Carleton Dining Board
Thursday, January 17, 2019
Sevy Meeting Room

Present:
Andrea Robinson, Bryan Schouten, Chris Rohr, Daniel Johnson ’20, Elliott Courchaine, Eric Rasmussen, James Harren ’19, Jesse Cashman, Kelly Rapp, Kimberly Driesch, Lewis Ching Zhi Yuan ’21, Tanya Hartwig

Open Discussion:

- Wellness Topic of the Month: *Nourish Your Mind and Body*. BA will be serving Numi Tea. Switched because of carbon footprint. Should advertise this as students love to know that BA is committed to lowering their carbon footprint.
- Grain station in Burton has moved from the location by the pizza station to the salad area. Some students hadn’t realized it had moved and thought it was gone. A sign needs to be put out so everyone is aware the grain station has moved.
- Concern that a lot of students are being turned away from giving blood at the Red Cross Blood Drives due to low iron levels. Can foods be labeled “iron rich” so students know what to eat to increase their iron levels? Maybe putting out a table tent with a list of iron rich foods would help.
- Request from students for cooked vegetables.
- Look into standard hot breakfast during Reading Days and Finals. (Sayles – eggs/omelets, hash browns). They did have this but quit because of demand.
- Special desserts at Sayles did not go well so they will not be doing them. Any suggestions?
- Halal in dining halls: Burton M/T; LDC is W/Th
- Chef’s Fare – Sayles Evo grill featuring spicy shrimp on Thursday, January 31st. BA will bring samples to our next Dining Board (January 31st).

Comment Cards:

Sayles

- I’m a simple man who enjoys simple things like plain donuts. Would it be possible to have regular cake or raised donuts – no frosting, toppings, etc. – every day?
  - We will see what we can do! 😊
- Bring back the packaged oatmeal. So good! Miss it.
  - They will be back! Thank you!
- Hi I would love for the REAL smoothies to return. I <3 real fruit. <3
  - The smoothies are real fruit, it is just a fruit puree. The list of ingredients is by the cashiers. Please feel free to ask to see them.
- LOVE the breakfast sandwiches!
- I asked last term, but was just curious if the spinach pastries will be coming back. I miss them!
- I love the straw propeller oatmeal!
Burton

• I love the goat cheese herb spread the other day!
  o Thank you! Glad you enjoyed!
• I miss pumpkin/pumpkin walnut muffins! Please bring them back someday. 😊
  o Thanks for the feedback!
• Can we have some Boston crème gluten free muffins please
  o We are working on the Boston cream muffins. More difficult because of the cream filling.
• The omelet today was delicious, thank you! (1/11) P.S. Where is Mike?
  o Thank you!
• The eggplant parmesan bites at Sunday brunch were really good! 😊
  o Thank you!
• May we have those herb crackers that we had at the GF station last term?
  o Yes you may! Crackers are on rotation. Thank you
• BRING BACK REGULAR CHICKEN SALAD FOR SANDWICHES.
  o We will bring it back in rotation!! Thank you
• Vegan options: vegan yogurt (nogurtyogurt.com); regularly offered alternative proteins (like edamame); and tempeh. Just some thoughts! Thank you. 😊

LDC

• Fruity Dinobites give me life
• Every Friday, the LDC runs out of unsweetened original soymilk.
  o We will up our orders. Thank you
• Rice at Chopsticks and Woks was good & so was the lentil soup! (1/9) Thank you!!
  o Thanks for the feedback.
• Sometimes the rice served at Chopsticks and Woks are dry and undercooked – maybe a little more water?
  o We will fix it.
• I would appreciate if you would resume giving newspapers to students. 😊
  o We are working on it.
• Garden vegetable soup with leeks is AMAZING – please make it more often!!!
• The garden vegetable soup with leeks is so good!! Also I loved the mac & cheese pizza!
• Bring back the peanut sauce in the spring roll boxes!!!
  o We get our sushi from a vendor but we do have peanut sauce on the salad bar this week!
    Thank you!
• Please have small cookies. This is also a health issue – not everyone can afford to eat a large cookie.
  o We will work on that for you! Thank you
• You always burn gluten free bread really badly and serve it anyway.
  o I’m sorry, we will fix that! Thank you
• You should put grapes or apples and/or tomato on the chicken salad sandwich bc it’s dry.
  o Great idea! We will look into it for next term. Thank you
On-Line Comments:

