

Lactose Intolerance

Lactose intolerance is a common condition caused by a deficiency of the enzyme lactase, resulting in difficulty digesting lactose, the sugar found in milk. Individuals with this intolerance often have varying levels of tolerance and typically know their personal limits. Allergic reactions can occur when someone consumes hidden allergens in food products. To help manage this, Dining Services has implemented measures to clearly inform you about the ingredients in the foods available.

You can find detailed nutritional and ingredient info for everything served in The Atrium at Eickhoff and 1855 using the **Everyday App**. This app allows you to see menu offerings at each station, the full ingredient list, identify the eight most common allergies, along with nutritional details like calorie and fiber content. You are able to filter items by your allergy such as peanuts, tree nuts, milk, eggs, soy, wheat, shellfish, and fish, since many allergens can be hidden in meals.

For students with lactose intolerance, The Atrium at Eickhoff offers a wide range of delicious, customizable meal options. Many hot entrees, vegetables, and grill items—such as hamburgers, grilled chicken, veggie burgers, and French fries—are lactose-free. You can also order made-to-order sandwiches without cheese. Our retail locations feature toss-to-order salads, grill items, and hot entrees that are free of milk products, along with custom sandwiches. Lactaid milk and soy milk are available at our dining locations, and our convenience store offers a variety of dairy-free frozen foods for you to take home. For those with allergies, we have our **Simple Servings** station, which is a dedicated dining hall station that offers hot flavor-forward meals prepared without eight of the nine most common allergens. If you would like to know more about Simple Servings, refer to the Simple Servings section [here](#). Simple Servings offers a dedicated space in The Atrium at Eickhoff with specialized equipment, ensuring safe, dairy-free options while minimizing the risk of cross-contamination.

Students, faculty, and staff are welcome to join our monthly Dining Services Committee meetings. You can find the schedule for dates, times, and locations [here](#).

Any student having questions about the foods served should contact : Ava Gamba, Registered Dietitian, at sdhrd@tcnj.edu, Vincent Papp, General Manager, at vincent.papp@sodexo.com.



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