



HOURS OF OPERATION

TIERNAN DINING HALL

Early Class? Please visit Tiernan for a full feature breakfast or enhanced Jump Start Breakfast To-Go

Accepts: Block (meals) Swipes, Flex Dollars, Cash, Credit, & Carlow Cash

Monday–Thursday

| | |
|------------------------------|--------------------|
| Jump Start Breakfast To - Go | 7:30 AM - 8:30 AM |
| Breakfast - Full Grill | 7:30 AM - 10:00 |
| Lunch | 12:00 PM - 2:00 PM |
| Dinner | 5:00 PM - 7:30 PM |

Friday

Same as Above Except:

| | |
|--------|-------------------|
| Dinner | 5:00 PM - 6:30 PM |
|--------|-------------------|

Saturday–Sunday

| | |
|-----------------------|--------------------|
| Continental Breakfast | 10:00 AM - 11:30AM |
| Brunch | 12:00 PM - 2:00 PM |
| Dinner | 5:00 PM - 7:00 PM |

COMMONS CAFÉ

Located in the University Commons Building featuring Starbucks Signature Beverages, Salads, Sandwiches, Grill & Snack products.

Accepts: Flex Dollars, Cash, Credit, & Carlow Cash, and Block (meal max 2) swipes between 11 AM and 10 PM

Monday–Thursday

| | |
|---------------------------|---------------------|
| Starbucks Coffee & Pastry | 7:30 AM - 11:00 AM |
| Lunch/Dinner | 11:00 AM - 10:00 PM |

Friday

| | |
|---------------------------|--------------------|
| Starbucks Coffee & Pastry | 7:30 AM - 11:00 AM |
| Lunch/Dinner | 11:00 AM - 5:00 PM |

CELTIC CAFÉ

Located in the atrium of the A.J. Palumbo building is a traditional coffee shop with fresh brewed Starbucks Coffee & Teas, Pastries, Desserts, Snacks and daily menu of prepared Salads, Sandwiches and Parfaits – perfect for those in a rush or studying for an exam.

Accepts: Carlow Cash, Flex Dollars, Cash or Credit

| | |
|-----------------|-------------------|
| Monday–Thursday | 7:30 AM - 9:30 PM |
| Friday | 7:30 AM - 5:00 PM |



CATERING SERVICES

Our professional catering services are available to the students, faculty, and staff at Carlow University. Whether your event is large and formal or small and casual we have the expertise and commitment necessary to provide outstanding catering services. All orders are easily placed via our on-line catering site: CarlowCatering.catertrax.com



TRAY-LESS DINING

Aladdin and Carlow University are proud to sponsor a tray-less dining program. Tray-less dining reduces our environmental footprint. It decreases waste, conserves natural resources (namely, energy and water). Socially, tray-less dining can provide education awareness about environmental issues, while also potentially reinforcing a healthy lifestyle. It is an initiative that supports campus sustainability.



STUDENT EMPLOYMENT

There are job opportunities available in the Dining Hall, Cafe and Catering. We offer a variety of positions and we pay competitive wages. Work schedules are flexible enough to accommodate your busy schedule.



CONTACT

Joseph Colantuono
Food Service Director

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Catering Orders: CarlowCatering.catertrax.com



2018 - 2019

DINING GUIDE

CARLOW UNIVERSITY

CARLOW
UNIVERSITY



WELCOME

Carlow dining services are managed by Aladdin. Here at Carlow University we offer a dining 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. These changes are a result of the feedback and input of Student Government Association (SGA) Food Service Committee. Students interested in being on the Food Service Committee please contact SGA.

Tiernan Dining Hall is available to all students as part of the resident student board agreement. Commuter students, faculty, and staff may also purchase meals for their enjoyment via Carlow Cash, Flex Dollars, Cash, or Credit Card. Tiernan Dining Hall menu is quite large and diverse, allowing the customer to choose from an array of nutritious products that will meet the vast majority of dietary needs.



Nutritious - Breakfast To-Go
Designed for Students on the move!
Now available at Tiernan Dining Hall
Monday – Friday 7:30 – 8:30

In addition to Tiernan Dining Hall, there are two other eating establishments: The Frank B. Feuhr (University Commons Cafe), located in the University Commons building, and the Celtic Café, located in the atrium of the A.J. Palumbo building. The Commons Café offers a limited selection of Block (meals) each day from 11:00 AM until 10:00 PM with a maximum of two Blocks per day. A Block (meal) cash exchange is available for retail purchases at the Commons Café (same Block hours apply).



MEAL PLANS

Flexible meal plans are available for resident, non-resident, and commuter students. Each plan includes meals to be eaten in Tiernan Dining Hall or the Commons Café. Additionally, Flex Dollars in the plans can be used in the Commons Cafe, Celtic Café or the Tiernan Dining Hall. Applications are available in the Student Affairs Office.

RESIDENT MEAL PLANS

280 Block (meals) plus \$ 50 in Flex Dollars

200 Block (meals) plus \$125 in Flex Dollars

150 Block (meals) plus \$160 in Flex Dollars

COMMUTER MEAL PLANS

(Can be purchased anytime throughout the year)

20 Block (meals) plus \$ 20 in Flex Dollars | \$130

30 Block (meals) plus \$ 30 in Flex Dollars | \$195

50 Block (meals) plus \$ 50 in Flex Dollars | \$300

Terms and Conditions:

- Students must present their ID to gain entrance into Tiernan Dining Hall.
- Block (meals) are exclusive to each student.
- You cannot use your Block (meal) to purchase a meal for another student.
- Five (5) Guest Passes are provided to use at Tiernan Dining Hall for a Resident Meal Plan.
- Flex Dollars do not transfer from semester to semester.
- Carlow Cash does transfer from semester to semester and is refundable.
- All food must be eaten in Tiernan Dining Hall. No carryout is allowed, with the exception of our *Jump Start Breakfast To - Go Program* (offered 7:30 - 8:30 AM Monday – Friday)

Tiernan Dining Hall Rules:

- Our goal is to provide a pleasant and nutritious dining experience.
- Everyone is to be treated with respect at all of our dining locations.
- Carlow University ID cards must be available.
- Please present ID to Cashier prior to entering the serving area.



CARLOW CASH

Carlow Cash is available to all resident and non-resident students, faculty, and staff. Carlow Cash may be used to supplement meal plans or purchase food at any dining facility or the bookstore .



HEALTHIER SELECTION

Our Tiernan Dining Hall menu with associated ingredient information, nutritional values, and top 8 allergens is available online for the at:

menus.eduline.com/carlow



SPECIAL DIETARY NEEDS

Tiernan dining service 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 including:

- Reviewing menus with parents of students who have food allergies to determine what, if any, menu items need to be substituted.
- Chef established procedures for allergy-friendly meal preparation to help guard against allergen cross-contact, while providing a nutritious variety of options for meals.
- We can designate allergy sensitive zone seating in the dining room.
- Be sure that the food service director has a copy of your emergency treatment plan. (You should also provide copies to the dorm staff and resident advisor, and make sure there's a copy in a prominent place in your dorm or apartment, so roommates can easily find it if an emergency occurs).
- A student who is ill and unable to come to the dining hall may have a friend pick up a sick tray for them at Tiernan Hall. A note from the student's Residence Life Coordinator and their Student I.D. Card are required.