

The Scoop

December 2021



Happiest of Holidays

Dear Saint Mary's Community,

Dark chocolate, immunity boosts, and late-night breakfast are a few of our favorite things this season! This month we have fun and festive events with FYUL Immunity and the annual pre-finals breakfast on study day. This is always a special way to end the semester. Good luck with your upcoming finals and enjoy a restful break!

Sincerely,
Your Chartwells Team



Upcoming Events

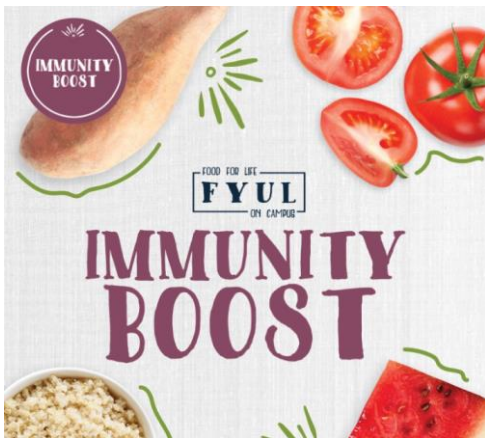


Late Night Breakfast

Date: 12/16/21

Time: 9:00 PM -10:30 PM

Location: The Eatery



FYUL – Immunity Boost

Date: 12/2/21

Time: 11:30 AM - 1:30 PM

Location: The Eatery



Superfoods – Dark Chocolate

Date: 12/9/21

Time: 11:30 AM –1:30 PM

Location: The Eatery

Retail Specials



NEW Caribou Tumblers
Price: \$22.99
Location: Cardinal Coffee



Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Dark Chocolate Bark

- 3/4 # Chocolate, Dark, (70% cacao)
- 4 Tbsp. Nuts, Pistachio
- 4 Tbsp. Cherries, Dried
- 1 tsp Salt, Sea
- 2 sprays Cooking Spray



Preparation time = 10 minutes Set time = 30 minutes in fridge

1. Over a double boiler melt chocolate until fully melted and smooth. Reserve hot. Rough chop pistachio and dried cherry.
2. Lightly coat a cookie pan with cooking spray. Line with parchment paper, leaving a small overhang. Pour in chocolate and smooth with a spatula into an even layer.
3. Sprinkle with pistachio, dried cherries and sea salt. Chill in fridge until completely set, about 30 minutes. Peel off parchment and break into pieces.

Try different combinations of toppings: nuts, dried fruit, unsweetened coconut, orange zest or candied ginger.



COCOA
POWER



CONTAINS
FLAVANOLS

Thank-Ful Table



Winter Break Hours

The Eatery

Dec. 21 Close at 1:30 PM

Jan. 17 Open at 5 PM

Cardinal Club, Cardinal Coffee, The Market

Dec. 21 Close at 5 PM

Jan. 18 Open Regular Hours