

The Scoop

November 2021



Dear Saint Mary's Community,

The holidays is a time for friends, family, and of course food! We're excited for a new tradition this year, our Thank-ful program, that will have opportunities for giving, gratitude, and a thanksgiving feast. Also look out for a Teaching Kitchen, tailgating, international education week features, superfood cranberries, and FYUL clarity this month. We're thankful for you and all of our fantastic team members this year.

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



Tailgate Event

Date: 11/04/21

Time: 11:30 AM - 1:30 PM

Location: The Eatery



Charcuterie Teaching Kitchen

Dates: 11/05/21

Time: 2:30 - 3:30 PM

Location: The Eatery

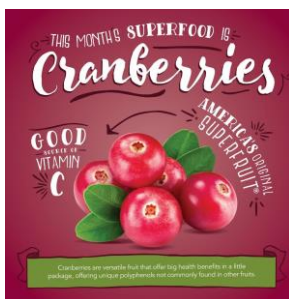


FYUL – Clarity Boost

Date: 11/11/21

Time: 11:30 AM - 1:30 PM

Location: The Eatery



Superfoods – Cranberries

Date: 11/16/21

Time: 11:30 AM – 1:30 PM

Location: The Eatery



Thankful Event

Date: 11/18/21

Time: 5:00 – 7:30 PM

Location: The Eatery

Charcuterie and Grazing Boards

Friday November 5th 2:30-3:30 PM
@ The Eatery

Join us to learn how to make fun grazing boards. The class is
FREE and you get to take home what you make!

To sign up at the
registers 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 November

Location: Cardinal Coffee

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Nutty Oatmeal Cranberry Bars

Oatmeal Crust:

- 1 ¼ cups All Purpose Flour
- 1 ¼ cups Old Fashioned Oats
- ½ teaspoon Baking Soda
- ¼ teaspoon Salt
- ½ teaspoon Ground Cinnamon
- ¾ cup Brown Sugar
- 8 tablespoons Salted Butter, melted
- 2 tablespoons Lemon Juice

Cranberry Nut Topping:

- 1 cup Sour Cream or Greek Yogurt
- 2 teaspoons Vanilla Extract
- ½ teaspoon Lemon Zest
- 3 tablespoons All Purpose Flour
- ½ cup packed Brown Sugar
- 2 cups fresh Cranberries
- ¾ cup chopped Pecans or Walnuts



1. Preheat oven to 325-degrees F. Grease or coat a 9"x13" pan with cooking spray.
2. For Oatmeal Crust: Prepare crust by whisking together flour, oats, brown sugar, salt, baking soda, and cinnamon. Stir in melted butter and lemon juice until combined. Evenly press mixture into the bottom of prepared baking pan.
3. For Cranberry Nut Topping: Combine sour cream or yogurt, vanilla extract, lemon zest, flour and brown sugar. Spread mixture over crust. Spread fresh cranberries evenly over mixture, lightly pressing into mixture. Even spread top with chopped nuts.
4. Bake for 45-50 minutes, until light brown.

From shewearsmanyhats.com

THIS MONTH'S SUPERFOOD IS
Cranberries

GOOD
SOURCE OF
VITAMIN
C



AMERICA'S ORIGINAL
SUPERFRUIT

Cranberries are versatile fruit that offer big health benefits in a little package, offering unique polyphenols not commonly found in other fruits.

Chicago Style Fest & Back to the Future



Thanksgiving Break Hours

The Eatery

Nov. 23 Close at 1:30 PM

Nov. 29 Open at 5 PM

Cardinal Club, Cardinal Coffee, The Market

Nov. 23 Close at 5 PM

Nov. 30 Open Regular Hours

youfirst



Real People Committed to Service



Eatory Team:
Andrew, Scott, Judy,
Mary, Carolyn,
Darlene, Cassie,
Wilma, Madison,
Joan, Candida, and
our Student
Associates The Eatory 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.