



Wheeling 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

Wheeling'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.



## FREQUENTLY ASKED QUESTIONS

### How do I change my Meal Plan?

You are able to change your meal plan within the first two weeks of classes. To do this, please contact the Office of Residential & Commuter Life.

### Why am I required to have a meal plan?

Not all Residence halls on campus have kitchen facilities. Your microwave works well for popcorn, but it's not sufficient to prepare well-balanced, nutritious meals. Having meals prepared for you allows you to focus on your education instead of trying to figure out what (or how!) to cook for dinner



## 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 please stop by the dining services office.



## CONTACT

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# DINING GUIDE

2021-2022



WHEELING  
UNIVERSITY

Hi!

## WELCOME

Welcome to the dining program at Wheeling 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

### BENEDUM ROOM (DINING HALL)

#### Monday–Friday

Breakfast	7:30am – 9:15am
Continental Breakfast	9:15am – 10:45am
Lunch	10:45am – 1:15pm
Continuous Dining	1:15pm – 4:45pm
Dinner	4:45pm – 7:30pm

#### Saturday & Sunday

Brunch	11:00am – 1:15pm
Continuous Dining	1:15pm – 4:45pm
Dinner	4:45pm – 7:30pm

### COFFEE HOUSE

Monday – Friday	8:00am – 9:00pm
Saturday & Sunday	10:00am – 6:00pm

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

Menus can be found online:

[wheeling.edudine.com](http://wheeling.edudine.com)



## CASUAL MEAL DINING RATES

Breakfast	\$ 6.75 +tax
Brunch (weekend only)	\$ 10.65 +tax
Lunch	\$ 10.65 +tax
Dinner	\$ 12.62 +tax



## RESIDENTIAL MEAL PLANS

### BP 225

225 meal swipes per semester to use anytime at our all-you-care-to-eat dining room. This block plan encourages a more natural, flexible style of eating. Eat whenever you are hungry and eat as much as you want or as little as you care to eat.  
+ \$150 flex dollars

### BP 150

150 meal swipes per semester to use any time in our all-you-care-to-eat dining room  
+ \$350 flex dollars



## COMMUTER MEAL PLANS

### Block 50

50 swipes per semester at our all-you-care-to-eat dining room.  
+ \$200 flex dollars



## FLEX DOLLARS

Flex dollars are available to all students, faculty, and staff. Resident students may purchase flex dollars to supplement their meal plans. Flex dollars are cash equivalent and may be used in all our dining locations on campus. Flex dollars must be used in the semester in which they are purchased and will not carry over.



## REUSABLE TOGO CONTAINERS

We understand schedules are tight and students may not have the time to eat in the dining hall. Reusable TOGO containers must be used when taking food out of the dining hall. To opt in, ask the cashier for a container, your first one is free! Once done with the container bring the dirty one back to the cashier in exchange for a clean one. Replacement containers are available for \$5 each.

**ALADDIN**  
CAMPUS DINING

## SIGNATURE CONCEPTS

### Jump Start

Offers fresh breakfast fare from eggs and sausage to pancakes and waffles.

### Charlotte's Kitchen

Features wholesome lunch and home-style dinner cooking.

### Sauce + Stone

Features a variety pasta, vegetables, sauces, pizzas, calzones, and stromboli.

### Greens

Features a variety of pasta, vegetables, meat (such as grilled chicken or meatballs), and your choice of sauce.

### World Market

Offers something new and delicious daily such as tacos, fried rice or chicken wings.

### Flame

Offers classics such as cheeseburgers, fries, and grilled cheese sandwiches.

### The Local Deli

An assortment of deli meats and cheeses.

### Sweet Shop

Offers "made from scratch" cookies, pies, and cakes.