



**University of Brighton
HOSPITALITY SERVICES**



**EAT IN
our meal plan for halls of residence**



2017





WELCOME

Our mission is to deliver good quality, healthy meals with plenty of choice and variety to our students living in halls.

Our **EAT IN** scheme is part of some halls of residence contracts. Within your rent you are paying for a breakfast and evening meal, 5 days a week (Monday to Friday), during term time.

When applying for halls you will need to decide whether this is something you want to consider.

Our **EAT IN** scheme means:

- great choice
- great quality
- great service times
- lots of healthy options
- less food shopping
- more convenience and less hassle
- easier to budget
- cost included in rent
- freedom to cook for yourself at weekends

97% of students asked said the evening meal service had met or exceeded expectations: 54% said it had exceeded expectations and 43% said it met expectations.

Over 80% of students asked said breakfast had either met or exceeded expectations.

**FIND OUT MORE
ONLINE including
our EAT IN film**
eat.brighton.ac.uk/eat-in

what our students have to say...

"I was worried the meals would be of poor quality, but instead I've been impressed by the selection of food and the simplicity of getting it."

"I enjoy cooking, so I was worried having catered meals would be restrictive or unpleasant, but instead it has been convenient and satisfying."

"Lot of choice, every day different meals, good service. Perfect!"

"I haven't had the same dinner twice yet, so there is a lot of choice and variety."

"I thought it would be more or less the same, but I like the options and it tastes nice!"

"Food is good, the catering team are friendly and know my dietary requirements so I never have problems getting food from there."

"SO GOOD."

About our breakfast

"Great choice, something for everyone."

"Wide variety of food to choose from and caters for me as I am gluten and dairy free."

"Brilliant standard, very large selection."

"Pancakes! Food is of really good quality and is well presented."

"Works really smoothly, really good food, full english every day!"

"There is a decent choice of food and the large servings are also very welcome!"

"There's always a variety, the cooked breakfast isn't always exactly the same, sometimes there is black pudding sometimes there is scrambled egg instead of fried. There is always fruit and toast as well as different cereals."



About our evening meal

"Good, healthy meals with nice portions."

"The food is really tasty and there's always a change of meal which I do appreciate because it means you can experiment with other types of hot food through the week."

"A variety of meals changing every night provides a nice choice for everyone. I was expecting a more buffet style but what is offered is definitely more suitable."

"It's different everyday and is really good!"

"Food is incredible quality, not typical of many universities' halls of residence!"

"I thought it would be more like cafeteria food."

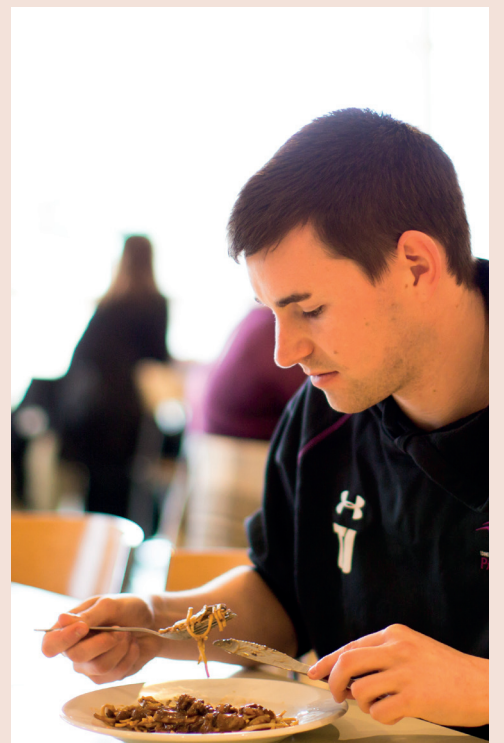


the benefits

- **A great way to meet new friends**
You'll be eating with other students from different flats and courses, so you will get to meet and know a lot of new people. Good for year two and grouping up for living in a house in the private rented sector.
- **After a hard day of study its the easy option**
Just get home, drop your bag, then eat with your friends. No shopping or cooking to do and no washing up! When you've eaten you've got the rest of the evening to yourself, so more time for studying or socialising.

