



Capital University's Dining service is committed to bringing nutritious food to the table and making the healthy choice an easy choice for all our dining guests. We created BeWell to make it easier for you to choose well. First, our BeWell eating approach combines the latest in nutrition science and culinary trends to create a crave-worthy, nutritious menu choice. Second, our BeWell wellness approach encourages positive behavior change through our promotions, wellness education programs, and partnerships. Incorporating our StarChef program; an interactive menu program that highlights healthier options and provides the most current nutritional information for daily menus will complement BeWell.



SPECIAL DIETARY NEEDS

Capital's dining program and a Registered Dietitian (R.D.) will work with parents, school nurses, teachers, and health care providers to help manage students' food allergies and special diets by:

- » Working with physicians, dietitians, or qualified nutrition specialists to manage dietary substitutions.
- » Knowing where emergency medications are stored and knowing how they should be administered in case a student has an allergic reaction.
- » Reviewing menus with parents or students who have food allergies to determine what, if any, menu items need to be substituted.



STUDENT EMPLOYMENT

There are many job opportunities available in the Dining Program. We offer a variety of positions, and we pay competitive wages. Work schedules are flexible enough to accommodate your busy schedule. For more information on student employment, email us at capdining@capital.edu.

BE THE FIRST TO KNOW!

GET THE SCOOP ON:
 FEATURES & SPECIALS | PROMOTIONS WEEKLY
 MENUS | NEW OFFERINGS
 SPECIAL EVENTS | AND MORE!

