



What's Available & When

Café Bon Appétit – Meal plans, Flex Dollars, major credit cards, and cash accepted.

Café Bon Appétit features an all-you-care-to-eat meal experience for your dining pleasure. Featuring a wide variety of delicious entrees including vegetarian, low calorie, seasonal fruits and vegetables, salad bar, deli bar items and desserts. Our menus vary daily, providing selections to suit everyone. In the traditional dining hall one meal is deducted from your meal plan whenever you enter Café Bon Appétit.

Monday - Friday

Hot Breakfast 7:00 a.m. - 9:30 a.m.

Serving a full hot breakfast with eggs cooked to order, pancakes, French toast and breakfast meats, plus a variety of hot breakfast items rotating on a daily basis.

Continental Breakfast 7:00 a.m. – 7:00 p.m.

Serving Pura Vida, fair trade, shade grown all organic coffee, decaf, hot chocolate, assorted juices, assorted pastries, croissants, assorted bagels, and a variety of cream cheese, preserves and peanut butter.

Deli Bar 11:00 a.m. -7:00 p.m.

A variety of fresh deli meats, assorted breads, roasted vegetables, condiments, assorted cheeses and a variety of sandwiches and salads. Two delicious soups made from scratch daily.

Ice Cream Bar 11:00 a.m. -7:00 p.m.

Non-fat frozen yogurt, sugar free and a variety of hard ice cream available, accompanied with all your favorite toppings.

Salad Bar 11:00 a.m. - 7:00 p.m.

Build your own salads choosing from over 20 different toppings, 9 dressings or try one of our delicious composite salads, made daily.

Lunch 11:00 a.m. - 1:30 p.m.

A variety of hot entrees, vegetables and starches are available, or visit our live cooking station and watch your lunch being created before your very eyes. Pasta bar served daily.

Dinner 5:00 - 7:00 p.m.

Serving up some great hot dishes for your dining pleasure. Live cooking and pasta bar available.

Saturday & Sunday

Brunch 10:00 a.m. - 1:00 p.m.

Dinner 5:00 p.m. - 7:00 p.m.

The Chalet – Flex Dollars, major credit cards, and cash excepted.

Meal Plan Specials Weekly.

Serving Pizza, Fries, Chicken Tenders, Wraps, Salads, Ice Cream, Beverages and more.

7 Days a week from 7:00 p.m. – 12:00 p.m.

Java Joe's – Flex Dollars, major credit cards, and cash accepted.

Serving gourmet flavored fair trade organic coffee, lattes, iced coffee, assorted juices, flavored milks, hot chocolate, bagels, muffins, pastries, croissants, parfaits, grilled sandwiches, fresh fruit, yogurts, salads, soups, assorted sandwiches and wraps.

Monday – Thursday 7:30 a.m. – 6:00 p.m.

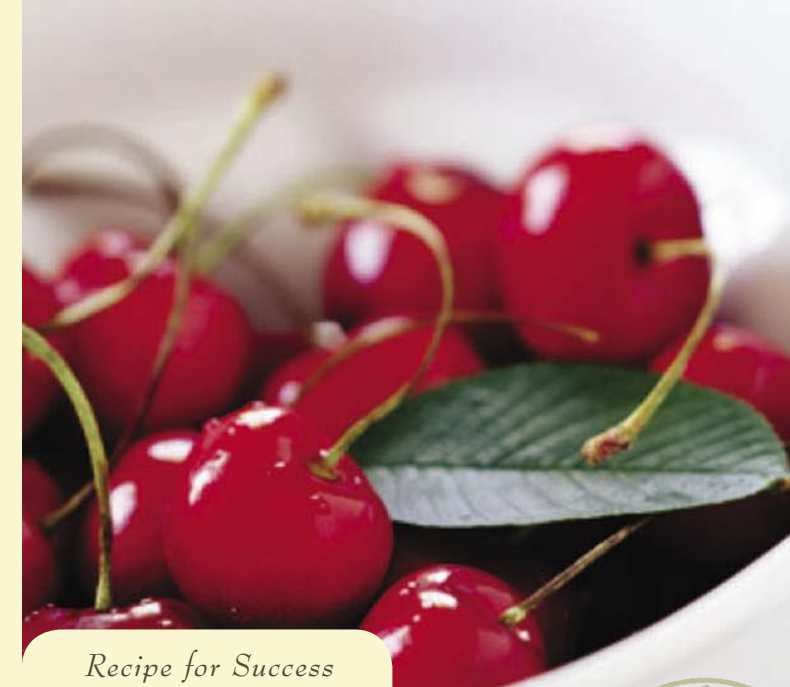
Friday 7:30 a.m. – 2:00 p.m.

