

Choice of Meal Plans

Following is a summary of the meal plan options available to you. Choose the plan that best suits your needs.

BASIC PLANS

PLAN I: 19 MEALS PER WEEK

Designed for the student who would find the unlimited seconds policy most attractive. This individual recognizes the savings one realizes if you prefer to attend all or most of your dining opportunities. Many new students select this plan until they have established more demanding work or social patterns, which limit them from participating at every meal.

PLAN II: ANY 14 MEALS PER WEEK PLUS

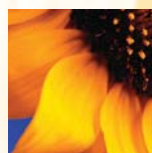
\$80 per semester Munch Money
\$14 for students continuing through the May Term

This plan is recommended for the student who plans to eat out occasionally, although he or she may frequent our dining facility for the majority of the meals. This plan provides 14 meals per week out of 19 opportunities, with the added feature of \$160 per year in discretionary funds.

PLAN III: ANY 10 MEALS PER WEEK PLUS

\$120 per semester Munch Money
\$20 for students continuing through May Term

This plan is designed for the student who will dine less frequently on campus. The plan provides 10 meals per week out of 19 opportunities, and the added feature \$240 per year in discretionary funds available for the purchase of guest meals or a purchase in the snack bar.



PLUS PLANS

PLAN IV: 19 MEALS PER WEEK PLUS

\$75 per semester Munch Money
This is the same as Plan I with \$150 per year in added Munch Money

PLAN V: 14 MEALS PER WEEK PLUS

\$155 per semester Munch Money
\$14 for students continuing through May Term
This is the same as Plan II with \$150 per year in added Munch Money

PLAN VI: 10 MEALS PER WEEK PLUS

\$195 per semester Munch Money
\$20 for students continuing through May Term
This is the same as Plan III with \$150 per year in added Munch Money

SUPER PLUS PLANS

PLAN VII: 19 MEALS PER WEEK PLUS

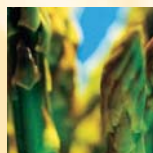
\$150 per semester Munch Money
This is the same as Plan I with \$300 per year in added Munch Money

PLAN VIII: 14 MEALS PER WEEK PLUS

\$230 per semester Munch Money
\$14 for students continuing through May Term
This is the same as Plan II with \$300 per year in added Munch Money

PLAN IX: 10 MEALS PER WEEK PLUS

\$270 per semester Munch Money
\$20 for students continuing through May Term
This is the same as Plan III with \$300 per year in added Munch Money



Costs

The Basic Plans cost \$2,976 for the new 2009-2010 academic year. The Plus Plans cost \$3,076 per year and the Super Plus Plans cost \$3,176 per year.

Flexibility

New for the 2009-2010 school year, is the option to use your meal plan in campus retail dining service outlets during certain hours, 1:00pm to 4:30pm for lunch and, 4:30 pm to 8:00pm for dinner in the Hansen Center, and 4:30pm to 9:00pm for dinner in the Memorial Center, as a meal exchange, you will be credited up to \$5.15 in retail value if you choose to use one of your meals in the Dugout, Sub Connection, Grill 155 or Tommy's Grill in the Hansen Center. As always Munch Money may be used in all locations at all times.

Your Cooperation, Please

Our goal is to provide you with the food you want at a fair price. The plan is priced to include your meals (less a missed meal factor) and your Munch Money, if any. It is not priced to cover food for a friend (except through the Munch Money). Therefore, we ask that you refrain from taking food from the dining hall. It's not fair to the other students. Your cooperation concerning this matter helps us minimize food waste and will help us give you the best value for your money.

Change of Meal Plan

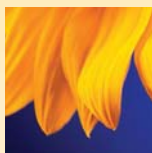
If you decide that your selected meal plan will not suit your needs please go to the office of Residential Life at Shaw Hall, Room 209 to change your meal plan. All meal plans must be changed in writing.

FOR FALL SEMESTER, 2009:

All changes must be made by August 27, 2009.

FOR THE SPRING SEMESTER 2010:

All changes must be made by December 11, 2009.



Special Attention

BOX LUNCHES

Should you find it necessary to obtain a Box Lunch, due to class conflict or work schedule, please contact the Food Service Office (Ext. 3167) to obtain assistance.