- **You get to choose from a wide range of healthy and nutritious menu options.**
Eat healthily without all the time needed to source ingredients, cook, or buy expensive pots and pans. The university has won awards for its food provision and looks to source seasonal and fresh ingredients from local suppliers and growers whenever possible.
- **Good value for money**
The cost of 5 breakfasts and 5 evening meals a week is included in your rent and is very competitively priced.
- **All dietary needs are catered for**
We can cater for the vast majority of individual dietary requirements and our chef teams will always be flexible and helpful in helping you to find the right choice for your needs..





on the menu



We aim to deliver a choice of meals suitable for a wide range of appetites and preferences.

We appreciate you will be eating with us for the entire duration of your halls tenancy, so we aim to make sure our menus are reviewed regularly to make sure your feedback is considered and taken into account.

OUR MENU

Our team of chefs develop a 3 week dinner menu with 3 main options a day – this menu will only run twice before being reinvented. It's because we update and refine our menu so often that we get to consider the seasonality of our dishes, and incorporate our customers' feedback.

The team will always ensure the menu is nutritionally balanced, with an emphasis on using MSC accredited oily fish, white meat and in-season fresh vegetables and salads from local farms. We also consider the more positive environmental impact of vegetarian and vegan foods – so when we create our menus, we always ensure they include exciting alternatives to meat and fish.

FIND OUT MORE
ONLINE including
our EAT IN film
eat.brighton.ac.uk/eat-in

VEGETARIAN AND VEGAN OPTIONS?

We appreciate that vegetarianism and veganism are an increasingly popular decision for many people. There will always be at least one main evening meal option that will be vegetarian and vegan, as well as the additional choice of jacket potatoes, salads and soup.

SPECIAL DIETS?

If you have a particular special diet, other than being vegetarian or vegan, please contact us at hospitality@brighton.ac.uk.

We will endeavour to provide suitable alternatives but we will need to discuss your individual needs with you.



BREAKFAST

We supply a good choice at breakfast - not just cereal and toast!

To get your day properly started we offer a full hot breakfast as well as an extensive range of items such as cereals, muesli, croissants, fruit, toast and yoghurts. Breakfast includes fruit juices and hot beverages.

Details on service times can be found on page 7.



EVENING MEAL

You can expect the following:

- at least 3 hot main meal options (such as curry, stir fry, pasta and more traditional choices)
- jacket potatoes with a choice of fillings
- choice of freshly made salads
- soup
- choice of accompaniments including carbohydrates and vegetables
- choice of dessert, fruit or yoghurt
- tea, coffee and fruit juice.

