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 the meals. They may continue with 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
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
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, with the added feature of $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 $225 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.

Flexibility

Now 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 9:30pm 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 Doguig, 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.

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!

Special Attention

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.
At Illinois Wesleyan University, we are doing something uncommon! The Dining Program

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

CENTER OF THE PLATE

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 garlic and Parmesan cheese. Our chefs’ tempting treats change daily.

TOSSED AROUND PASTA

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

TOSSED AROUND PIZZA

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 soups: one vegetarian and one meat choice, at lunch and dinner.

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!

FLASH IN THE PAN

Just the right compliment to top off your favorite salad 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.

CAMPUSS 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

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 soups: one vegetarian and one meat choice, at lunch and dinner.

FARMERS MARKET

Our chefs offer traditional menu selections with plenty of options and balance. Our special seasoned steak, chicken, pork, seafood and tofu present a healthy choice featuring high protein and low fat items.

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