IN CASE OF ILLNESS

If you are ill and unable to eat in the dining hall, you may arrange for a friend to deliver you a tray of food. Call the Health Service (Ext. 3107) to make arrangements.

SPECIAL DIETS

If you are on a special diet by doctor's orders or due to a religious reason, arrangements can be made to provide for your needs through the Health Service (Ext. 3107) in coordination with Michael Welsh, Sodexo.

CARRY OUT PICNICS

Want to plan a picnic with your organization? Picnics can be arranged through the Food Service Office (Ext. 3167).

THE LAST WORD

You, as the customer, always get the last word. Tell one of the Managers if something isn't right. We will do our best to make it right. Also, tell us if something is right because it helps make our day when we know you are happy!
309-556-3167

We are proud to provide you with all of the above services. We wish each of you much success and rewarding experience during the year ahead!



Balance Mind Body Soul is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—*physical, mental and emotional*. It is not about fads or fad diets. It is about maintaining balance in one's life.

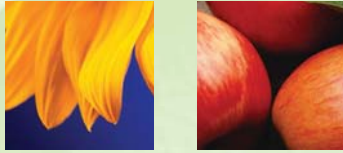
Each month Sodexo Campus Services features a new range of topics which are available on site and in more depth at www.balancemindbodysoul.com.

ILLINOIS WESLEYAN UNIVERSITY

DINING GUIDE



The Marketplace



The Dining Program

At Illinois Wesleyan University, we are doing “something uncommon” in the Commons! We know that each student has his or her own needs, wants, tastes, appetite and schedule. We recognize the value of “choice” in meal plan, menu, quantity, and nutritional content. Our objective is to promote good variety, service, and quality dining experience one customer at a time. We have designed a variety of plans to meet a variety of needs for each Illinois Wesleyan student.

Enrollment in a meal plan is mandatory for all students residing in the University Residence Halls. Meal plan enrollment is optional to all other students.

A new student residing in the University Residence Hall, who does not select a plan will be placed automatically on Basic Plan 1 (19 meals per week). The default plan for continuing students is Basic Plan 2 (14 meals per week, plus \$80 per semester Munch Money and \$14 for students continuing during May Term Munch Money). Second semester freshmen will be placed on the Basic Plan 1 (19 meals per week), unless they choose another plan.

CHOICES, CHOICES

Each meal plan offers a variety of meal options, satisfying varied dietary requirements, personal tastes, and individual schedules. Each plan provides at least ten meals per week throughout the academic year, so you can be certain that you will always have food available to you. Each plan provides unlimited seconds for all meals eaten in the Commons.

CENTER OF THE PLATE

Our Chefs offer traditional menu selections with plenty of options and balance.

THE DELI CASE

Check our variety of deli offerings at every lunch and dinner meal. Build your own unforgettable deli sandwich featuring a selection of meats, cheeses, and sandwich salad items, served on a variety of special breads. Transfer your deli delight into a grilled sensation with our panini machine.

FARMERS MARKET

Create your own salad at lunch and dinner... featuring all traditional salad makings, plus seasonal specials and offerings, as well as bulk salads. We always offer two soups; one vegetarian and one meat choice, at lunch and dinner.

HOT OFF THE GRILL

We are waiting for your order. For breakfast, let us fix your favorite omelet. For lunch and dinner enjoy our famous charbroiled Crossroads burger, topped with leaf lettuce, tomatoes, red onions, American cheese, and our famous special sauce on a toasted sesame seed bun. We feature hot dogs and a specialty sandwich daily. There are always fries, cheese, and chili to complement your choices.

ECT., ECT., ECT.

Our chefs come to you preparing a variety of tempting treats before your eyes. Some of the favorites are: Bananas Foster, Thai coconut mushroom with sticky rice, Steak Fajitas, Shrimp stir fry, and Bruschetta tomatoes with fresh basil, garlic and pasta. Our chefs' tempting treats change daily.

TOSSED AROUND PIZZA

Fresh Hot Pizza, along with specialty choices are available at every lunch and dinner meal.

TOSSED AROUND PASTA

Come join us daily to experience our freshly prepared pasta and variety of sauces. Don't forget to try our featured casserole delights, including pasta primavera, cheese tortellini, enchiladas, lasagna, cheese ravioli, as well as our homemade garlic bread and vegetable, beef, or chicken pot pies.