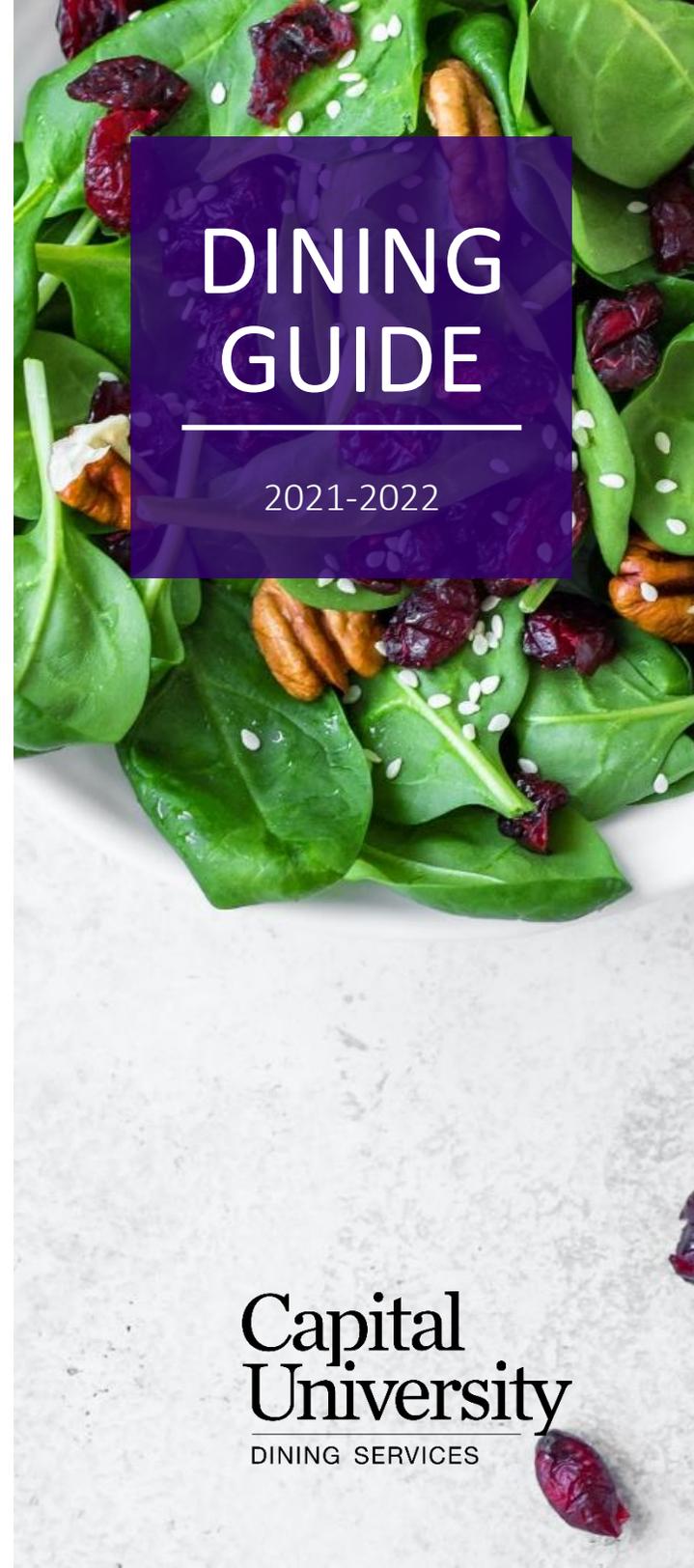


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CONTACT

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DINING GUIDE

2021-2022

Capital University
 DINING SERVICES



WELCOME

Welcome to the dining program at Capital University managed by Aladdin food service. We offer a program that meets the needs of today's college student. Each year you will experience exciting changes, fresh menus, and new enhancements to your dining experience. The enhancements will be a result of the feedback and input of students, faculty, and staff on campus.



HOURS OF OPERATION

MAIN DINING ROOM

Monday–Friday

Breakfast	7:00am – 10:30am
Continental Breakfast	10:30am – 11:00am
Lunch	11:00am – 2:00pm
Light Lunch	2:00pm – 4:30pm
Dinner	4:30pm – 8:00pm

Saturday & Sunday

Continental Breakfast	9:00am – 11:00am
Brunch	11:00am – 2:00pm
Light Brunch	2:00pm – 4:00pm
Dinner	4:30pm – 6:30pm

ONE MAIN CAFE

Monday – Friday	10:00am – 11:00pm
Saturday & Sunday	4:30pm – 11:00pm

CAPITAL GROUNDS

Monday – Friday	7:00am – 2:00pm
Saturday & Sunday	CLOSED

Hours of operation are subject to change around school holidays and closings.

Menus can be found online:
capital.edudine.com



RESIDENTIAL MEAL PLANS

All first-year residential students are required to participate in the Ultimate Plus plan for the entire academic year, regardless of earned credits. This includes transfer students living in traditional residence halls. Upper-class students may choose from the 240 block, 200 block or 125 block. Meal swipes do not carry over from semester to semester.

Ultimate Plus

Unlimited swipes in our all-you-care-to-eat Capital Court Dining Room
+ \$200 Capital Bucks
+ 5 guest meals per semester to use at Capital Court
+ 1 meal exchange per day at One Main Cafe

240 Block

240 meal swipes per semester to use any time in our all-you-care-to-eat Capital Court or One Main Cafe
+ \$400 Cap Bucks

200 Block

200 meal swipes per semester to use any time in our all-you-care-to-eat Capital Court or One Main Cafe
+ \$300 Cap Bucks

125 Block

125 meal swipes per semester to use any time in our all-you-care-to-eat Capital Court or One Main Cafe
+ \$300 Cap Bucks



COMMUTER MEAL PLANS

Freedom 100

100 swipes for the semester
+ \$150 Cap Bucks
+ 5 Guest meals per semester

Freedom 50

50 swipes for the semester
+ \$150 Cap Bucks
+ 5 Guest meals per semester



CAP BUCKS

Cap Bucks are available to all students, faculty, and staff. Resident students may purchase Cap Bucks to supplement their meal plans. Cap Bucks are cash equivalent and may be used in all our dining locations on campus. Capital Bucks carry over from fall to spring semester, if a student maintains a full meal plan. Capital Bucks do not carry over from spring to fall semester.

To add more funds go to: get.cbord.com/capital



FARM TO TABLE

Aladdin's Farm to Table (F2T) program is about investing in the health of our communities and the future of our food supply. In search of the freshest, best tasting ingredients, Aladdin chefs have always purchased produce and baked goods locally. THINK LOCAL, BUY LOCAL, and BE LOCAL. Here at Capital, we use produce from local farms whenever possible, sustainable seafood, local composting company (GoZero), local milk company (Happy Chicken Farms) to name a few.



REUSABLE TOGO CONTAINERS

We understand schedules are tight and students may not have time to eat in the dining hall. Reusable containers are available for this purpose. To opt in, buy a container from the cashier for \$5. Once done with the container bring the dirty one back to the cashier in exchange for a clean one.