

FBBC & TS

Dining Services

OUR MISSION STATEMENT

The mission of FBBC&TS Dining Services is to glorify God and promote healthy eating habits by providing quality foods at reasonable prices in an environment of excellence.

OUR MOTTO

Serving God by Serving Students

MENU KEY

- ◆ Gluten Friendly
- ◆ Can Be Made Gluten Friendly (If willing to wait)
- ◆ Gluten Present

Assorted Breads and Cereals are available for all served meals as well as a Salad Bar for lunches and dinners.

*Salad bar always has at least two dressings that are gluten-free.

All menus are subject to change!

MEAL TIMES

Monday-Friday:

Breakfast: 6:30 – 8:00 a.m.

Lunch: 11:30 a.m. – 1:00 p.m.

Dinner: 5:30 – 6:45 p.m.

Saturday:

Brunch: 11:00 a.m. – 12:00 p.m.

Dinner: 5:30 – 6:45 p.m.

Sunday:

Breakfast: 7:30 – 9:00 a.m.

Lunch: 2:00 – 3:00 p.m.

PRICES

Breakfast	\$9.00
Kids (4-10):	\$5.75
Lunch:	\$10.75
Kids (4-10):	\$7.50
Dinner:	\$10.75
Kids (4-10):	\$7.50
Saturday Brunch	\$9.00
Kids (4-10)	\$5.75



This Week's Menus 04/21-27/2004

All menus are subject to change without notice

	BREAKFAST	LUNCH	DINNER	SOUP	PIZZA
SUNDAY	Assorted Pastries, Eggs & Sausage Sandwich, Waffles, Maple Glazed Sweet Potatoes, Turkey Sausage Links	Chicken Cordon Bleu, Pork Egg Roll, Smoked Beef Brisket, Mashed Potatoes w/Beef Gravy, Wild Rice, Italian Blend Vegetables, Green Peas	None Served		
MONDAY	Assorted Turnovers, Quiche, Cinnamon Swirl French Toast, Potato Circles, Pork Sausage Links	Fried Cod Fillet, Grilled Pork Flat Iron, Burnt Ends, White Cheddar Macaroni, Baby Baker Potatoes, Steamed Broccoli, Mixed Vegetables	Macaroni & Cheese w/Ham, Grilled Pork Tenderloin, Roast Turkey Breast, Stuffing, Sweet Potato Casserole, Green Beans, Winter Blend Vegetables	Beef Barley	BBQ Chicken
TUESDAY	Chocolate Croissant, Ham & English Muffin Strata, Baked Oatmeal w/Blueberries, Potato Pancakes, Bacon	Walking Taco Casserole, Grilled Bistro Tenders, Orange Chicken, Steamed Rice, Vegetable Spring Rolls, Roasted Asparagus, Cajun Corn	Chicken Strips, Steak Strips w/Peppers & Onions, Shrimp Scampi, Risotto, Twice Baked Potatoes, Mixed Vegetables, Spring Blend Vegetables	Corn Chowder	Hawaiian
WEDNESDAY	Coffeecake, Fried Eggs, Amish Casserole, Hashbrown Potatoes, Chicken Sausage Patty	BREAKFAST @ LUNCH	Roast Pork Loin, Korean Beef, Roasted Chicken Drumsticks, Sidewinder Fries, Mashed Potatoes w/Pork Gravy, Baked Beans, German Blend Vegetables	Baked Potato	Orange Chicken
THURSDAY	Assorted Scones, Breakfast Enchiladas, French Toast Sticks, Potato Barrels, Turkey Sausage Patty	Cass Lake Ziti, Grilled Pork Chops, Smoked Beef Strip Loin, Baked Potatoes, Garlic Breadsticks, Winter Blend Vegetables, Green Peas	BURGER BAR	White Chicken Chili	Taco
FRIDAY	Assorted Donuts, Raspberry Brunch Puff, Blueberry Pancakes, American Fries, Pork Sausage Patty	Pesto Rubbed Tri-Tip, Tandoori Chicken, Sweet Chili Glazed Salmon, Steamed Rice, Scalloped Potatoes, California Blend Vegetables, Green Bean Casserole	Chicken Strips, Sloppy Joe w/Bun, Orange Glazed Pork Tenderloin, Rice & Beans, Jalapeno Poppers, Key Largo Blend Vegetables, Corn	Pasta Fajoli	Pepperoni
SATURDAY	Brunch: Scrambled Eggs w/Ham, Pork Sausage Links, French Toast Sticks, Chicken Empanadas, Spanish Rice, Peas & Carrots, Assorted Pastries		Pork Fritter w/Bun, Chicken Fajitas, Smoked Beef Brisket, KK French Fries, Au Gratin Potatoes, Green Beans, Pacific Blend Vegetables		
EXTRAS	Weekly Bar: Pasta Monday thru Thursday	Dessert: Softserve, Fresh Fruit, and other assorted goodies served daily.			