For further information please contact Bon Appétit (207) 893-6682 or email: sleckie@sjcme.edu

Our Food Standards

The following standards have been created to assure the highest level of food quality for Bon Appétit. Any deviations from the following food standards require a district manager approval.

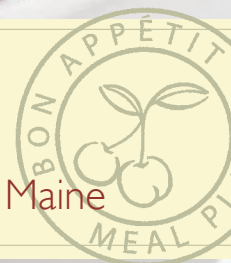
- Menus are written based on seasonality and availability of regional fresh product. Whenever possible, these are produced using sustainable and organic practices.
- Chicken is purchased free of antibiotics.
- Beef and other meats are free of antibiotics as a first preference.
- Milk is free of artificial growth hormones, where available.
- A minimum of one vegetarian entrée is available at each meal period.
- Healthy nutritional choices are offered at each meal period.
- Salsas, Pizza, Marinara and other sauces are made from scratch.
- Stocks are made from scratch, the day before its use to ensure the removal of fats.
- Turkey and beef are roasted in-house daily for deli meat.
- Tuna is dolphin-safe, packed in water.
- Seafood should be purchased fresh when available. Salmon is wild caught. We support the Seafood Watch guidelines as recommended by the Monterey Bay Aquarium.
- Hamburgers are made with fresh ground chuck, not frozen.
- Olive and canola oils are used for everyday salad dressings, specialty oils for other purposes (i.e. walnut oil or chili oil).
- We only use non-hydrogenated canola oil in our fryers to minimize the presence of trans-fatty acids in our foods.
- All salad dressings are made from scratch. Nonfat and low-calorie dressings may be purchased as necessary.
- Seasonal vegetables and fruits are utilized as first choice and are purchased fresh.
- Vegetables are prepared in batches at the last possible minute and served in the smallest possible batches.
- The use of MSG is never allowed in the preparation of our foods.
- Mashed potatoes are made from fresh potatoes.
- Fresh squeezed lemon juice is used for cooking and sauces.
- Cookies, muffins and breads (where possible) are baked fresh daily.



Recipe for Success

Meal Plans

At Saint Joseph's College of Maine



2006 – 2007

BON APPÉTIT
MANAGEMENT COMPANY
Food services for a sustainable future

DINING AT SAINT JOSEPH'S COLLEGE

278 Whites Bridge Road

Standish, ME 04084

Ph: (207) 893-6682

Fax: (207) 893-6679

www.bamco.com

www.sjcme.edu

Printed Using Recycled Materials





Welcome to Bon Appétit Dining Services

We would like to introduce you to all we have to offer. Our programs and services are designed to suit all of our customers. From a fun, relaxing lunch with friends, to a fun-filled evening at The Chalet, you'll find all you need at Saint Joseph's College.

TRADITIONAL DINING

Meals served in our dining hall are all-you-care-to-eat style of service. You can choose from a wide variety of delicious entrées including vegetarian, vegan or lite selections, seasonal fruits and vegetables, salad bar, deli bar items and desserts. Our menus vary daily, providing selections to suit everyone. In the traditional dining hall, one meal is deducted from your meal plan and you may return for unlimited seconds.

Café Bon Appétit at Mercy Hall joins restaurant style service with on-campus convenience. What's more, it offers a combination of choices you may never have seen on a college campus before. These choices follow recipes using fresh ingredients and made-from-scratch preparation methods. Our featured "Specialty" shops include:

Wild Thymes

If you are missing your favorite dish from home this is where you will find it. Everyday you will find home-style comfort meals such as Meaty Lasagna, Shepherds Pie, London Broil and we always feature a Vegetarian or a Vegan selection daily. Your meal will be accompanied with your choice of chef's potato, rice, steamed vegetable or chef's fancy vegetable of the day. Offering you a well balanced meal that will certainly leave your mouth watering and reminding you of home.

