

Welcome to Southern Oregon University!

The Campus Dining Services team, a part of Student Life Services and the Southern Oregon University community, is committed to providing the highest level of quality food and service at a great value. While we shop, cook, and do the dishes, you can be studying for exams, sleeping just a little bit later, or socializing with friends.

We are excited to introduce to you this year's large variety of new delicious meal options, including a contemporary, crowd-pleasing selection of many of your favorite foods along with some of our own tasty and innovative specialties. You can expect to see many choices to select from at every meal and for every snack break. Some of the new formats that are sure to become favorites in Cascade include Wild Mushroom, Flying Star Grill, Magellan's, and Bella Trattoria. For a more complete description of each format and to learn more about the other dining locations on campus, please see the reverse side of this brochure and visit our website at www.soudining.com.

We are proud to provide fresh and healthy food options to you at every meal. We supply nutritional information for the entrees we serve so you can make smarter food choices. We also offer a variety of local and sustainable choices and many specialty items daily including soy milk, fat-free cottage cheese and yogurts, sugar-free desserts, gluten-free breads, and more. A dietician is always available upon request to assist with special needs and answer any questions students may have.

To learn more about dining on campus, please stop by and see us. I also invite you to visit our website at www.soudining.com or to call our main office on campus at (541) 552-6064 for more information.

We look forward to serving you.

Linda Bahr,
General Manager, Southern Oregon University Dining



Meal Plans

In order to give you meal plan options that you can choose from based on your lifestyle and dining needs, we have designed a number of new meal plan choices for the 2009-2010 academic year.

We are excited to offer you a new "All-You-Care-to-Eat" option with our **Meal Punches**. By upgrading to one of the new plans you will have plenty of fresh, healthy and delicious meals without the worry of budgeting Declining Balance dollars. The new "Meal Punches" included in each plan give you access to the specified number of All-You-Care-to-Eat meals per week in the new and improved Cascade Dining Hall.

All meal plans include declining balance dollars that can be used like a pre-paid debit card at any dining location on campus. **Take advantage of this great opportunity and upgrade to the new meal plans without any upgrade fees by contacting SOU Housing in Cox Hall at 541.552.6371 or via email at housing@sou.edu today!**

UPGRADE NOW FOR NO ADDITIONAL COST!

Premium \$1350/term → **Premium Plus**, \$1350/term
\$1350 in Declining Balance 14 Meal Punches at Cascade
+ \$400 in Declining Balance

Standard \$1100/term → **Standard Plus**, \$1100/term
\$1100 in Declining Balance 10 Meal Punches at Cascade
+ \$350 in Declining Balance

Economy \$900/term → **Economy Plus**, \$900/term
\$900 in Declining Balance 6 Meal Punches Cascade
+ \$250 in Declining Balance

Commuter \$500/term
\$500 in Declining Balance

Enjoy the value
of a "Plus" plan
by contacting
SOU Housing today!

Frequently Asked Questions

- Q: Do I need to purchase a meal plan?**
A: Yes! It's a great value and it is Southern Oregon University's policy that all designated Campus Residents purchase a meal plan each semester.
- Q: What is Declining Balance?**
A: Declining Balance are cash values included in all meal plans. They work like a pre-paid debit card with funds kept on your student ID card. Declining Balance may be used at any on-campus dining location.
- Q: Do Declining Balance funds carry over from year to year?**
A: They are carried over from fall to winter when a new meal plan is purchased in the winter, and from winter to spring when a new meal plan is purchased in the spring.
- Q: Do Meal Punches carry over from term to term?**
A: Meal Punches re-set each Sunday morning for that week during each term in which you purchase a meal plan. Please understand that if you not sign up for a new meal plan in a new term, you will not have any Meal Punches available to use.
- Q: Can I change my meal plan if it does not fit my needs?**
A: Yes! Changing to a bigger or smaller meal plan can be done during the first week of school. Changing to a larger plan is possible at any time during the semester. All other changes must be requested by the Director of Residential Education and Services.
- Q: If I'm not a Resident Hall student, where do I buy my meal plan?**
A: If you live off-campus, you can purchase meal plans at the Housing office in Cox Hall. Cash, personal checks and credit cards are all accepted as payment.
- Q: Who runs the dining program on campus?**
A: SOU partnered with Sodexo over the summer to bring you new quality dining services on campus.

