

# CA DINING Newsletter

Happy New Year! January 2026

## RECIPES FROM STUDENTS

### Adventure in Global Flavors-Around the World

MESO Students collaborated with the dining hall team and requested from more adventurous flavors from a wide range of menu items that the dining hall added to the menu for January including:

Huli Huli Chicken  
Posole  
Llapingachos  
Samosas  
Ramen Bar  
Pad See Ew  
Barbacoa tacos



## NEW TO CA

### Executive Chef Matt Molloy



Please join us in welcoming Matt Molloy as the new Executive Chef for Concord Academy. Matt brings extensive experience to the role. He is excited to be joining the dining team here at CA and is looking forward to getting to know our faculty, staff, and students.



## WELLNESS

### Nourishing Students, Supporting Well-Being

At Concord Academy, we understand that nutritious, thoughtfully prepared meals play an essential role in students' health, happiness, and success. The Dining Hall is proud to support your students each day by providing food that nourishes both body and mind.

Our culinary team is committed to offering balanced, flavorful meals that meet a wide range of dietary needs and preferences. Menus are developed with care to include wholesome ingredients, allergen-conscious options, plant-forward dishes, and comforting favorites that help students feel at home. We strive to ensure that students have access to meals that fuel their busy academic, athletic, and social lives. By emphasizing variety, freshness, and nutrition principles, we help students build healthy habits that support sustained energy and overall well-being.

The dining team is passionate about creativity and student engagement. They work behind the scenes every day to ensure meals are prepared with consistency, care, and attention.

We are grateful for the trust you place in us and are proud to be part of your student's daily experience at Concord Academy.

Warm regards,

Shawna Penders

General Manager, Concord Academy Dining Hall

## FUELING EVERY STUDENT'S POTENTIAL

PEAK is more than a meal. It's a nutritionally balanced turnkey solution that supports student success across academics, athletics, the arts, and entrepreneurship.

### Supporting Student Athletes

We recognize the increased nutritional demands of students participating in athletics. Our menus regularly include complex carbohydrates for energy, lean proteins for muscle recovery, and balanced meals that support endurance and strength. When possible, we work in coordination with campus partners to ensure food offerings align with training schedules and performance needs.

