

# DINING FOR ALL

A Guide to Navigating Food Allergies and Dietary Restrictions  
with Marquette Dining Services



**MARQUETTE**  
DINING SERVICES



# FOOD ALLERGIES, INTOLERANCES, & MEDICAL NEEDS

Welcome to Marquette Dining Services!

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.

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



**LUCAS FLAHERTY RD, CD**  
**REGISTERED DIETITIAN**

Campus Dietitian

[lucas.flaherty@marquette.edu](mailto:lucas.flaherty@marquette.edu)

# 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.

Marquette Dining Services 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,**

## 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 Marquette Dining Services' Registered Dietitian to create a dining plan.
- Contact the dietitian at [lucas.flaherty@marquette.edu](mailto:lucas.flaherty@marquette.edu) 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 **Simple Servings** located in Commons and Cobeen Dining Halls
- 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@marquette.edu](mailto:lucas.flaherty@marquette.edu))
- 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, waffles, 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 **Marquette University Disability 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.*



# DINING ACROSS CAMPUS

## TRADITIONAL DINING

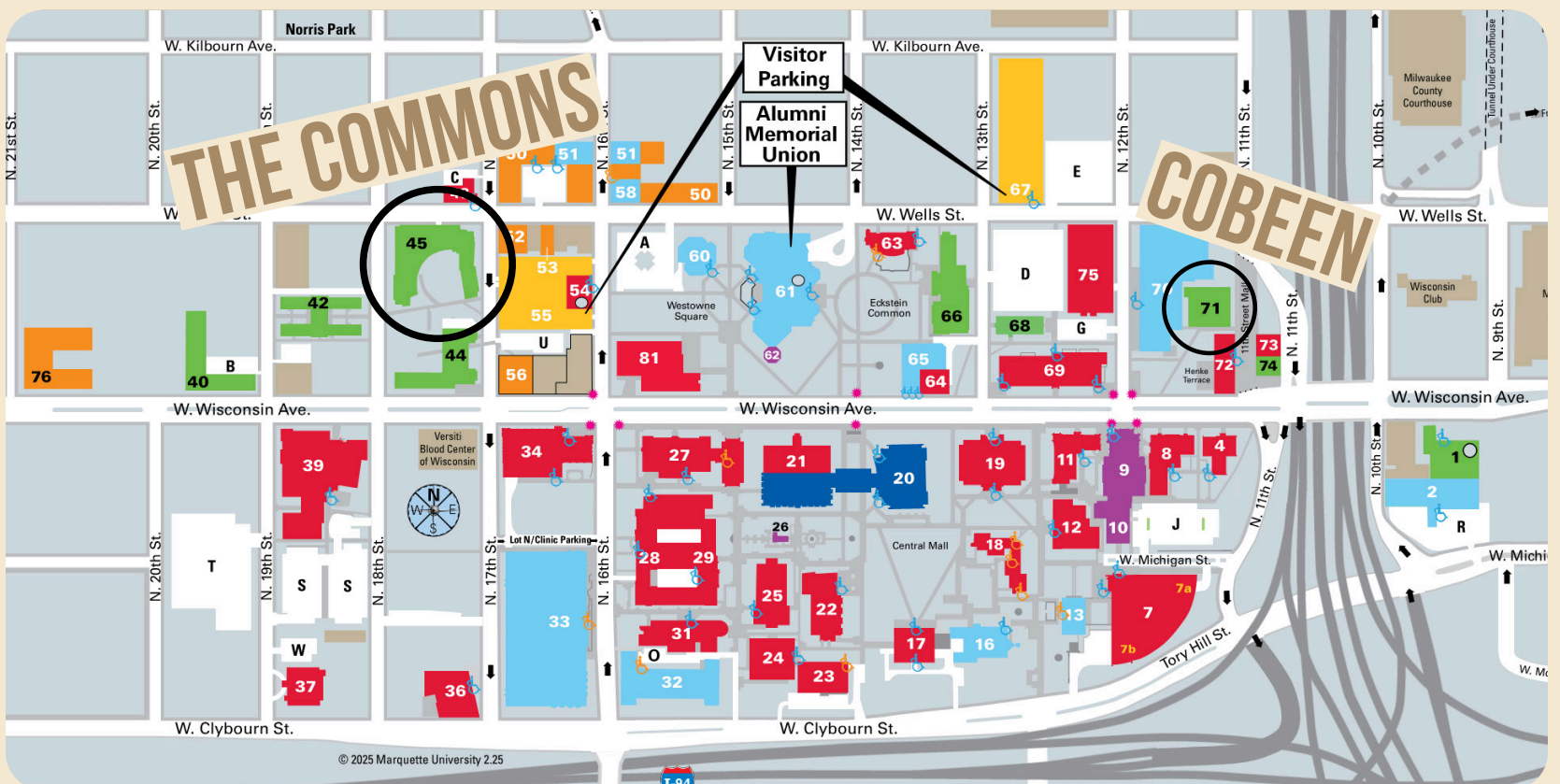
To support students with food allergies and dietary restrictions, Marquette Dining Services offers several options made without allergens across our residential dining halls located in The Commons and Cobeen Dining Halls.

- Our Simple Servings stations, located at Cobeen and Commons are free from the top 9 allergens: milk, eggs, wheat, soy, peanuts, tree nuts, shellfish, fish and sesame. Meals served at this station are prepared using dedicated equipment and utensils to reduce the risk of cross-contact.
- Simple Zone, a pantry stocked with items like bread, waffles, and snacks made without gluten, wheat, nuts, tree nuts and dairy are also accessible at both Cobeen and Commons.
- The Grill at all dining halls offer prepacked gluten-free buns upon request
- The Deli at all dining halls offer Udi's gluten free sandwich bread upon request.
- Gluten-free pasta is available by request at both Simple Servings locations
- Gluten-free cookies and muffins are also available by request (supplies rotate)

## DESTINATION 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 Marquette Place, The Brews, Tory Hill Cafe and The Annex.



*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!



# SIMPLE SERVINGS

## COMMONS DINING HALL AND COBEEN DINING HALL

All foods offered at the Simple Serving station are naturally free of milk, eggs, wheat, soy, shellfish, fish, peanuts, tree nuts and gluten. Straightforward preparation techniques assure transparency of ingredients, and help students prepare to be responsible for their own shopping and cooking in the future. The lunch and dinner menus change daily and include varied protein options: fish, beef, pork, chicken and turkey. All side dishes are vegan, containing no milk, eggs, or meat products.

Simple Servings 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 Simple Servings 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@marquette.edu](mailto:lucas.flaherty@marquette.edu)



SIMPLE SERVINGS  
ALLERGY-FRIENDLY FARE

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# SIMPLE ZONE

## COMMONS DINING HALL AND COBEEN DINING HALL

Simple Zone is our campus dining “pantry” where food items needed by students with Celiac disease or food allergies are housed with precautions against cross-contact. It gives students the ability to be involved in their own allergen-safe meal preparation. There are a variety of items made without gluten, peanuts, tree nuts, and dairy, such as cereals, breads, bagels, and more each day. Simple Zone features its own designated toaster, microwave and an area for safe preparation.



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# MEET THE TEAM



**LUCAS FLAHERTY**  
RDN, CD  
Campus Dietitian



SCAN HERE OR EMAIL  
LUCAS TO BOOK AN  
APPOINTMENT!



[lucas.flaherty@marquette.edu](mailto:lucas.flaherty@marquette.edu)

## *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.



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