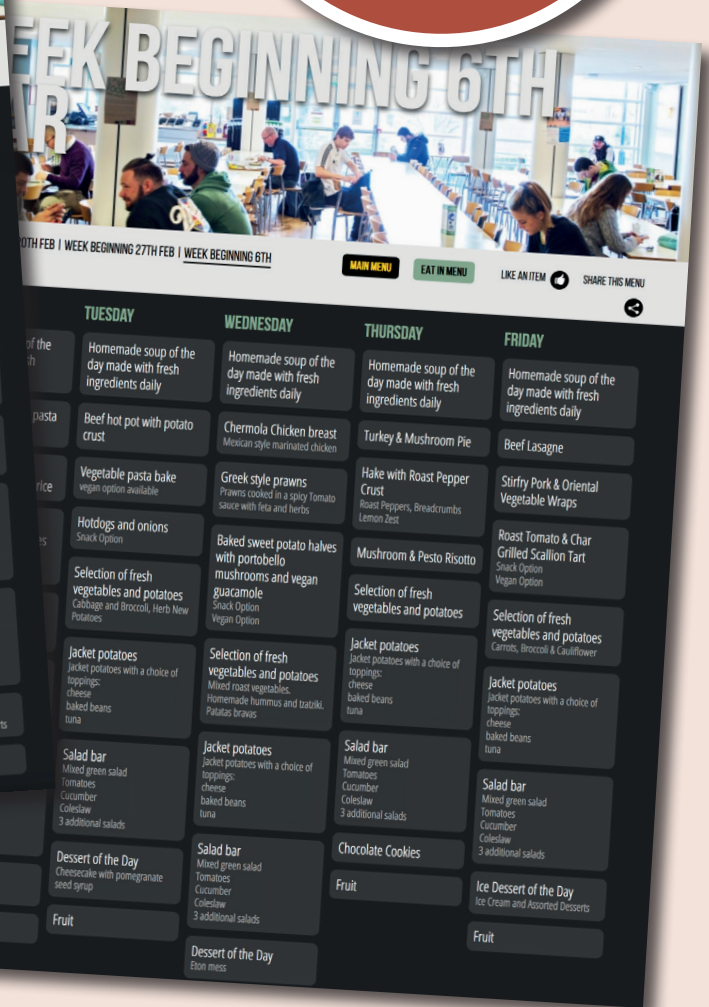
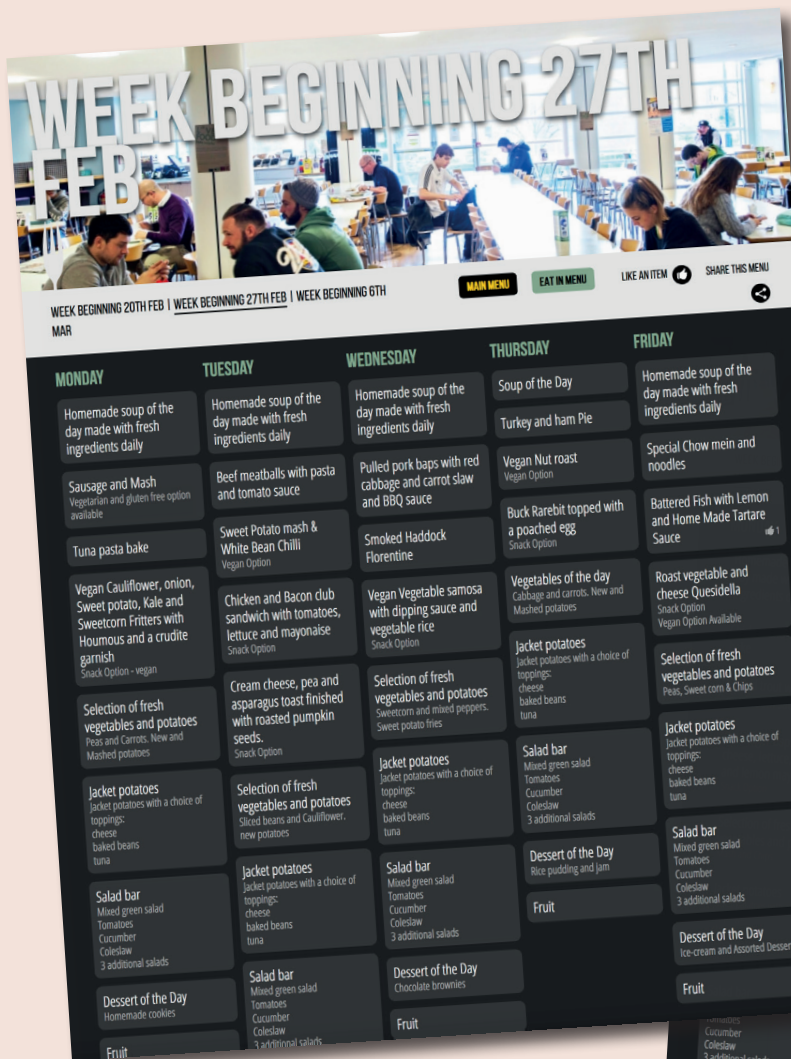
Details on service times can be found on page 7.



menus online

All our **EAT IN** restaurants display their upcoming menus on our website, so you can see what will be on offer for the week and the weeks ahead.