Sodexo believes in creating exceptional student experiences. We believe these experiences are created through five key areas: Student Insight, Health & Wellness, Sustainability Practices, Customer Service and Culinary Innovations. We pride ourselves in all of these areas and in bringing you fresh, sustainable and healthy choices for every meal and every snack. If you would like more information, please contact Linda Bahr, General Manager, at Linda.bahr@sodexo.com or stop by and see us!



Where to Dine at Southern Oregon University

Cascade Dining Hall- The main dining hall on campus offers a variety of all-you-care-to-eat options. Exciting new formats include Bella Trattoria, Wild Mushroom, and Flying Star Diner, just to name a few! Vegetarian and vegan entrees are available throughout the day. Cascade Dining Hall will also feature a variety of "Simply to Go" and beverage choices every day that can be purchased as separate to-go options when you are in a hurry.

More exciting changes will be coming Winter Term when a new store "Re-Store at Cascade" will have their Grand Opening!

Make sure to check out our website for daily menus with full nutritional information at www.soudining.com.

Elmo's- Located in the heart of the Stevenson Union Building, Elmo's features a variety of new options. Check out Bento's for the multi-entrée plates of authentic Asian cuisine, The Garden Toss for made-to-order fresh salads, Global Fusion for new and interesting small plates from around the world, Grill 155 for tasty and quick favorites like cheeseburgers and chicken tenders, Ultimate Baja for your Mexican favorites, and LOTZA Pizza and Pasta for freshly made, piping hot pizza and pasta. Come in and give it a try or visit our website at www.soudining.com for more information.

Java Union- A great place to start your day and meet up with friends. Java Union features a variety of specialty beverages from Allann Brothers Coffee. Relax with a freshly baked pastry and a latte or grab a quick energy booster in between classes.

Re-Store at Raider Aid- A convenience store located right inside the SU! Students and faculty/staff alike will love the new sustainable bulk choices of trail mixes and treats, the Simply to Go freshly made sandwiches, salads and snacks, and the assortment of cold and hot beverages.

Southern Grounds- Conveniently located on the main floor of the library, Southern Grounds features local Allann Brothers Coffee, freshly-baked pastries, gourmet salads and sandwiches and other tasty treats. This is the perfect place for relaxing with friends or cramming for that next test!

Re-Store at Greensprings- Everything residence hall students need to survive & thrive on campus, Re-Store at Greensprings is a convenience store with freshly made sandwiches, salads and microwavable meals. Laundry detergent and other resident hall essentials are readily accessible.

Hours of Operation*

Cascade Dining Hall

Monday-Friday	
Full Service Breakfast	7:00am-9:29am
Continental Breakfast	9:30am-10:59am
Full Service Lunch	11:00am-1:29pm
Light Lunch	1:30pm-4:29pm
Full Service Dinner	4:30pm-7:00pm
Sunday-Thursday	
Late Night A La Carte Service**	7:00pm-11:00pm
Saturday & Sunday	
Full Service Brunch	10:00am-1:29pm
Light Lunch	1:30pm-4:29pm
Full Service Dinner	4:30pm-7:00pm

**During Cascade Late Night, 7pm-11pm, meals and snacks are served a la carte. Late Night items are available for purchase using Declining Balance Funds, cash or major credit cards. During all other open hours, guests may enjoy all-you-care-to-eat meals in Cascade for one Meal Punch.

Elmo's

Monday-Friday	7:30am-3:00pm
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Re-Store at Greensprings

Monday-Sunday	10:00am-11:00pm
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Java Union

Monday-Friday	7:30am-5:00pm
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Southern Grounds

Monday-Friday	7:30am-6:00pm
Saturday	CLOSED
Sunday	1:30pm-6:00pm

Re-Store at Raider Aid

Monday-Friday	7:30am-5:00pm
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*Hours of operation are subject to change. Please check for posted signs, visit our website, or call our main office at (541) 552-6064 for special schedule information.

Need some extra spending money?

Campus Dining Services is the largest employer of students on campus. We offer flexible work schedules that can fit around your class schedule. Applications can be obtained at the Campus Dining office in Cox Hall, Room 117 or on our website at www.soudining.com.



SOUTHERN OREGON UNIVERSITY

2009-
2010



Campus
Dining
Guide



www.soudining.com