EAT ON CAMPUS

2021-2022 ACADEMIC YEAR
uOttawa Card Service | uOttawa.ca/uOttawacard

uOttawa
Services alimentaires
Food Services

AWARD WINNING DINING HALL

YOUR SPOT TO FUEL UP!

- Unlimited access all-you-care-to-eat stations
- A variety of fresh, delicious cuisines
- A welcoming place to get together

foodservices.uOttawa.ca/dininghall

Do you have dietary preferences or special dietary needs?

You will find a wide variety of meal options to suit your needs.

VÉGÉTARIEN V VEGETARIAN · VÉGÉTALIEN V² VEGAN · حلال HALAL

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

YOUR SAFETY IS OUR PRIORITY

Since the start of the COVID-19 pandemic, strict health and sanitary protocols have been implemented in the Dining Hall.

Enhanced cleaning procedures

- Frequent cleaning of high touch points
- Tables and chairs cleaned after every use
- Designated social distancing seating

No self-serve

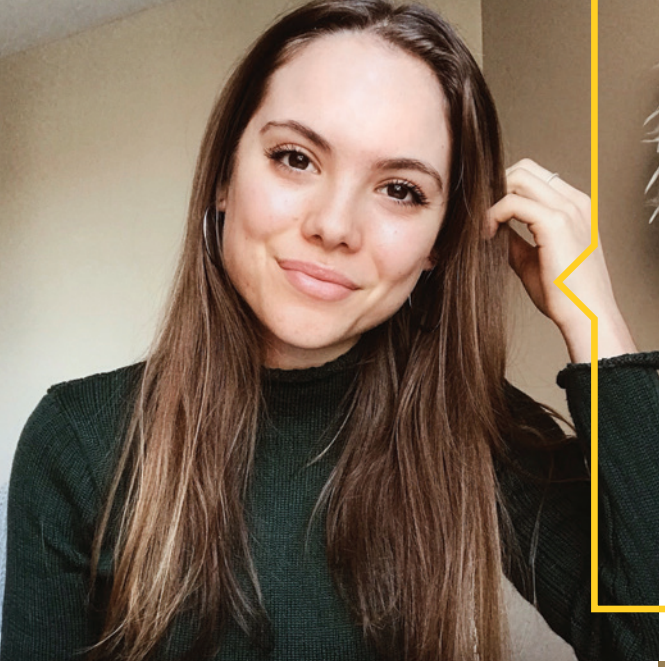
- All utensils and dishware are provided by staff
- All dishes in the Dining Hall are served by the staff or individually packaged
- No personal containers allowed

Multiple hand sanitizer stations

Contactless entry

All staff in the Dining Hall are wearing personal protective equipment (PPE)

COVID-19 : FAQ related to Meal Plans and Dining Hall
uOttawa.ca/uOttawacard/meal-plans/faq



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!

HAPPY OR NOT®

92%

OVERALL SATISFACTION SCORE

OVER 155,000 STUDENT RESPONSES (2019-2020)