We will always offer a core selection of everyday items, so alongside your main choice there will always be a variety of side dishes and accompaniments.



the detail

The following halls are included in the **EAT IN** scheme:

- **Woodland and Downland, Highview, Chalvington, Selsey and Cliffe** (Varley Park)
- **Moulsecoomb Place** (Moulsecoomb campus)
- **Paddock Field** (Falmer – mix of **EAT IN** and self-catered)
- **Welkin Halls** (Eastbourne)

WHERE DO YOU EAT?

Which hall you are living in will determine where your breakfast and evening meal will be served.

VARLEY PARK

Within the Hub, the restaurant is situated on the first floor.

MOULSECOOMB PLACE

At Moulsecoomb Place meals will be served in the Cockcroft Mezz Restaurant. The restaurant is adjacent to the halls, taking only a few minutes to walk to.

PADDOCK FIELD

At Paddock Field meals are served in the restaurant situated in Westlain House. The restaurant is opposite the halls, only a few minutes' walk away from the residences.

WELKIN HALLS

Meals will be served in Sprinters Restaurant, which is in the Hillbrow building. This is a five minute walk from the halls of residence.

If you want to get a better idea of the geography of the sites and the relative location of the halls to the respective restaurants look at www.brighton.ac.uk/maps.

SERVICE TIMES AND DAYS

EAT IN provides breakfast and evening meals five days a week, Monday to Friday and through the standard term dates as follows:

Autumn term

25 September – 15 December 2017

Spring term

8 January – 23 March 2018

Summer term

16 April – 8 June 2018

Please note that times may vary slightly during the year and notice will be given in respect of any changes.

Facilities within each hall allow you to provide your own meals outside of these dates and times.

Hospitality staff

Each restaurant is managed by a Campus Hospitality Manager, who, with their team of staff will provide you with the **EAT IN** service.

VARLEY PARK

Breakfast	07:30 – 11:00
Full menu	07:30 – 10:00
Continental menu	10:00 – 11:00
Evening meal	17:15 – 19:15

MOULSECOOMB PLACE

Breakfast	07:30 – 11:00
Full menu	07:30 – 10:30
Continental menu	10:30 – 11:00
Evening meal	17:00 – 19:00

PADDOCK FIELD

Breakfast	07:30 – 10:30
Full menu	07:30 – 10:30
Evening meal	17:00 – 19:15

WELKIN HALLS

Breakfast	07:30 – 11:00
Full menu	07:30 – 10:30
Continental menu	10:30 – 11:00
Evening meal	17:00 – 19:15

UNICARD

Your entitlement to **EAT IN** is managed via your Unicard. You will receive your Unicard when you register at the university and the Campus Hospitality Manager or Duty Hospitality Manager on your site will explain what you have to do to register for the service.

Don't worry about not getting your Unicard immediately - you will still get your meals until you do.

about us

HOSPITALITY SERVICES

Hospitality Services manage the majority of restaurants and cafés on the various campuses.

We take great pride in producing good quality food for the university community - students, staff and visitors.

As part of our commitment to our customers we have achieved various accreditations and awards. You can find more about our awards on our website EAT.brighton.ac.uk.

FEEDBACK

We appreciate that to make EAT IN a great experience it needs to meet your needs as you will be eating with us over the next academic year.

Our EAT IN service is all about you, the customer, so as part of this approach we will make sure that you have the opportunity to feed back on the service we provide.

Feedback, both positive and negative, is essential to what we do and will allow us to make appropriate changes to the meals and service we offer and to ensure you get best value. We will always communicate back changes made because of the feedback you provide.

We will provide more information in your welcome pack when you arrive at halls.

WHAT WE DO

Fairtrade

The University was awarded Fairtrade Status in 2005. Hospitality Services are committed to increasing the use and sale of Fairtrade products and ingredients wherever possible and continue to be actively involved in raising awareness of Fairtrade through promotions and events. Hospitality Services are also members of the University of Brighton Fairtrade and Ethical Food Steering Group which is open to staff and student representatives across the institution.

Free range eggs

All whole eggs purchased by Hospitality Services are from a free-range production system. In recognition of our commitment to use only free range eggs we have received the Good Egg award from Compassion in World Farming and continue to be recognised by the Vegetarian Society as a recommended food-service provider.

