in campus housing, you are required to have at least a 10 meal plan. However, you may buy up to a larger plan (14, 17 or 140 block plan) to receive the best value per meal. If you are a BFA2 residing on campus, you are required to start each semester with at least \$200 in flex. This BFA2 flex is non-refundable.

I have a dietary restriction — can that be accommodated?

Our Executive Chef always prepares a daily vegetarian and vegan option; we also offer celiac-friendly and sugar-free options. If you have other special dietary restrictions or severe food allergies, please speak with the Café Manager and Executive Chef, who can accommodate special needs on a case-by-case basis with a physician's request.

What if I have kitchen facilities in my apartment or at home — does a Meal Plan make sense for me?

Absolutely!

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 as well as seasonal availability. A dining plan simply makes dining EASY!

How does a “Meals per Week” plan work?

Each week you can enjoy as many meals as you've signed up for, in any combination of breakfasts, lunches and dinners. For example, if you purchase a 14-meal dining plan, you have access to 14 meals per week. Unused meals expire at the end of the week (meal count for the week begins on Monday and ends on Sunday).

Where can I use my “Meals per Week” plan?

At this time, “Meals per Week” plans can only be redeemed in the Kafa.



frequently asked questions, continued

Can I share my I.D. card (meal plan and flex dollars) with a friend?

Sorry, but no. The Student I.D. card with your photo on it is for your use only to access your personal meal plan. A friend may not borrow or use it, as meal plan access is simply not transferable. So, if the photo doesn't come close to looking like you, the cashier will have to keep it. We encourage you to use your meal card to treat a friend but you must be present to do so.

How do Flex dollars work?

With Flex dollars, you can use your Student ID card like a bank debit card. Use Flex dollars to purchase beverages, snacks, or even a full meal. Every time you make a purchase, the amount is subtracted from your Flex balance. Additional Flex dollars can be added to your account at any time by visiting or calling the accounting office.

Do Flex dollars expire?

Commuter flex plans do not expire; they roll over each semester. Flex dollars purchased as part of a Meal Plan do expire at the end of each semester. Likewise, the BFA2 mandatory flex dollars will expire at the end of each semester, they DO NOT roll over.

Where can I use my Flex dollars?

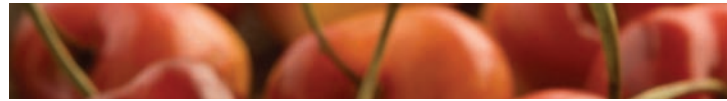
Flex dollars may be used in the Kafa.

Can I add Flex Dollars to my account?

Sure...and by converting your cash into Flex Dollars, the sales tax is already covered. Just visit or call the accounting office to add Flex Dollars to your account.

What do I do if my I.D. card gets lost or stolen?

If your I.D. Card leaves home without you, or simply disappears on you, you may have your card replaced by the registrar's office. Replacement cards are five dollars, and are issued Monday through Friday 9am-4pm.



frequently asked questions, continued

How do I change my meal plan?

If you would like to increase your meal plan, you may do so during online registration if you have not completed the registration process. If you have already completed the process, you may call the accounting office at 661-253-7852, email accting@calarts.edu or visit them at the accounting office in F-201.

Where can I see the latest menu?

Weekly menus are available online at www.cafebonappetit.com/calarts

For general questions regarding meal plans and the café, please contact the Bon Appétit office directly at (661) 253-7855 or by email at café@calarts.edu.



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