

The Scoop

February 2022



Share the Love

Dear Saint Mary's Community,

Everyone could use some extra love right now. Pamper yourself or someone else with a treat from the market or a Cardinal Coffee. Also look for festivities in the dining hall like a Taste of Trendy, Brunch on the Bayou, and new this year- Delight-ful. We can't wait to see how the love is spread throughout our community.

Sincerely,
Your Chartwells Team



Upcoming Events



FYUL – Love Your Heart

Date: 02/02/22

Time: 11:30 AM - 1:30 PM

Location: The Eatery



Taste of Trendy

Date: 02/08/22

Time: 11:30 AM –1:30 PM

Location: The Eatery



Delightful Event

Date: 02/17/22

Time: 11:30 AM - 1:30 PM

Location: The Eatery



Superfoods – Herbs & Spices

Date: 02/23/22

Time: 11:30 AM –1:30 PM

Location: The Eatery



Brunch on the Bayou

Date: 02/24/22

Time: 11:30 AM - 1:30 PM

Location: The Eatery

Teaching KITCHEN

LEARN • COOK • ENJOY

Crème Brûlée & Chocolate Covered Strawberries

The Eatery
February 11th
2:30 PM

Join us to learn how to make a delicious dessert! The class is FREE and you get to take home what you make!

Sign up by filling out form at register or emailing snicklay@smumn.edu

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!

Retail Specials

NEW Menu Item

Price: 8.99 Flex or Meal
Exchange
Location: Cardinal Club

Now Serving Breakfast

Price: 8.99 Flex or Meal
Exchange
Location: Cardinal Club

NEW MENU ITEM!

FLATBREAD PIZZA

- flatbread topped with marinara sauce, cheese, and your choice of sausage or pepperoni
- comes with a drink

Now Serving...

breakfast

FROM 10-11:15 AM

- Omelets or Eggs
(however you want)
- Breakfast Potatoes
- A drink

8.99 OR MEAL
EXCHANGE

8.99 or meal
exchange

omelette toppings



COMES WITH CHEDDAR CHEESE.
CHOOSE ONLY TWO TOPPINGS.



Diced Tomatoes



Diced Ham



Onions



Green Peppers



Spinach



Mushroom



Feta Cheese



Bacon Bits



Sausage

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Fair Trade Mocha Mug Cake

Ingredients

- 3 Tbsp granulated sugar
- 2 Tbsp cocoa powder
- ¼ tsp salt
- ¼ tsp baking soda
- ¼ tsp instant coffee
- 4 Tbsp all-purpose flour
- 2 Tbsp mini chocolate chips
- ½ tsp vanilla
- 1 Tbsp butter, melted
- 5 Tbsp Fair Trade coffee, hot



1. In a large, microwave-safe mug, whisk together sugar, cocoa powder, salt, baking soda, instant coffee, flour, and chocolate chips.
2. Wisk in the vanilla, butter and coffee until thoroughly combined and batter is smooth.
3. Microwave mug cake for 70 seconds on high. Depending on the power of your microwave this may take more or less time.
4. Carefully remove from microwave and enjoy!

**FAIR TRADE
WITH THAT?**

Fair Trade ensures products are grown and traded in ways that improve lives and protect the environment



Winter Blues & BBQ



Spring Break Hours

The Eatery

Feb. 25 Close at 1:30 PM

Mar. 6 Open at 5 PM

Cardinal Club, Cardinal Coffee, The Market

Feb. 25 Close at 5 PM

Mar. 7 Open Regular Hours

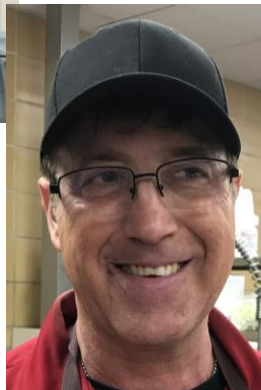
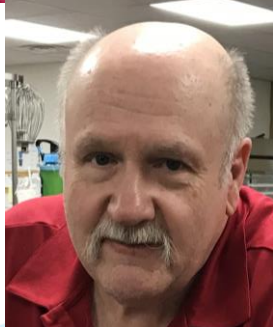
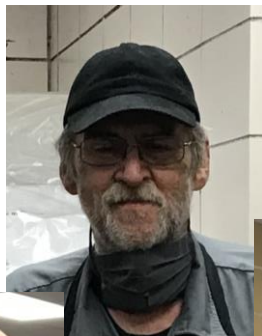
youfirst



Real People Committed to Service

**Bob, Bruce, Larry, Ron, Dennis, Marisa,
Lydia, Ebony and Eric**

Thank you to our Dishwashers and Kitchen Support Associates. Your flexibility and hard work keep us going.



youfirst principle:

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