



2024-2025  
DINING ADVENTURES

- WHEATON COLLEGE -

 [wheaton.cafebonappetit.com](http://wheaton.cafebonappetit.com)



BonappetitWheaton



## WELCOME TO DINING SERVICES AT WHEATON COLLEGE

Dining Services are a major part of campus life at Wheaton College, serving thousands of meals each week to our students, faculty, staff, and visitors. We invite you to join us, experience great food and share great company!

We're Bon Appétit Management Company. Our food is cooked from scratch, including sauces, stocks, and soups. (Salsa, too!) A pioneer in environmentally sound sourcing policies, we've developed programs addressing local purchasing, overuse of antibiotics, sustainable seafood, the food-climate change connection, humanely raised meat and eggs, and farmworkers' rights. Most importantly, the meals we serve are not only delicious, they also embody core values – about wellness, dignity, community, and conservation – that we take very seriously. We define sustainability in the following way:

A sustainable future for food service means flavorful food that's healthy and economically viable for all, produced through practices that respect farmers, workers, and animals; nourish the community; and replenish our shared natural resources for future generations.

— Bon Appétit Management Company's definition of sustainability

Bon Appétit follows many kitchen principles to assure the highest level of food quality and the most flavorful, nutritious options for our guests.

Our culinary standards can be found online at: [wheaton.cafebonappetit.com/wellness](http://wheaton.cafebonappetit.com/wellness)

## A DEDICATED DINING WEBSITE

Menus, hours of operation, and much more are available 24/7 on Wheaton's dining website.



## EATERS GOTTA EAT!

Each guest has their own style of interacting with our culinary services based on their preferences and daily changing needs.

Our job is to consider each eater and make sure we have a plan to not only solve their eating needs, but to surprise and delight them every day! Let's activate the eating experience!

Check out the following dining options on campus, which "eater" styles you most identify with, and which locations best fit your Eater needs!

## ANDERSON COMMONS

Located on main floor of the Beamer Center, Anderson Commons is the central dining room on campus.

Anderson Commons offers students and guests all-you-can-eat dining for breakfast, lunch, and dinner. Stations throughout the café offer a wide variety of food, from home-style dishes to creative vegan entrees to pan-Asian cuisine. Anderson Commons also features two soups made in house daily, an extensive fruit and salad bar, and a selection of outstanding desserts.

### PAYMENT OPTIONS:

Meal Swipe, Thunder Bucks, Credit Card

### HOURS:

#### MONDAY - FRIDAY

Breakfast 7:30 a.m. - 10 a.m.  
Light Fare 10 - 11 a.m.  
Lunch 11 a.m. - 1:30 p.m.  
Light Fare 1:30 - 5 p.m.  
Dinner 5 - 7:30 p.m.

#### SATURDAY

Breakfast 10:30 a.m. - 2 p.m.  
Dinner 5 - 7:30 p.m.

#### SUNDAY

Breakfast 10:30 a.m. - 2 p.m.



## SAM'S

Located in the lower level of the Beamer Center, Sam's is at the crossroads of campus life.

This retail venue offers coffee and espresso drinks, fruit and yogurt smoothies, hand-scooped ice cream, fresh baked pastries and sweets, hot sandwiches, and prepackaged cold items such as wraps, salads and parfaits.

### PAYMENT OPTIONS:

Thunder Bucks, Credit Card

### HOURS:

#### MONDAY - THURSDAY

7:30 a.m. - midnight

#### FRIDAY

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

#### SATURDAY

8 a.m. - 8 p.m.

#### SUNDAY

8 a.m. - 4 p.m.



## THE STUPE

Located in the lower level of the Beamer Center.

The Stupe offers various made-to-order salad and sandwich options.

### PAYMENT OPTIONS:

Meal Swipe, Thunder Bucks, Credit Card

### HOURS:

#### MONDAY, WEDNESDAY, FRIDAY

11 a.m. - 2 p.m.

#### SUNDAY

4 p.m. - 8 p.m.



# THE [DELICIOUS!] FOOD

## FROM SCRATCH

Meals Cooked From Scratch by our Passionate Chefs

No corporate recipes or cycle menus here, please! “From scratch” means everything, from stocks and sauces to salsa and pizza dough.

## BUZZ-WORTHY

“Seasonal” and “Local” Ingredients are More Than Just Buzzwords

They’re the cornerstone of every menu. We source as many ingredients as we can (at least 20%!) from small, owner-operated farms and fisheries within 150 miles of Wheaton. Not only does local food taste better, but it means that we get to support our community.