Enjoy fresh and delicious plant-based meals at the Pure station

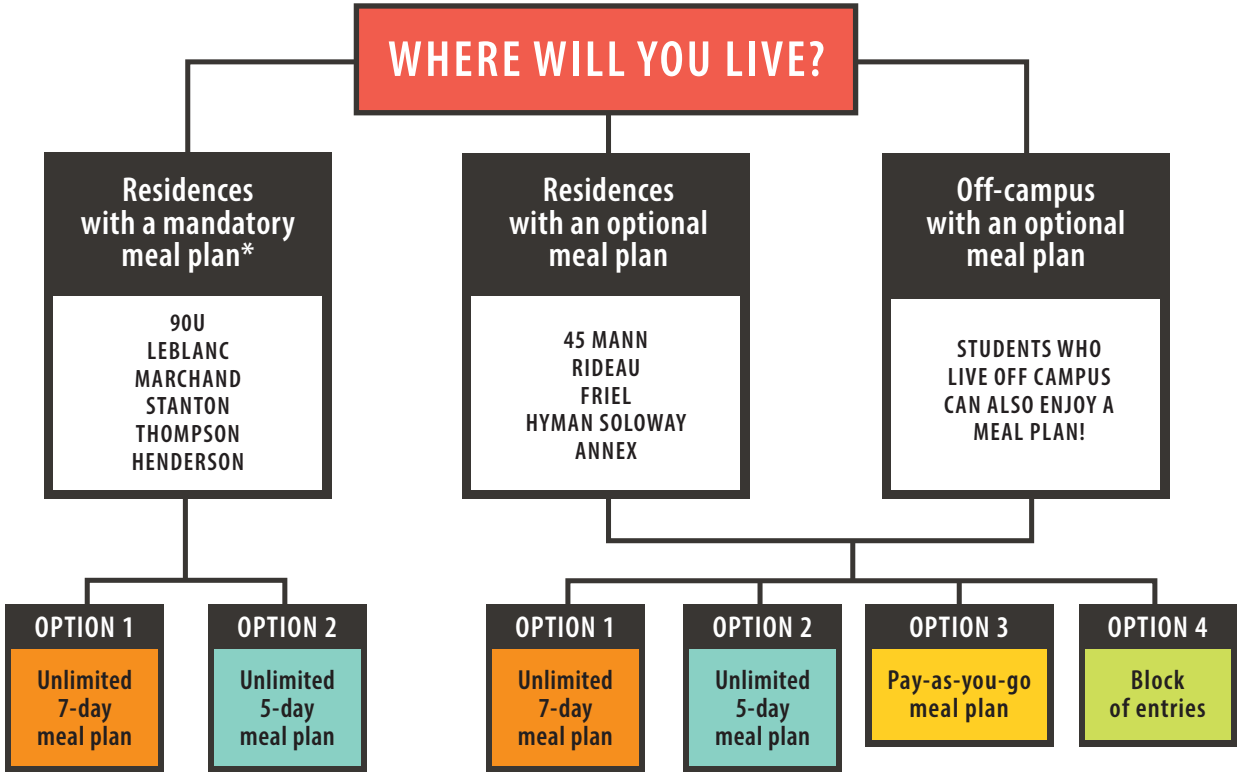
(Photo taken in 2019)

Madison Colberg

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 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



Visit **uOttawa.ca/uOttawacard/meal-plans/explained** for more information about residences and meal plan options.

*Meal plans are mandatory for 1st year students.

UNLIMITED MEAL PLANS

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

★ BEST VALUE ★

OPTION 1

7-DAY MEAL PLAN

Unlimited access to the Dining Hall

D$ **$0**

F$ **$200**

$6,076

OPTION 2

5-DAY MEAL PLAN

Unlimited access to the Dining Hall **from Monday to Friday**

D$ **$0**

F$ **$100**

$5,426

Review the terms and conditions at **uOttawa.ca/uottawacard/terms-and-conditions**

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

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

DO YOU HAVE A BUSY SCHEDULE?

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

uOttawa.ca/uOttawacard/boxed-lunch

OPTION 3

PAY-AS-YOU-GO

D$ **$3,500**

F$ **$300**

$3,800

OPTION 4

BLOCK OF ENTRIES

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

50 ENTRIES	**$780**
75 ENTRIES	**$1,105**
100 ENTRIES	**$1,440**

TAX INCLUDED

Entry rates*

(PLUS TAX)

Breakfast	(6 a.m. to 9:30 a.m.)	$9.96
Lunch	(9:30 a.m. to 4 p.m.)	$13.94
Dinner	(4 p.m. to 11 p.m.)	$15.04
Overnight	(11 p.m. to 6 a.m.)	$13.72

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

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

You can also pre-order your DRP meal through our **Boost** App.
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
- Textbooks and course notes
- Laundry
- Printing and photocopying
- Official documents at InfoService
- And much more!

YOU MAY NEED YOUR STUDENT NUMBER FOR IN-PERSON SERVICES:

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

ADD MONEY TO YOUR STUDENT CARD

In person
UCU-104

Online
uOttawa.ca/uOttawacard

boost

SKIP THE LINE AND SAVE TIME!