- I previously spoke with Bryan Schouten and other staff about improving the vegan dining options at the dining halls. I eat at LDC every day, and I was wondering if it would be possible for there to be no sauce put on the tofu in the salad bar. I eat a lot of tofu, and it’s hard to stomach if there’s already sauce on it. Also, today I noticed there is no soy milk at the cereal station. I understand this is probably temporary, but I just wanted to bring this up in case no one noticed. Lastly, I want to say thank you for recently cooking more tofu and vegan options lately – I really liked the barbecued seitan, and would love to eat it again! Thank you
  - Thank you for letting us know about the soy milk. Our delivery was actually a little late yesterday, it should be available today! We try to have a variety of options and flavors as some folks like to have seasoned tofu. We rotate many different options to keep things fresh and new. We always have plain tofu available so please feel free to ask a team member and we will gladly assist. We will offer the barbequed seitan again and glad you are liking some of the options provided! Thank you.
- Can the dining halls please serve more protein rich foods like legumes, black beans, edamame, green beans, corn and tofu all the time? There really should be a station for rice and beans and other add-ons that is apart from only white rice or a stir fry to add that is high in sodium and sometimes contains carcinogenic meat. The dining halls need to have healthier foods and stations for those to choose what they want to eat specifically that isn’t just in the salad bar. Much of the food in the dining halls is massive plates of many high fat and sodium dishes. What the kids need are the basics for a healthy diet. Thank you.
  - Thank you for your feedback, we greatly appreciate it! We try to have a wide variety of dishes to satisfy all students and their dining preferences. Healthy options and utilizing healthy cooking techniques are something that we strive for on a daily basis. We try to make these options available throughout both dining halls utilizing fresh/local product as much as possible. We want to make sure students receive the nutrients they are looking for while having a healthy balanced diet. We will take a closer look at our menus to make sure we are meeting the needs of students and their healthy eating habits.
    Thanks again!
    - Thank you for getting back to me! I appreciate the fresh and local food as well as the healthy cooking techniques; however, I think the healthy foods are being turned unhealthy as they are cooked with other foods and meats rather than being kept apart. It hard to have control over what you eat and hard to have a healthy diet when some food groups are only met in complex dishes and include not so healthy other foods. I really really believe a rice bar would be good for the kids at Carleton.
- We are always looking to change things up! Maybe we can come up with a station concept that can reflect this option or incorporate this idea into our current program. In the meantime, we will make sure healthy options are available in the dining halls. Thank you again for your feedback!
- Hello, what options do I have if because of my schedule I cannot make it to lunch? I seem to be eating just once a day. If I could grab food with me on my way to class or to work, it would be great.
  - We do have the express lunch program. You would be able to scan for breakfast, scan again at express lunch and take a sack lunch with you. Express lunch is also available for
dinner. Another option may be the meal equivalency that you can use in Sayles Café once per week. Hope this helps! Thank you!

- The Pecan French Toast is excellent (Burton).

**Upcoming Events/Happenings:**

- Halal in dining halls – Burton M/T; LDC is W/Th
- Bread bowls in Sayles Café all month
- January 28th: Chili Contest in LDC
- January 30th: Winter Wonderland – Creative chef and bakery menus for the winter season
- January 31st: Sayles Evo grill featuring spicy shrimp

**Next Dining Board Meeting:** Thursday, January 31st, Sevy Meeting Room, Burton Dining Hall