American Grill

Featuring all of your favorite grill items cooked to order just the way you like them. Fresh hamburgers, topped with bacon, cheddar and sautéed mushrooms, grilled chicken with melted cheese and jerk seasoning. Classic grilled cheese and hot dogs along with a daily grill special such as Turkey Burgers, Crab Cakes or a Meatball sub. Sides at this station include potato salad, coleslaw and French fries.

Salad Bar

This is the ultimate salad bar; where you can find the opportunity to re-create any salad that you have experienced! Choose from a variety of greens, fresh toppings, homemade bacon bits and house-made croutons. We offer produce from local farms, including our own organic vegetable garden located on-campus, allowing you to receive the freshest product available. Our dressings are made from scratch with nine different options to choose from – including low fat and fat free. Seasonal fruit is available throughout the café.

Deli Bar

This is a large self service deli bar offering you a variety of breads and wraps for you to create your dream sandwich. There are six deli meats including house roasted turkey and beef, and assortment of cheeses, flavored mayonnaise, humus, tabouli, and roasted vegetables just to name a few. To accompany your sandwich you can choose from one of our two made from scratch soups that change daily. One of the soups will always be a vegetarian or vegan option.

Noodles

This station will give you a taste of Italy on a daily basis. With an Italian entree of the day, along with fresh in-house baked bread, pasta and accompanying sauces (Always a vegetarian or vegan option). Our pasta sauces are made in house with the freshest of ingredients.

Global Fusion

This is an eclectic station that allows you to travel the world and experience spices and food combinations that are revolutionary and exciting. Try our Curried Vegetable Spanakopita or Smoked Chicken Pot Stickers for lunch and you'll discover a healthy and taste bud-awakening experience! Discover foods that you never knew about before and enjoy the adventure!

Our other Specialty Shops include The Soup Ladle, Sweet Treats, the Fountain of Youth and Java. At the Soup Ladle we serve hot, made-from-scratch soups, made every day with only the freshest ingredients. Sweet Treats is, as the name says, the place to treat yourself to sweets ranging from fresh baked cookies to pies, cakes and other wonderful goodies. The Fountain of Youth offers assorted sodas, an array of flavored water, juices and milks. Just beyond the Fountain of Youth is Java, offering Pura Vida all organic shade grown coffee along with a variety of herbal teas.

Meal Plans

All Students will be enrolled in Plan A at the start of the semester. First year students are required to remain in Plan A for their first year; all other students have until September 15th to change their meal plan.

With all our plans you can frequent Café Bon Appétit as many times as you like in a day, week or month, until you're total number of meals are used up. All plans permit you to bring one guest at any meal period, into Café Bon Appétit. Your Flex Dollars can be spent at Café Bon Appétit, Java Joe's or the Chalet.

- A. 220 meals per semester + \$25.00 Flex Dollars per semester (Best Value)
Plan A gives you an average of 15 meals per week
- B. 175 meals per semester + \$75.00 Flex Dollars per semester
Plan B gives you an average of 12 meals a week
- C. 100 meals per semester + \$150.00 Flex Dollars per semester
Plan C gives you an average of 7 meals a week

Flex Dollars – Redeemable at all foodservice locations

- Purchase extra Flex Dollars and receive a 10% discount
- Purchase \$50.00 and receive \$55.00 in spending
- Purchase \$100.00 and receive \$110.00 in spending
- Flex Dollars can be purchased and added to your card at any cash register.

Commuter Plans – Redeemable at Café Bon Appétit

- Purchase 20 anytime meals for only \$120.00
- Meals good during board plan only
- All meals are non-refundable.

Student ID card required for all Meals and Flex Dollar Spending

The rates below indicate the door price to Café Bon Appétit's all-you-care-to-eat dining.

Breakfast	Lunch	Dinner
\$6.00	\$7.00	\$8.00

About Bon Appétit

Bon Appétit's business is providing excellent food and service with commitment to quality, innovation and customer satisfaction. We always use fresh and seasonal ingredients in preparing our dishes, while changing menus daily. We offer foods that are growing in popularity and follow the latest trends and cooking methods. You can taste, smell and feel the excitement generated by the culinary team at Café Bon Appétit, especially as you watch your meals being prepared before your very eyes.

Our programs and services are designed to suit all of our customers. From a fun, relaxing lunch with friends, to a fun filled evening at the Chalet, or a flavored lattés and a Chicken Caesar Salad from Java Joe's, you'll find all that you need.