This Week's Menus 04/28-05/04/2004

All menus are subject to change without notice

	BREAKFAST	LUNCH	DINNER	SOUP	PIZZA
SUNDAY	Assorted Muffins, Scrambled Eggs, Cinnamon Swirl French Toast, Potato Pancakes, Chicken Sausage Patty	Baked Pollock Fillet, Chicken Egg Rolls, Beef Pot Roast, Mashed Potatoes w/Beef Gravy, Rice Pilaf, Carrots, Italian Blend Vegetables	None Served		
MONDAY	Assorted Pastries, Stuffed Waffles, Scrambled Eggs w/Ham, Potato Circles, Turkey Sausage Links	Smokehouse Macaroni & Cheese, BBQ Beef Tri-Tip, Orange Chicken, Steamed Rice, Pot Stickers, Roasted Cauliflower, California Blend Vegetables	Chicken Strips, Korean Beef Bowl, Glazed Ham, Spuds Supreme, Tater Barrels, Carrots, Broccoli Au Gratin	Chicken Noodle	Italian Sausage
TUESDAY	Assorted Scones, Breakfast Casserole, Waffles, Hashbrown Potatoes, Pork Sausage Links	Chicken & Noodles, Beef Bistro Tenders, Ham Balls w/BBQ Sauce, Mashed Potatoes w/Beef Gravy, Roast Potato Medley, Roast Haricot Vert, Cindy's Fabulous Corn	Sweet & Sour Chicken, Soy Glazed Pork Tenderloin, Tater Tot Casserole, Steamed Rice, Buttered Noodles w/Parsley, Italian Tomato Halves, German Blend Vegetables	Beef Stew	Orange Chicken
WEDNESDAY	Filled Donuts, Hashbrown Quiche Cups, Scrambled Eggs w/Cheese, Potato Barrels, Bacon	Chicken Fettuccini Alfredo, Chicken Biryani, Roast Beef Sirloin, Garlic Redskin Mashed Potatoes w/Beef Gravy, Baked Beans, Mixed Vegetables, Bahama Blend Vegetables	Sloppy Joe w/Bun, Chicken Kiev, Chicken Alfredo, Mashed Potatoes w/Beef Gravy, Au Gratin Potatoes, Roasted Asparagus, Key Largo Blend Vegetables	Chicken Barley	Pepperoni
THURSDAY	Banana Bread, Biscuits & Sausage Gravy, Fried Eggs, Roasted Redskin Potatoes, Pork Sausage Patty	Chicken Spinach Dip Pasta Bake, Sirloin Steak Tips w/ Garlic Mushrooms, Pulled Pork, Pierogis, Onion Rings, Grilled Zucchini Squash, Corn	BBQ BAR	Hamburger Stew	Chicken Bacon Ranch
FRIDAY	Chocolate Croissant, Breakfast Pizza, Crème Brulee, Maple Glazed Sweet Potatoes, Turkey Sausage Patty	Beef Shawarma, Sweet Chili Glazed Pork Loin, Lemon Chicken, Sidewinder Fries, Baby Baker Potatoes, Green Beans, Mediterranean Blend Vegetables	Chicken Strips, Pork Flat Iron Steak, Grilled Cheese Sandwich, Sweet Potato Fries, Scalloped Potatoes, Winter Blend Vegetables, Roasted Fuji Apple Slices	Tomato	Cheese
SATURDAY	Brunch: Bacon & Cheese Omelets, French Toast Sticks, Burnt Ends, Beef Empanada, Potato Pancakes, Pork Sausage Links, Assorted Muffins		Pork Egg Roll, Grilled Chicken Breast, Chicken Nuggets, Cheesy Mashed Potatoes, Rice Pilaf, Sliced Carrots, Spring Blend Vegetables		
EXTRAS	Weekly Bar: Asian Noodle Monday thru Thursday		Dessert: Softserve, Fresh Fruit, and other assorted goodies served daily.		

