

## A GUIDE TO SPECIAL DIETS

Binghamton University Dining Services provides a variety of menu options for students who have food allergies, food intolerances and/or other special dietary needs. All Resident dining halls can accommodate most food allergies and special diets. Our dining staff is trained to minimize the risk of cross-contact, help you identify major food allergens and answer any questions.




### KOSHER & HALAL

The Kosher Korner (KK), located at **C4 Dining Hall**, provides kosher-observant students with Orthodox Union (OU) certified meals. The KK is a full-service station that serves Glatt kosher food for each meal. Dairy meals are provided for lunch, while meat meals are provided for dinner. The KK is supervised by Rabbi Kellman. Students who observe a Halal diet can find Halal meal options at C4 Dining Hall. Available for lunch and dinner.

### SIMPLE SERVINGS

Simple Servings, located at **Appalachian & C4 Dining Hall**, provides safe and appetizing food choices for our customers with food allergies, food intolerances and celiac disease. Menu options include a selection of grilled proteins (i.e., chicken, fish), vegetables, beans, lentils and grains. Brunch is served on weekends and is a build-your-own hash bowl. All meals offered at this station are made without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, sesame and gluten.

### VEGAN, VEGETARIAN, & PLANT-BASED



Vegetarian items on campus are identified with the orange "V" icon. Menu items that are labeled this way do not contain meat or fish but may or may not contain dairy, eggs and/or honey.



Vegan items on campus are identified with the green "Vg" icon. Menu items that are labeled vegan do not contain any ingredients that come from animals.



Plant-based items only use ingredients from plants such as fruits, veggies, whole grains, legumes and nuts. They may also include honey and sugar.

## POPULAR PLANT-FORWARD OPTIONS

**Serrano** at C4 Dining Hall serves build-your-own bowls and salads with a variety of options including rice, beans and vegetables.

**Noodle House** at Hinman Dining Hall offers made-to-order curry bowls with some plant-based choices of vegetables, rice noodles and tofu.

**Grains Gone Great** at Hinman Dining Hall offers a build-your-own grain bowl station. Customize your bowl with your choice of protein (i.e., tofu, crispy chickpeas), grains (i.e., quinoa, rice), vegetables (i.e., brussels sprouts, carrots), toppings and sauces.

**All Dining Halls** offer build-your-own sandwiches, a salad bar, plant-based pizza, vegan burgers and patties, tofu scramble, dairy alternative milks and various entrees/sides. Some of our favorite meals include: paella with edamame, tofu vegetable curry, vegetable Moroccan stew, spicy eggplant and garbanzo beans and more! **Other plant-based options are available and made-to-order upon request!**

**Specialty products (i.e., gluten free pasta, breads, desserts) and equipment (gluten free toaster, microwave) available upon request at any dining hall.**

## SPECIAL ACCOMMODATIONS & NUTRITION CONSULTATIONS

Our Registered Dietitians are available to meet and discuss dining options, accommodations, resources on campus and more. Topics typically discussed during individual sessions are: basic nutrition guidelines, eating healthy on and off-campus, nutritional supplements, eating on the run, pre and post-workout foods, guidelines for vegans and vegetarians, general health and wellness, food allergies and more. Please contact our dietitians to best determine how BUDS can help meet your dietary and nutritional needs.

**Alexa Schmidt, RD, CDN**

Alexa.Schmidt@sodexo.com • 607-777-2716

**Julie Lee, MS, RD, CDN**

Julie.Lee@sodexo.com • 607-777-5413