

DINING FOR ALL

A Guide to Navigating Food Allergies and Dietary Restrictions
with CUW Dining





FOOD ALLERGIES, INTOLERANCES, & MEDICAL NEEDS

Welcome to CUW Dining!

Our dining team is here to make sure you have a safe, delicious, and social experience when you dine across campus!

Health and safety are a top priority for all students dining with us. We prioritize health and wellness to support your specific dietary needs and lifestyle. Our approach includes offering nutritious food choices, providing accommodations for special dietary needs, promoting nutrition education, and offering access to our Registered Dietitian, Executive Chef and/or General Manager.

We take pride in serving you wholesome ingredients, preparing recipes accurately, and providing nutritional analysis and ingredient statements through our online menus and nutrition calculator. From our General Manager to our front-line servers, we work carefully to address food allergies, dietary restrictions, and other special diets.

CUW Dining understands students with food allergies face more barriers and stressors than others. Please use this guide that we have created as a guide to support your dietary and safety needs.



LUCAS FLAHERTY

RDN, CD

Campus Dietitian

lucas.flaherty@sodexo.com

SAFE DINING TIPS

We want to meet one-on-one with anyone who has individual dining needs to ensure that your dining experience is safe, delicious, and social. For students with medical conditions that impact their ability to dine well on campus, we strongly encourage a conversation with our Registered Dietitian, Executive Chef, and/or General Manager. In many instances, our dining team can easily assist with special needs.

CUW Dining is committed to accommodating your dietary needs. We take pride in serving wholesome ingredients and providing nutrition information for our menu items that includes top 9 allergens and gluten. We work hard to address food allergies and other special dietary needs.

Here are steps you can take for a safer dining experience.

MEDICATION & EMERGENCIES

- Educate yourself on what to do if an allergic reaction occurs.
- Always carry your emergency medication with you.
- Educate your friends about the signs & symptoms of an allergic reaction and the steps they should take if necessary.
- Dining services **does not store or offer epinephrine**, but campus EMS carries and can administer epinephrine 24/7 during the academic session.

COMMUNICATION

You are your own best advocate!

- Never guess about a food item. Introduce yourself to the dining staff and if you are concerned about ingredients, just ask our staff. We are here to help provide a safe dining experience.
- Schedule a consultation with CUW Dining's Registered Dietitian to create a dining plan.
- Contact the General Manager (angela.jensen@sodexo.com) or registered dietitian (lucas.flaherty@sodexo.com) to set up an appointment, or scan the QR code below.

PLANNING

- Once a week, review menus online or through the Everyday app.
- While we try our best to ensure up-to-date online menus sometimes menu changes occur, so make sure to review the allergens at point of service or ask a staff member.

- Start with the items that are safe for you, like food served at our Simply 3 located in Siebert Dining Hall
- Consider items that meet your allergy needs offered in other areas.
- Look for made-to-order menu items that could work with slight modifications, such as a deli sandwich made without gluten.
- Keep in mind that self-serve areas are more prone to cross-contact between foods, so feel free to request the untouched "back-up" stock of menu items.

3 CHECKS FOR SAFETY



KNOW YOUR EMERGENCY PLAN



CHECK MENUS AHEAD OF TIME



ASK IF UNSURE!



YOUR RESPONSIBILITIES

It's our goal to provide students who identify as having food allergies or dietary restrictions with the necessary information so you may make confident food choices.

- Read our allergen disclaimer (see future page).
- Review the resources available on campus to help manage your dietary needs.
- Speak to the Registered Dietitian, Manager and/or Chef on duty for any questions regarding allergen and ingredient information.
- Do not consume anything with your allergen in it. When in doubt, seek clarification about an ingredient or dish if you are unsure.

YOUR RESOURCES

The following resources are available to help you manage your food allergies or dietary restrictions:

- Individual meetings with the Registered Dietitian to discuss an individualized plan, navigating the dining halls, and managing your restrictions. (lucas.flaherty@sodexo.com)
- Dining Services staff such as Managers, Chefs, and Registered Dietitian are here to provide additional information and help.
- Online menus with ingredient and allergen information
- **Everyday App**
- **SodexoMyWay Dining Website**
- Allergen contains statements on digital menu boards and menu cards to indicate the presence of the top 9 allergens plus gluten.
- Allergen platforms in our dining halls (see future page for more details)
- Specialty menu items made without allergens or gluten that are available upon request.
 - Example: pizza, pasta, sandwiches, burgers, etc.