WE ARE HERE TO HELP YOU!

An important aspect of campus life surrounds FOOD! Not only is it important for physical growth, but it is also a part of student interaction while dining – both in the dining hall and in the dorms.

For some, maybe you, dining in any establishment becomes a challenge due to food allergies or intolerances. We are here to help you make good and safe choices while living on campus and eating in Benson.

Here at FBBC&TS Dining Services we appreciate the challenges of specific dietary needs and understand your desire to be part of, not apart from, your fellow students. We want you to be actively involved on our campus and in our dining facility.

FBBC&TS Dining Services strives to insure a balanced meal for most individual dietary requirements. If you have severe food allergies or specific dietary needs requiring special menu planning or special food preparation, we will make every reasonable effort to accommodate your needs.

COLORS LEADING YOUR WAY

Different colored menu labels are your key to specific allergen-containing dishes.

For those with specific allergies we offer the following labeling guidelines:

- Any item containing nuts of any form is labeled with **Red Type with Yellow Highlighting**
- Any item which is gluten-friendly is presented with **Pink Type**
- Any item, which can be made to be gluten-friendly, is presented with **Blue Type**. Be aware that additional preparation time (sometimes 15-25 minutes) may be necessary for some of these items.

At present, we do not label for other potential allergens such as shellfish, milk, etc. If needed, information regarding the presence of any other allergens may be obtained by asking the director of Dining Services.

ON-GOING MENU ITEMS

- Our soft serve is non-dairy and gluten-friendly.
- At least two salad dressings are always gluten-friendly. In addition, vinegar and oil are always available.
- Many items on our salad bar are naturally allergen-friendly.
- Some gluten-free* items may be available upon request. These may include bread, muffins, buns, bagels, cookies, etc. which will be provided in a frozen state upon request.
- Items requiring some preparation time are also available by special request including gluten-free pizza crust and pasta.
- Dining Services maintains a toaster and some additional equipment specifically for gluten-friendly operation. Access granted by asking the kitchen personnel.
- Many of our breakfast fruits are “no sugar added” or, in the case of canned fruits, “packed in fruit juice.”

NAVIGATING BENSON

The menus for Benson Dining Hall are available on-line through <https://www.fairleigh.edu/resources/campus-services/>.

While all menus are subject to change, we strive to maintain these sites as current as possible.

While **we are not an allergen-free operation**, we are allergen-aware and will do our best to meet your needs. If your individual dietary needs require accommodation, please have your doctor complete the dietary need forms and return them to Kim Nihart, the director of health services. She will then contact you to talk about your individual requirements.

Following that session, Kim Nihart and Tyler Hausner, dining services director, will work with you to develop a meal plan that meets your specific needs.

CONTACT INFORMATION

• Kim Nihart, R.N.,
Director of Health Services
515.964.0601, ext. 219

• Tyler Hausner
Director of Dining Services
515.964.0601, ext. 252

WEBSITE LINKS

Link to Allergen Statement: [HERE](#)

Link to Dining: [HERE](#)

Link to Required Forms: [HERE](#)

Link to Daily Menus: [HERE](#)

TWIGS

Our Twigs Coffee shop offers a wide variety of primarily pre-packaged items that are labeled by their manufacturer. Please ask the attendant for information regarding potential allergens in any specific made-to-order beverage.

PLEASE NOTE: While we make every effort to prevent cross-contact by potential allergens through the provision of specific serving utensils, we cannot guarantee any item to be completely allergen-free. *The term gluten-free in this pamphlet refers to items that are purchased as such from our suppliers and sealed until opened by the consumer. You should not assume any item produced in our facility is completely free of gluten.