## SOCIALLY RESPONSIBLE

Ingredients Sourced in an Environmentally and Socially Responsible Manner

Bon Appétit began making commitments to sustainable and ethical practices long before it became trendy. We serve only cage-free, certified humane eggs; sustainable seafood; certified humane ground beef, and pork raised in group housing instead of inhumane gestation crates — and that’s just a sample of our many commitments.

## VEGAN AND VEGETARIAN OPTIONS

It has long been Bon Appétit’s policy to offer abundant vegan, vegetarian, and plant-forward options as entrees and sides throughout our all-you-care-to-eat stations. If vegan and vegetarian students have concerns about their food options, we encourage them to reach out to the onsite manager, or simply speak to one of our chefs. We’re always happy to take menu requests and appreciate student suggestions.

## OTHER FUN STUFF

### WE’RE HIRING...STUDENTS!

Build your resume with new skills and training!

Looking for a part-time job with flexible hours? Join the campus dining team! Work in a supportive environment, learn about our sustainability and wellness initiatives, and contribute to a central part of campus life.

**INTERESTED?** Please ask one of our managers for more information.



# COR ICONS

## KNOW WHAT YOU ARE EATING

Our colorful Circle of Responsibility (COR) icons provide information about ingredients in each dish and assist in easily identifying dietary preferences in the café.



**FARM TO FORK**  
Contains seasonal, minimally processed ingredients from a local farm, ranch, or fishing boat.



**SEAFOOD WATCH**  
Contains seafood that meets the Monterey Bay Aquarium's Seafood Watch guidelines for commercial buyers.



**LOCALLY CRAFTED**  
Contains products crafted by a small, locally owned food business using socially and/or environmentally responsible practices.



**HUMANE**  
Contains humanely raised meat, poultry, or eggs. Must be certified by a credible third-party animal welfare organization.



**ORGANIC**  
Contains at least 95 percent organically produced ingredients (by weight) from a USDA certified source.



**VEGAN**  
Contains absolutely no animal or dairy products.



**MADE WITHOUT GLUTEN-CONTAINING INGREDIENTS**  
Made without gluten-containing ingredients. Please speak with an on-site manager to learn how these items are prepared in our open kitchens that also handle gluten for other menu items.



**VEGETARIAN**  
Contains no meat, fish, poultry, shellfish, or products derived from these sources but may contain dairy or eggs.



## A SUPPORTIVE APPROACH... TO MEETING DIETARY NEEDS

Our chefs are committed to providing students with an abundant variety of plant-forward, vegetarian, vegan, and made without gluten-containing ingredient dishes each and every day.

Our team is trained in food allergen awareness using resources certified by FARE, the world's leading food allergy advocacy organization. All Bon Appétit managers at Wheaton College receive annual training, and hold workshops and daily pre-service meetings with our staff to ensure that the safety of students, faculty, and staff is top of mind.

Descriptive nomenclature identifies major allergens and gluten in menu naming and descriptions and all ingredient-related questions should be directed to our chefs or managers to ensure your safety.

Additionally, our Regional Nutrition and Wellness Manager, Leslie Mathiasmeier, MS, RDN, is always available to work individually with students. Leslie takes a hands-on approach to supporting students, helping you identify food options that meet your needs. She can be reached at [Leslie.Mathiasmeier@cafebonappetit.com](mailto:Leslie.Mathiasmeier@cafebonappetit.com).

Learn more about our approach to wellness and special diets by accessing Wheaton's website at: [wheaton.cafebonappetit.com/wellness/](http://wheaton.cafebonappetit.com/wellness/) Consider reading our Food Allergies and Celiac Disease guide, created specifically for Wheaton College.

## SIMPLYOASIS

We're excited to have SimplyOASIS in Anderson Commons. This station provides safe meals for most individuals with food allergies and intolerances in a fast and efficient way. This streamlined station features meals prepared without the Top 9 allergens (peanuts, tree nuts, fish, shellfish, milk, eggs, soy, wheat, sesame), and gluten, making SimplyOASIS accessible to people with a wide variety of dietary needs. Without dairy or egg, SimplyOASIS can also accommodate vegans when animal protein is an optional add-on.

SimplyOASIS uses only "single-ingredient ingredients" to eliminate the need to screen package labels. Our chefs have the freedom to design enticing menus utilizing recipes comprised of simple foods that do not contain these allergens.



# WELCOME TO WHEATON COLLEGE DINING

SCAN THE QR FOR THE FOLLOWING:

DINING WEBSITE



SUBSCRIBE TO  
MENU MAIL

Receive the daily menu in your inbox!



LEARN MORE ABOUT  
MEAL PLANS



MEETING ALL YOUR  
DIETARY NEEDS



COMMENTS? THOUGHTS?  
WE LOVE FEEDBACK



CATERING