Use the Boost app to pre-order, pre-pay and pick-up at selected food locations!

foodservices.uOttawa.ca/boost-app

Boost available at selected locations

SALLE À MANGER
DINING HALL

RBC

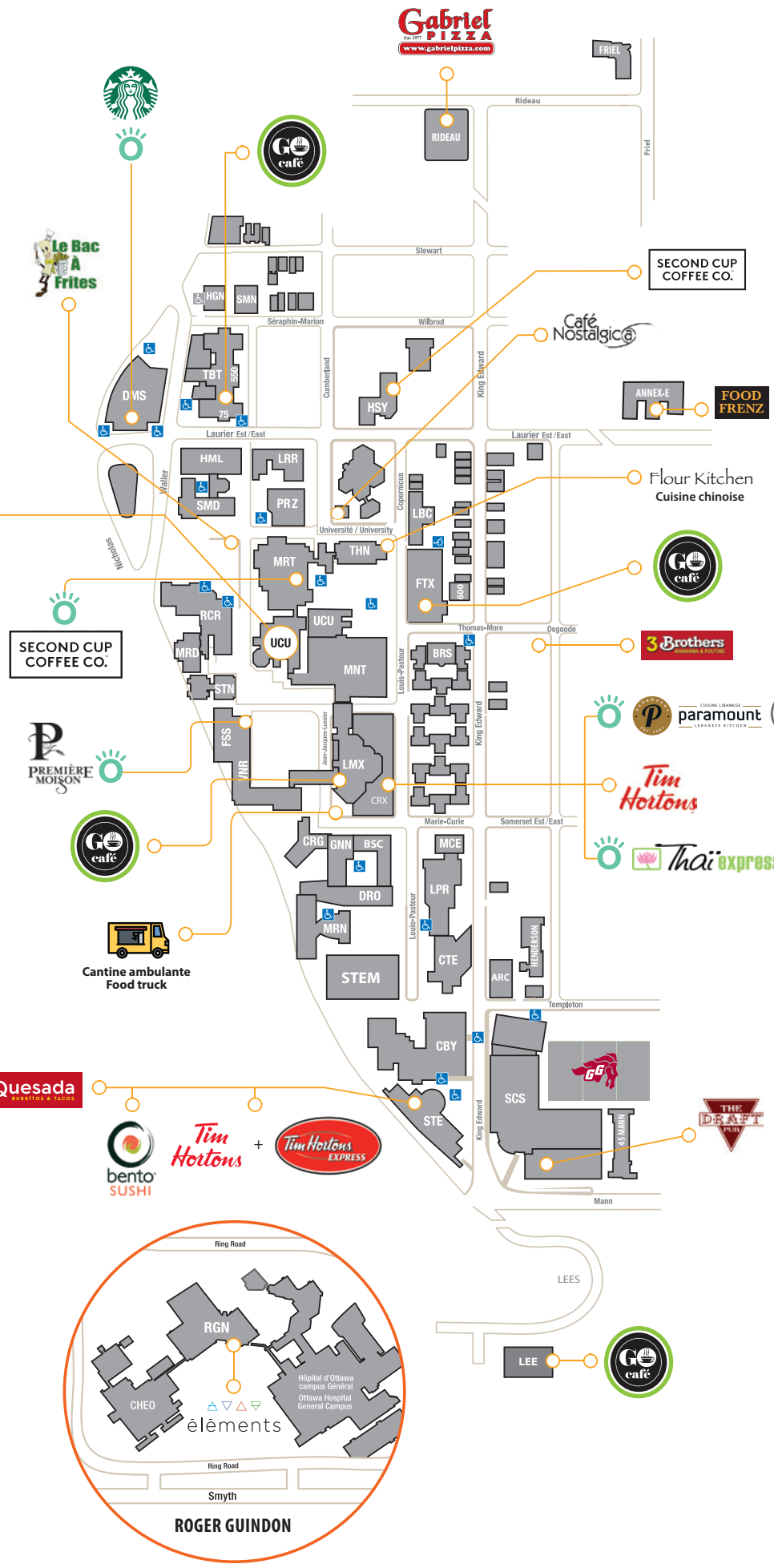
bento SUSHI + Tim Hortons EXPRESS

305 JUICE BAR

Service de la carte uOttawa
uOttawa Card Service
U-Pass

BOUTIQUE CAMPUS STORE

DOC CENTRE



Covid-19 disclaimer

We will monitor the evolution of the situation and open food locations when we can ensure our community's health and safety.

uOttawa Card Service

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