Seasonal fruit and vegetables

Wherever possible we plan menus that utilise seasonal produce grown in the UK and will always use locally grown produce when in season. Where this is not possible, in consultation with our fruit and vegetable supplier, we always seek the most suitable alternative produce. Going forward, we will strive to increase the use of local and seasonal fruit and vegetables.

Milk

We ensure the milk we supply has been sourced from British farmers and provide a dairy free alternative in all outlets.

Increasing plant based meals

Hospitality Services are a Vegetarian Society approved caterer. We actively promote the consumption of plant based meals and the reduction of meat and dairy for both personal health reasons and environmental impact. Vegetarian and vegan meals are available across all services and we make use of alternative plant based proteins such as pulses, beans and tofu. We also place an emphasis on wholegrains and seasonal vegetables. All of our restaurants take part in Meat Free Monday promotions.

Sustainable fish

Hospitality Services were awarded Marine Stewardship Council (MSC) accreditation in January 2014. We now serve MSC certified fish and maximise use of fish on the Marine Conservation Society's (MCS) 'fish to eat' list. We discontinued purchasing any fish which are on the MCS's red list in January 2012.

Higher welfare meat

We seek to ensure that the meat we serve is, at minimum, Red Tractor assured and continue to work towards 100% of procured meat meeting higher welfare standards.

Sustainable Restaurant Award (SRA)

We were amongst the first Universities in the UK to be awarded three stars with the SRA - the highest achievable rating. The award covers healthy eating, sustainability, procurement and social corporate responsibility. We use the resources available to us from the SRA to seek continual improvement and ensure we meet the expectations of our customers and stakeholders.

Waste and recycling

We promote a zero waste culture of 'rethink, reduce, reuse and recycle', in order to significantly reduce waste and increase recycling across all areas of the University estate. We actively seek to reduce the amount of packaging used in both sales items and the supply chain (i.e. we request, where possible, the use of reusable crates instead of cardboard boxes for deliveries). We are always working to reduce our food waste, and all of the food waste we do produce is sent to an anaerobic digestion facility. Our waste oil is converted into biodiesel and used in the Big Lemon buses that operate in Brighton and Hove.

Cutting carbon and reducing the use of water

We continue to work with colleagues across the University to reduce carbon emissions and water use. All kitchens have Green Reps who take part in monthly meetings to address sustainability issues. They all also take part in the University's c-change traffic light scheme, where kitchen

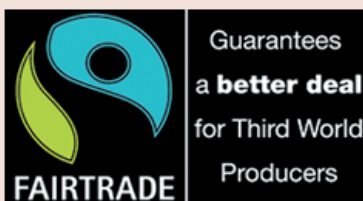
appliances are only switched on as and when required. We also regularly review equipment, maintenance contracts and the suitability of current food production and cold storage equipment.

Procurement

We make decisions based upon a balance between economic, social and environmental factors to achieve best value for money. We also encourage local and smaller suppliers to participate in tendering processes and provide advice and guidance where appropriate. We continue to increase the number of supply agreements with locally based companies and place particular emphasis on locally sourced fresh ingredients. We are committed to the integration of our Sustainable Food Policy requirements in contracts and tender documents when contracts expire or a new tender process begins.

Wellbeing

Healthy eating and the provision of food and beverages that support a healthy lifestyle are key considerations in the planning and delivery of all hospitality services. In 2016 we introduced a levy on all sugary drinks, making clear the amount of sugar in soft drinks and offering a greater choice of reduced sugar and healthy alternatives. We also promote and market healthy food and beverage choices and no longer offer meal deals and price promotions on sugary drinks.



March 2017: The University of Brighton makes every effort to ensure the accuracy of this handbook and will take all reasonable steps to provide the services described within it and in supplementary documentation. It cannot, however, guarantee their provision in the event of circumstances beyond its control (such as lack of demand, changes in government policy or industrial action) but in such an event, will make reasonable effort to provide a suitable alternative. It is the owner's responsibility to ensure that they are aware of and comply with any changes in current legislation.

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formats on request

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