

# THE FOODIE INSIDER

Monthly Newsletter

## WHAT'S NEW?



Follow us on Instagram:  
@TCU\_Dining

New menu items are here for CFA and The Press! For CFA, we have added the spicy southwest salad, cobb salad, side salad, and cool wrap. The Press will be serving breakfast frittatas, breakfast sandwiches, press pockets, and a power box. Also, we are excited to announce that sub sandwiches are back at Bistro Burnett!



SPICY SOUTHWEST SALAD



COOL WRAP



## WE'RE HIRING!

TCU Dining is hiring a Marketing Intern for the Spring 2021 semester. More information for the position can be found on our Instagram page (@tcu\_dining), Handshake, or by contacting our Marketing Director at [s.bharathi@tcu.edu](mailto:s.bharathi@tcu.edu).

Pay: \$10

Hours: range from 10-20 hours a week

### Sodexo Future Leaders Internship Program

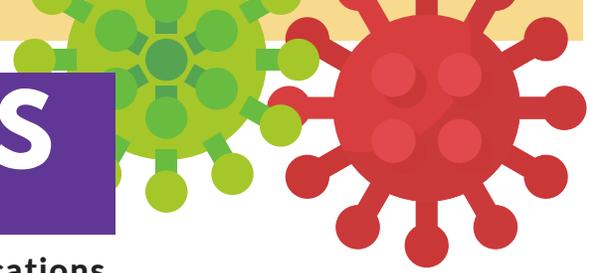
This internship is a 12-16 week course that entails marketing, retail, resident dining, operations, management, food, and health safety, menu planning, food cost, catering, labor, HR, sustainability, and athletics. While working in each unit, the student will have one on one time with the designated manager or supervisor. The goal of this internship is to provide the student with a well-rounded understanding of how our business works in all aspects. This is also a great opportunity to see the transformation of the foodservice industry being affected by the pandemic. Please contact us at [s.bharathi@tcu.edu](mailto:s.bharathi@tcu.edu) for more information.

Pay: \$15

Hours: ranges from 10-20 hours a week.



# COVID-19 UPDATES



## Resident Dining - Market Square

- East and west entrance doors will be open
- Market Square is currently allowing 50% seating capacity.
- Social distancing and line flow stickers have been placed on the floor.
- Seating area will close for sanitation from 9:30 am - 11 am & 2:00 pm - 4:00 pm
- Dining area will close for sanitation from 10:00 am - 11:00 am & 2:30 pm - 4:00 pm
- During times of closure for sanitation, an express line leading to the back of Market Square with grab and go items will be available.
- All food will be given in to-go containers and served by an attendant.

## Retail Locations

- Union Grounds and Chick-fil-A is currently at 0% seating capacity. Orders can be made through Grubhub.
- Rollin n Bowlin is still in Union Grounds. The menu has been limited to ensure speed of service.
- Bistro Burnett has been selected to be Grubhub orders only. There will not be an area to order in person.
- Bass Cart is still in Market Square.
- Magnolias Zero 7 have been added onto Grubhub as well
- Grubhub accepts meal plans.

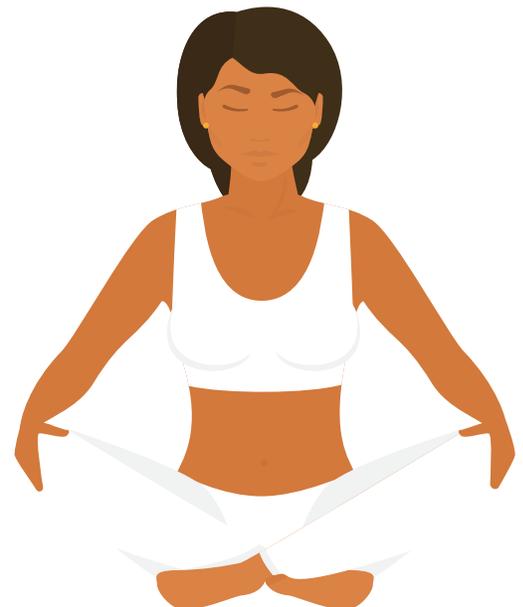
# SEMESTER SELF-CARE

## Gain control through schedules

When the rest of the world seems crazy, making a schedule with daily tasks and due dates can help you feel in control. Make sure to set times for exercise, sleeping, studying, and even getting food to make sure you stay on track!

## Build relationships with your professors and classmates

Although some classes are online this semester, reaching out and connecting with your professors and classmates can be pivotal in ensuring you have someone to talk to throughout the semester.



# SPRING DINING HOURS

## MARKET SQUARE

### Monday - Friday

7:00 am - 9:00 pm

**Breakfast:** 7:00 am - 10:00 am

**Lunch:** 11:00 am - 2:30 pm

**Dinner:** 4:00 pm - 9:00 pm

### Saturday - Sunday

9:00 am - 9:00 pm

**Brunch:** 9:00 am - 3:00 pm

**Dinner:** 4:00 pm - 9:00 pm

## KINDER CAFE

Peets Coffee

THE BLACK ROOSTER CAFE



Neeley School of Business

### Monday - Thursday

7:30 am - 9:00 pm

### Friday

7:30 am - 3:00 pm

### Saturday - Sunday

CLOSED

## bistro BURNETT

### Monday - Thursday

7:30 am - 12:00 am

### Friday

7:30 am - 3:00 pm

### Saturday

CLOSED

### Sunday

1:00 pm - 12:00 am



### Monday - Friday:

7:00 am - 11:30 pm

### Saturday - Sunday

9:00 am - 11:30 pm



### Monday - Thursday:

7:00 am - 8:00 pm

### Friday

7:00 am - 5:00 pm

### Saturday - Sunday

9:00 am - 5:00 pm



### Monday - Friday:

7:30 am - 11:30 pm

### Saturday

9:00 am - 11:30 pm

### Sunday

Closed

## O'BRIEN'S

### Monday - Sunday:

11:00 am - 10:00 pm

## CALIENTE

mexican. fresh.

### Monday - Friday:

8:00 am - 9:00 pm

### Saturday - Sunday

Closed



### Monday - Sunday:

**Lunch:** 11:00 am - 2:00 pm

**Dinner:** 5:00 am - 8:00 pm



### Monday - Friday:

7:00 am - 11:00 pm

### Saturday - Sunday

9:00 am - 11:00 pm



## DORM-FRIENDLY RECIPE OF THE MONTH

### Dark Chocolate PB Banana Overnight Oats

#### Ingredients:

- 3/4 cup rolled oats
- 1/2 diced banana
- 1 Tbsp. maple syrup
- 1 Tbsp. peanut butter
- 3/4 cup milk of choice
- 1-2 Tbsp. of chopped dark chocolate pieces or chips

#### Directions:

1. Add oats, sliced banana, and maple syrup into a mason jar or container.
2. Pour milk over ingredients and mix until combined.
3. Top with dark chocolate, more banana slices, and drizzle peanut butter.
4. Place in the fridge overnight.
5. In the morning, enjoy oatmeal straight out of the fridge or heat in the microwave. Add more milk as needed.

