



WELCOME BACK, WELLESLEY

Happy Spring Semester! We hope you had a successful and enjoyable Fall semester. We have some exciting announcements for you, but first we would like to give a warm welcome to our two new managers here at Wellesley Fresh!

GEORGE CHENEY BATES - GENERAL MANAGER

George's foray into the culinary world started from a young age. Inspired by watching his parents, Food Network and spurred on by his insatiable appetite, he started cooking breakfast for himself and then eventually dinner for the family. With George's talents in the kitchen growing, he then decided to make a career of it. "Everyone eats" became his mantra and his way of connecting to people. George attended Le Cordon Bleu in Cambridge and through the years worked his way through various restaurants, catering venues and private homes. George is very excited to join the Wellesley family and to provide one of the best dining experiences on campus! He looks forward to learning what everyone loves to eat and creating some wonderful food memories, too!



Favorite Meal: Caribbean Beef Patties and Dumplings

JOHN HAYES TOWER - CULINARY CHEF MANAGER

John has been in the food service industry for 10 years now. He started as a food prep at UNO's Pizzeria with no restaurant experience and made his way to Kitchen Manager very quickly. While working at UNO's he met his wife, Heather. They recently got married in New Hampshire this past June! Most of John's career in the food service industry has been at Texas Roadhouse, where he worked every station in the kitchen and was the Kitchen Manager for the past 8 years. That experience for John has taught him about management, culinary arts and customer service. He realized it was time for a change, so he happily joined Wellesley Fresh this past November! John enjoys snowboarding, anime, video games and most importantly, his amazing family.



Favorite Meal: Steak and Cheese Sub

SPRING SPECIALS



FEBRUARY

- Raspberry Latte
- Raspberry White Chocolate Iced Mocha
- Raspberry Mocha

Keep your eye out for these specials throughout the semester

MARCH

- Irish Creme Mocha, Irish Cream Latte, Irish Cream Iced Mocha

APRIL

- Tazo Chai Caramel Latte, Iced Tazo Passion Tea, Iced Caramel Macchiato

MAY

- Coconut Almond Mocha, Coconut Iced Mocha, Raspberry Coconut Tazo Iced Passion Tea



Thank you

for participating in our Food Preference and Dietary Restrictions Survey. Be on the lookout for our Spring Satisfaction Survey!



JANUARY**PRODUCE 365 - KIWI**

January 28 - February 1, 2019

FEBRUARY**SEAFOOD NIGHT**February 6, 2019
Tower + Stone Davis**NUTRITION SERIES
HEART HEALTH**

February 11 - February 15, 2019

VALENTINE'S DAYFebruary 14, 2019
all locations**TRENDFRESH - LEMONGRASS**

February 18 - February 22, 2019

**LANDSCAPE COLLABORATION
STAGHORN SUMAC**

February 26, 2019

MARCH**BREAD & CHEESE NIGHT**March 5, 2019
Bae Pao Lu + Bates**NUTRITION SERIES
NATIONAL NUTRITION MONTH**

March 11 - March 15, 2019

CHILI COOK OFFMarch 14, 2019
5:00 PM - 6:30 PM
Tishman**PRODUCE 365 - BEETS**

March 18 - March 22, 2019

*April - May events will be posted later
in the semester***NUTRITION***A Message From The Dietitian*
BRITTANY MORIARTY

Cold and flu season is upon us. Whether you are trying to prevent the flu, getting through it or finally recovering from it, consider nutrition part of your treatment plan. Help protect your immune system by giving your body the boost it needs each time you fill your plate. Not sure where to start? Make your dish as colorful as you can to load up on immune-building vitamins such as A and C. Vitamin A is plentiful in bell peppers, sweet potatoes, carrots, leafy greens and eggs (be sure to eat the yolks for your dose of vitamin A). Fortunately, winter is prime-time for vitamin C-loaded fruits like grapefruit, oranges and tangerines. Enjoy fruit at breakfast, toss one in your bag for a mid-day snack and even put slices in your water bottle for added flavor. Speaking of water, focusing on hydration is key during winter months when the colder temperatures don't encourage us to drink the way the summer heat and humidity do. Carry a water bottle with you around campus since you are more likely to drink water if it is with you. If you have a sore throat, warm liquids can be especially soothing, such as tea or soup broth. Best of luck with the start of the new semester—soon enough we'll be seeing the spring sunshine and flowers blooming across campus!

Questions? Contact me at
bmoriart@wellesley.edu or 781-283-3933
Good luck with the spring semester!



Remember to follow
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Facebook, Instagram & Twitter
for all your dining updates and needs