

The Scoop

October 2021



Dear Saint Mary's Community,

FALL IS HERE! Yes... we're those pumpkin spice kind of people. We're celebrating with Fall-flavored drinks at Cardinal Coffee, pumpkin superfood menu features, a Chili Teaching Kitchen, and a Halloween theme meal. Throw in a chance to relax during Fall break and the lovely bluff views from the café windows and Fall is officially our favorite season. Cheers!

Sincerely,
Your Chartwells Team



Cardinals...

DOWNLOAD THE

DINE ON CAMPUS APP

to know everything food!



chartwells
HIGHER ED

- *Free meal with every shift
- *Flexible schedule
- *\$11/hr, \$11.50 for weekend shifts!
- *Advancement opportunities

Apply on Handshake
or Talk to a Manager
Today!



We're Hiring!

Upcoming Events



Teaching kitchen

Date: 10/08/21 Time: 2:30 -3:30 PM

Location: The Eatery



Superfood - Pumpkin

Dates: 10/14/21

Time: 11:30 -1:30 PM

Location: The Eatery



Taste of Chicago

Date: 10/21/21 Time: 11:30 – 1:30 PM

Location: The Eatery



Back to the Future-90's

Date: 10/26/21 Time: 11:30 – 1:30 PM

Location: The Eatery



FYUL – Protein Pack

Date: 10/28/21 Time: 11:30 –1:30 PM

Location: The Eatery



Halloween

Date: 10/31/21 Time: 5:00 – 7:00 PM

Location: The Eatery



The Eatery

How to Make Chili

Friday, October 8th

2:30 – 3:30 PM

**Sign up at Register
or Email**

snicklay@smumn.edu

Retail Specials

- An - APPLE BLAST of FLAVOR

HOT
Apple
BLAST



ICED
Apple
BLAST



PICK *your* PERFECT PUMPKIN



ICED
Pumpkin
LATTE



Pumpkin
WHITE
MOCHA



Pumpkin
WHITE MOCHA
COOLER

Apple Blast and Pumpkin Drinks

Date: Now– Through October

Location: Cardinal Coffee

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Pumpkin Oatmeal Cookies with Walnuts

2 cups AP Flour
1 1/3 cups Old Fashioned Oats
1 teaspoon Baking Soda
3/4 teaspoon Kosher Salt
1 teaspoon Ground Cinnamon
1/2 teaspoon Ground Nutmeg
1 2/3 cup Granulated Sugar
2/3 cup Canola Oil
2 tablespoons Dark Molasses
1 cup Pumpkin Puree
1 teaspoon Pure Vanilla Extract
1 cup Walnut Halves & Pieces, chopped, toasted
Yield 28 servings

1. Mix all dry ingredients (flour, oatmeal, baking soda, salt and spices) together in a bowl.
2. In another bowl, mix together sugar, oil, molasses, pumpkin, and vanilla. Add dry ingredients into wet in 3 batches, folding to combine. Fold in walnuts.
3. Form into balls, about 3 tablespoons in size. Roll and flatten to shape and place on paper lined cookie sheet. The cookie will not spread so space accordingly. Bake in a preheated 350 degree F oven until lightly browned. Use a spatula to move onto wire rack to cool and set.

Nutritional analysis per serving Calories 175; Total Fat 8g; Protein 0g; Carb 24g; Fiber 1g; Sodium 110mg

THIS MONTH'S SUPERFOOD IS
Pumpkin

A pumpkin's bright orange color lets you know it is full of vitamin A and other important nutrients.



Food Festi-Ful [Indoor] Street Fair



Fall Break Hours

The Eatery

Oct. 15 Close at 1:30 PM

Oct. 19 Open at 5 PM

Cardinal Club, Cardinal Coffee, The Market

Oct. 15 Close at 5 PM

Oct. 20 Open Regular Hours

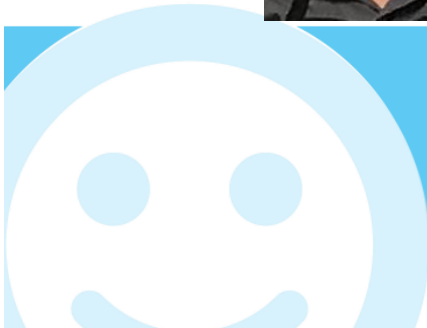
youfirst



Real People Committed to Service



Retail Team: Jean, Kelly, Tia, Cristi, Cari, Jenna, Ben, Jessie, Sharon, Sabrina, Carseda, Aryana, and our Student Associates The retail team has been working hard through staffing and product shortages. They have all stepped up and delivered great service. Thank you for all you do!



youfirst principle:

Chartwells' associates provide a Wow experience every day, every meal and for every guest.