Occasionally, Dining Services cannot meet a student's medical needs within normal service. We may require additional medical documentation to enable us to develop a more specific meal plan accommodation. In this situation, please visit [Student Accessibility Services](#) for details and instructions on how to submit a meal plan accommodation request. This process is for those with medically documented diagnosis/-es that need to request special dining accommodations or have medically prescribed diet plans for the treatment of a medical condition. Together, our departments work to serve our students with medical needs related to dining on campus.



RESIDENT VS. RETAIL

RESIDENT DINING

To support students with food allergies and dietary restrictions, CUW Dining offers several options made without allergens across our residential dining hall located in Siebert Hall.

- Our Simply 3 station, located at Siebert Hall, is free from wheat/gluten, peanuts/tree nuts and milk.. Meals served at this station are prepared using dedicated equipment and utensils to reduce the risk of cross-contact.
- The Grill at Dining Hall offers prepacked gluten-free buns upon request
- The Deli at Dining Hall offers Udi's gluten free sandwich bread upon request.

RETAIL DINING

We have multiple retail locations across campus that you may choose to visit as a student. Across these locations, you will find options made without allergens as well.

- Prepared, pre-packaged grab-n-go items have complete nutritional information including ingredients and allergens
- Full ingredient and allergen information is available upon request at The Nest and The Landing



Our facility prepares and serves menu items containing gluten and the top nine food allergens including: Milk, Eggs, Shellfish, Soy, Peanuts, Wheat, Sesame, Fish, and Tree Nuts. We follow safety protocols when preparing the menu items, however, we cannot eliminate the possibility of cross-contact or declare any item free of any allergen or gluten. Our Dining staff is NOT trained to administer epinephrine and does not keep medication on hand. Therefore, guests with life-threatening food allergies who may need to use epinephrine should be carrying their own.



DINING MENUS AND ALLERGEN LABELING

Our menus provide contains statements specifically highlighting the top 9 allergens (milk, eggs, shellfish, fish, tree nuts, peanuts, wheat, soy, sesame) and gluten. Guests may check on the presence of allergens prior to planning their meals using the Everyday app. The information is also posted on menu boards in the dining center. The absence of an allergen listed on posted or electronic signage is not a guarantee that the product is free of that allergen as other recipes are prepared in the kitchen that do contain food allergens. The guest is responsible for communicating their allergy to the Manager, Executive Chef and/or Registered Dietitian on duty to ensure safety.

Download the Everyday App to view the menus, ingredient lists, and allergens of each menu item for safe dining hall navigation. You are able to filter the menu by allergen.

Look for these icons on our digital menu boards:



Look for these icons on the Everyday App:



everyday

DOWNLOAD THE
EVERYDAY

APP TODAY!



ALLERGEN PLATFORMS

SIMPLY 3

The Simply3 station provides safe and appetizing food choices for our customers with food allergies and gluten intolerance. All foods served at this station are prepared with ingredients that do not contain milk, nuts (peanuts and tree nuts), or gluten. The station uses separate equipment/utensils, preparation areas, and storage areas to minimize the potential of allergens or gluten in our Simply3 foods.

Simply3 team members are carefully trained to prepare and serve safe food. We provide training throughout the year for all employees, and our managers and supervisors also hold AllerTrainU™ certificates. While the Simply3 station is designed to allow customers an easy way to avoid allergens and gluten, we encourage our customers with special dietary needs to connect with our Executive Chef, Registered Dietitian, and General Manager to ensure an enjoyable dining experience. Please contact the registered dietitian, Lucas, at lucas.flaherty@sodexo.com

Location: Siebert Hall



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MEET THE TEAM



LUCAS FLAHERTY

RDN, CD

Campus Dietitian

EMAIL LUCAS TO BOOK AN APPOINTMENT!

lucas.flaherty@sodexo.com

About Lucas

Lucas has a bachelors of science in Dietetics from Iowa State University. He has been a dietitian for 8 years and has spent six of those in the university campus setting. He was previously at Drake University in Des Moines, Iowa before joining the Marquette Dining team in the fall of 2020.

His passion for leading a healthy lifestyle is driven him to empower people of all ages to reach their healthiest potential through food and nutrition.

He has helped hundreds of students manage their allergies and successfully navigate the dining halls safely, as well as help manage chronic conditions, meet weight goals, and encourages healthy eating for sport performance.

His approach to healthy eating does not revolve around diets or calorie counting. His job as dietitian is to simplify the way we think about food and how to use it in the most therapeutic ways.



ANGELA JENSEN

General Manager



SAMUEL SPIEGEL

Executive Chef