FLASH IN THE PAN

Just the right compliment to top off your favorite salad or pasta is our sizzling salad. Our special seasoned steak, chicken, pork, seafood and tofu present a healthy choice featuring high protein and low fat items.

WHOLE FRESH FRUIT

Every meal features an assortment of whole fresh fruit and selected seasonal favorites.

CAMPUS BAKERY

Craving fresh baked offerings? You will love our sensational sweet breads, donuts and cookies.

BELGIAN WAFFLES & FRUIT JUICE

Enjoy our waffle bar and fruit juice selections. This feature is available to all plan participants throughout the week.

ON THE RISE BAKE SHOP

Our bakery chef prepares an unending supply of pies, cakes, cookies, and other temptations to satisfy your sweet tooth. You can top these sweets off with our soft serve ice cream and frozen yogurts, or just top off the ice cream with our delicious toppings.

PACE CHANGERS & TASTE CHANGERS

Okay... so we haven't thought of everything! With Pace Changers and Taste Changers, we've left room, to innovate... to follow the trends... and set a few of our own! Each week our specials offer a variety of ethnic and seasonal favorites.

HEALTHY CHOICES

We encourage all students to establish healthy dietary patterns, but we recognize that needs vary from person to person. Accordingly, we seek to provide a range of choices, including choices low in fat and low in calories. Nutritional information for each entrée is posted at the entrance to the commons. The choice is up to you!

The Hansen Student Center

TOMMY'S GRILLE

Great Food, Great Atmospheres, and your favorite beverage!

HATTIE'S

Come join us for your favorite cup of coffee and pastries!

SMALL MART

CONVENIENCE STORE You need it, we have it!

The Memorial Center

COFFEE SHOPPE

We proudly serve Starbucks Coffee

THE DUGOUT

Great Value Meals

SUB CONNECTION

Enjoy your favorite sub sandwich delight

FRESHENS SMOOTHIES & FROZEN TREATS

DINING ACCESS CARDS

Access to dining areas requires presenting a valid “University Card” I.D. Replacement cards can be obtained at the Business Office for a nominal handling charge. Your Commons and Munch Money “account” is maintained through this card.

MUNCH MONEY

Got the Munchies for a Late Night Snack? We've Got the Answer!

Munch Money is a cash allowance within your traditional board plan that allows you to satisfy your snack attacks at Tommy's Grille or Hattie's in the Hansen Student Center, as well as the Dugout Snack Bar & Sub Connection, or at the Starbucks Coffee Shoppe/Freshens at any open hour. You can also use Munch Money to purchase guest meals in the Commons. Munch Money, provided as a part of your meal plan, is forfeited if unused at the end of the academic year.

ADDITIONAL MUNCH MONEY

If you wish to have more Munch Money than your plan provides, you may go to the Food Services Office and give them a check payable to I.W.U in your choice of dollar amount and we will add this amount to your Munch Money account.



Meal Hours

In The Bertholf Commons

Monday–Friday

Breakfast	7:00am–9:30am
Continental Breakfast	9:30am–10:00am
Lunch	11:00am–12:45pm
Dinner	5:15pm–7:00pm

Saturday

Lunch	11:30am–12:30pm
Dinner	5:00pm–6:00pm

Sunday

Brunch	10:30am–12:30pm
Dinner	5:00pm–6:00pm

Hours of Operation

DUGOUT SNACK BAR

Monday–Thursday	7:30am–11:00pm
Friday	7:30am–10:30pm
Saturday	11:00am–10:30pm
Sunday	12:00 noon–11:00pm

SUB CONNECTION

Monday–Thursday	11:00am–10:00pm
Friday–Saturday	11:00am–7:00pm
Sunday	1:00pm–10:00pm

COFFEE SHOPPE/FRESHENS

Monday–Thursday	7:30am–Midnight
Friday	7:30am–10:30pm
Saturday	10:00am–3:00pm 7:30pm–10:30pm
Sunday	2:00pm–Midnight

Freshens closes one half hour earlier.

HATTIE'S

Monday–Friday	7:30am–10:00pm
Saturday–Sunday	10:00am–10:00pm

TOMMY'S GRILLE

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

All hours of Operation subject to change