

HAPPY FALL SEMESTER

Fall Semester is here, Wellesley! Welcome to all First Years and returning students. We are excited to show you what's coming to Wellesley Fresh this semester. Be on the lookout on social media @wellesleyfresh, check the events banner at all dining locations and head to wellesleyfresh.com for more all things dining! Let's meet out our two newest members to the Wellesley Fresh team...



MICHAEL DONOVAN CLAFLIN PASTRY CHEF

Michael started baking at Greater Lawrence Regional Vocational Technical High School in the Culinary Arts Program. During and after school he worked in an all scratch bakery chain for the next 10 years where he

was able to work with many older bakers that had either owned or worked at family shops. In 1978 he was awarded 1st place in the Bread Category at the Massachusetts Retail Bakers association competition where Julia Childs and her husband were sole judges of the bake off! Michael also worked at Babson College, Whole Foods, Hoff's Bakery and lastly Bread N Circus Bakery plant, where there he was awarded regional All Star and runner up Global All Star in the company. Michael is happy to be here on campus and baking as a Pastry Chef for Wellesley! He is proud to be working with the great team here at Claflin Bakery and Wellesley Fresh. He is looking forward to his first full year on campus!

Favorite Dessert: Apple Pie

HAMID MASSOUDI

STONE DAVIS- OPERATIONS MANAGER

Hamid attended the hospitality school at Florida International University with degree in hospitality management; his background has been in a wide variety of hotels and restaurants, including Hilton, Marriott, Sheraton and TGI Fridays. Hamid stayed in hospitality industry because he truly enjoys interacting with guests and people he works with. Hamid has tried food from lots of different cultures and thinks they're all unique and special in their own way.

Favorite Meal: Steak topped with Shoe String Fries



FALL PREVIEW with Director of Culinary Operations



Keith Tyger

Be on the lookout for these new and delicious dishes we will be serving throughout the fall semester!

Tower will be featuring a *hot sandwich* at their deli bar and House made pasta. Bae Pao Lu will feature *Pickled Vegetables* on the salad bar and Grandstand Hot Dog day featuring the "Condiment Grandstand." Bates will feature 4 *composed salads* daily at the main Entrée Line and a new rotation of traditional and *vegan proteins* at the toss station.

NEW BREAKFAST ITEMS

- Red Velvet & Cinnamon Rolls Pancakes
- Sriracha Wheatberry Breakfast Bowl
- Avocado Toast
- Cinnamon Bun Slider
- Spinach Feta breakfast wrap & more...

NEW LUNCH & DINNER ITEMS

- Pumpkin Curry Sauce
- Vegan Apple Crepe
- Meximbab Rice Bowl
- Pineapple Hoisin Pizza
- Tandoori Cauliflower Pizza & more...

We look forward to you enjoying these dishes,
Good luck with the fall semester!

FOLLOW US ON
SOCIAL MEDIA!



   @WELLESLEYFRESH

September

WELCOME BACK BBQ

SEPTEMBER 2, 2019
MUNGER MEADOW, 5:00 PM – 7:00 PM

NUTRITION SERIES

SEPTEMBER 9 – 13, 2019

FLOWER SUNDAY BRUNCH

SEPTEMBER 15, 2019 – ALL LOCATIONS

RETRO DINER NIGHT

SEPTEMBER 26, 2019 – TOWER & BATES

October

APPLE FESTIVAL

OCTOBER 2, 2019, ALL LOCATIONS

NUTRITION SERIES

OCTOBER 7 – 11, 2019

BREAD AND CHEESE NIGHT

OCTOBER 17, 2019 – BAE PAO LU & BATES
5:00 PM – 7:00 PM

PRODUCE 365: SQUASH

OCTOBER 21 – 25, 2019 – ALL LOCATIONS

HALLOWEEN

OCTOBER 31, 2019 – TOWER & STONE DAVIS

November

EXPLORE THE CONTINENT OF AFRICA

NOVEMBER 7, 2019 – TO BE ANNOUNCED

A SPUD'S LIFE

NOVEMBER 12, 2019 – STONE DAVIS & BAE PAO LU

NUTRITION SERIES

NOVEMBER 18 – 22 2019

THANKSGIVING HARVEST

NOVEMBER 20 – ALL LOCATIONS

TREDFRESH

NOVEMBER 25 – 29, 2019 – ALL LOCATIONS

December

MYO COOKIES & HOT CHOCOLATE BAR

DECEMBER 5, 2019 – STONE DAVIS & TOWER

WINTER WONDERLAND BRUNCH

DECEMBER 8, 2019 – BAE PAO LU

PRODUCE 365: ANISE

DECEMBER 9 – 15, 2019 – ALL LOCATIONS

MOONLIGHT BREAKFAST

DECEMBER 15, 2019
BATES & BAE PAO LU 9:00 PM – 10:30 PM

NUTRITION

MEET OUR DIETITIAN

Brittany Moriarty



The start of the school year is here! The first few weeks of the semester always seem to fly by with the excitement of new beginnings. While you piece together your academic and extracurricular schedules, be sure to include meal times to complete the puzzle to starting the year off strong. From seasonal fruits and veggies, to local seafood, sustainable meats, and allergen-friendly plates, the dining halls have you covered to power up for a strong semester.

As you settle in, be sure to reach out with any nutrition-related questions that pop up. I'm also available for nutrition education and counseling free of charge to the Wellesley student community.

Otherwise, come check out my nutrition series each month covering topics such as tips for navigating the dining halls, gut health, and stress reduction. Keep an eye on the Wellesley Fresh website and social media accounts for more details!

Questions? Contact me at
bmoriart@wellesley.edu or 781-283-3933

Good luck with the fall semester!



Remember to follow
@WELLESLEYFRESH on
Facebook, Instagram & Twitter
for all your dining news and updates