EAT ON CAMPUS

2020-2021 ACADEMIC YEAR
uOttawa Card Service | uOttawa.ca/uOttawacard

uOttawa
Services alimentaires
Food Services
THE 24/7 DINING HALL
YOUR SPOT TO FUEL UP!

- 10 all-you-care-to-eat stations
- A variety of fresh, delicious cuisines
- A welcoming place to get together
- The perfect place to study

Do you have dietary preferences or special dietary needs?
You will find a wide variety of meal options to suit your needs.

foodservices.uOttawa.ca/dininghall

TAKING CARE OF THE PLANET, ONE MEAL AT A TIME

100% COMPOSTABLE ZERO WASTE DESIGN

FIRST CANADIAN UNIVERSITY TO BE 3-STAR CERTIFIED GREEN RESTAURANT®

CANADA’S 7TH CERTIFIED FAIR TRADE CAMPUS

MARINE STEWARDSHIP COUNCIL (MSC) AND AQUACULTURE STEWARDSHIP COUNCIL (ASC) SUSTAINABLE SEAFOOD
Rosalie Lefebvre
Blogger, Nutrition student

I had a big crush on the dining hall at the University of Ottawa the first time I went there. There are a lot of vegetarian options and it’s delicious!
I enjoyed every bite of my dinner at the Thank You Dinner. The food was fresh, full of flavour and excited my taste buds. I was specifically fond of the salmon and glazed Brussel sprouts, and had to go back for seconds.

The realm of food was overwhelming and would be sure to satisfy any palette: everything from sushi and butter chicken, to roasted chicken and lamb shanks. I want to say well done and thank you to all of the cooks at the University of Ottawa, the staff who ensures the tables and dishes are sparkling clean, and the phenomenal administrative team who brings everyone together. Each of you allow uOttawa students to feed their minds to learn, feed their souls to be happy, and feed their hearts by having food that is just like being back at home.
CHOOSE YOUR MEAL PLAN

WHERE WILL YOU LIVE?

Residences with mandatory meal plan*

- 90U
- LEBLANC
- MARCHAND
- STANTON
- THOMPSON

Residences with optional meal plan

- 45 MANN
- RIDEAU
- FRIEL
- HYMAN-SOLOWAY
- HENDERSON
- ANNEXE

Off-campus optional meal plan

STUDENTS WHO LIVE OFF CAMPUS CAN ALSO ENJOY A MEAL PLAN!

Option 1
- Unlimited 7-day meal plan

Option 2
- Unlimited 5-day meal plan

For more information, including how to purchase a meal plan, visit uOttawa.ca/uOttawacard.

*Meal plans are mandatory for first-year students.
UNLIMITED MEAL PLANS

These options are valid from September to April. Single term plans are also available.

**BEST VALUE**

<table>
<thead>
<tr>
<th>OPTION 1</th>
<th>7-DAY MEAL PLAN</th>
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</thead>
<tbody>
<tr>
<td><strong>OPTION 2</strong></td>
<td>5-DAY MEAL PLAN</td>
</tr>
<tr>
<td>Unlimited access to the Dining Hall from 4:00 a.m. Monday to 11:59 p.m. Friday</td>
<td></td>
</tr>
<tr>
<td><strong>OPTION 3</strong></td>
<td>PAY-AS-YOU-GO</td>
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<tr>
<td><strong>OPTION 4</strong></td>
<td>BLOCK OF ENTRIES</td>
</tr>
<tr>
<td>50 ENTRIES</td>
<td>$780</td>
</tr>
<tr>
<td>75 ENTRIES</td>
<td>$1,105</td>
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<tr>
<td>100 ENTRIES</td>
<td>$1,440</td>
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**Entry rates**

<table>
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<th>Rate</th>
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<td>$9.96</td>
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<tr>
<td>Lunch</td>
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<td>Dinner</td>
<td>$15.04</td>
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<tr>
<td>Overnight</td>
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**Does your schedule allow for flexibility?**

Order a boxed lunch to pick up before you leave campus.

uOttawa.ca/uOttawacard/boxed-lunch

**UNDERSTANDING MEAL PLANS**

**PAY-AS-YOU-GO**

- Valid for the term only.
- Each entry valid for a 3-hour period.
- Non-refundable, non-transferable and non-interchangeable.

**BLOCK OF ENTRIES**

- Unlimited access to the Dining Hall from 4:00 a.m. Monday to 11:59 p.m. Friday
- Unlimited, 24/7 access to the Dining Hall

- **D**: Dining $: Enjoy tax-free dining at our retailers and restaurants as well as the Dining Hall
- **F**: Flex $: Pay for textbooks, printing, copying, laundry, and official documents

*Review the terms and conditions at uOttawa.ca/uOttawacard.

Opening hours of the Dining Hall can vary, visit foodservices.uOttawa.ca/hours for updates.

uOttawa.ca/uOttawaCard/boxed-lunch

*Renew the terms and conditions at uOttawa.ca/uOttawacard.

**Entry rates** (PLUS TAX)

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DO YOU HAVE SPECIAL DIETARY NEEDS?
WE HAVE SOLUTIONS!

We have a Dietary Restriction Program (DRP) to ensure all students have access to healthy and delicious meals.

Find out more:  
[uOttawa.ca/uOttawacard/dietary-restrictions](http://uOttawa.ca/uOttawacard/dietary-restrictions)

You can also pre-order your DRP meal through our Boost App.  
[foodservices.uOttawa.ca/boost-app](http://foodservices.uOttawa.ca/boost-app)

CONTACT OUR DIETITIAN!

Maryann Moffitt, R.D.
Recipient of the Robyn Allen Leadership Award, 2018
mmoffitt@uOttawa.ca
613-562-5800 ext. 4404
uOTTAWA CARD
YOUR OFFICIAL STUDENT ID

EASY, CONVENIENT AND SAFE!

• The only card you need on campus
• Linked to your Dining Hall, Dining$ and Flex$ accounts
• No bank fees
• Pay with your Flex$ and skip the line at the Campus Store and the docUcentre
• Unused Flex$ are automatically carried over from one year to the next
• Deactivate your lost or stolen card online
• Link your Boost app to pre-pay using your Flex $

YOUR CAMPUS PASSPORT
PAY FOR:

• Food at more than 25 locations on campus
• Textbooks and course notes
• Laundry
• Printing and photocopying
• Official documents at InfoService
• And much more!

YOU’LL NEED YOUR STUDENT ID FOR:

• Exams
• Libraries
• Sports facilities
• Academic support services
• Health services

ADD MONEY TO YOUR STUDENT CARD

In person
UCU-104

Online
uOttawa.ca/uOttawacard
25 FOOD DESTINATIONS ON CAMPUS

- 24/7 Dining Hall
- Restaurants
- Food trucks
- Food courts
- Cafés

foodservices.uOttawa.ca
@uOCuisine
SKIP THE LINE
AND SAVE TIME!
Use the Boost app to pre-order, pre-pay and pick-up at these locations.
foodservices.uOttawa.ca/boost-app

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