

## MEAL PLANS

Dining on campus is more than just breakfast, lunch, and dinner - an all access meal plan provides you with flexibility, choice & convenience!

### DORMITORY STYLE MEAL PLANS

#### 5 Day All Access Meal Plan - \$3,338.28

- **870** OneCard Flex Dollars (**\$435** per term)
- Monday to Friday unlimited access to the FFCo.
- Includes **5** FFCo. guest passes per year.

**\$6,676.56** total for academic year (includes \$50 levy)

#### 7 Day All Access Meal Plan - \$3,610.22

- **680** OneCard Flex Dollars (**\$340** per term)
- Unlimited access to the FFCo. **7** days a week.
- Includes **7** FFCo. guest passes per year.

**\$7,220.44** total for academic year (includes \$50 levy)

### APARTMENT STYLE MEAL PLAN

#### Apartment Style Meal Plan - \$1,349.27

- Includes **\$1,339.27** OneCard flex dollars per term to enjoy at on campus food service locations.

**\$2,698.54** total for academic year (includes \$20 levy)

Any student assigned to an apartment-style residence can upgrade their meal plan to an All Access Dormitory-Style Meal Plan by contacting the OneCard office after their residence room assignment has been confirmed.

\*Prices are for 2024-2025 and are subject to increase for 2025-2026. Meal plans are subject to change. Residence meal plans are subject to HST exemptions as set out by Revenue Canada guidelines. Residence students on mandatory meal plans will not incur tax for on-campus food purchases. By agreement between Wilfrid Laurier University and the Wilfrid Laurier University Student Union, all residence students will pay a levy on their meal plan. These funds will be used to assist with capital upgrade to the food services operations.

## DINING HALL



### RETAIL OUTLETS



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Study Hard, Eat Well



## MEAL PLAN GUIDE 2024-2025



Food Services



# What can I expect at the FFCo?



## MENU

The Fresh Food Company is led by a team of chef's and features an all you care to eat menu. The facility has a dining program which is designed to provide variety through a 4-week rotating menu cycle. Daily and weekly menus are posted on our website at [dining.wlu.ca](http://dining.wlu.ca).



## SPECIAL EVENTS

Our calendar is always bursting with student-focused events that bring the campus community together including sampling events, holiday celebrations, and promotions.



## NUTRITION

Our chefs are trained and eager to assist with any dietary restrictions or concerns each student may have. Please reach out to our Executive Chef for any questions regarding

## FAQ'S

### May I take food back to my room for a snack?

Yes, you may take our one of the following snacks from the Fresh Food Company: 1 ice cream cone or 1 piece of fruit or 1 baked good.

### What if I have a class conflict and need to miss a meal?

Our hours of operation are customized as per the classes and exams to accommodate all the students during all the meal periods of the day.

### When is the Fresh Food Company open?

**Monday to Thursday:** 7:30am to 10:00pm

**Friday:** 7:30am to 9:00pm

**Saturday & Sunday:** 8:30am to 8:00pm

The following hours of operation are for the 2024-2025 academic year and are subject to change.\*

### Can I change my meal plan?

You can request to change your meal plan up until September 30th, 2025 by emailing [mealplanrequest@wlu.ca](mailto:mealplanrequest@wlu.ca). **After September 30th, your plan is locked in for the year.**

### How long can I use my meal plan?

Your meal plan is valid at the start of the fall semester and available to use until 24 hours after residence move out day at the end of winter term.

### Are residence meal plan refundable?

Dormitory and apartment meal plans are non-refundable and non-transferrable. If you have remaining flex dollars on your OneCard as of April 30, it will rollover to the next academic year.

### May I purchase extra OneCard flex dollars?

All meal plan holders may purchase additional OneCard flex dollars by emailing [onecard@wlu.ca](mailto:onecard@wlu.ca). OneCard flex dollars can only be used at on-campus food service locations for food and beverage purchases.



### I have a friend who is visiting; can I bring them to the Fresh Food Co. for a meal?

Your friends and family are welcome at the Fresh Food Company! You have two payment options:

Option #1: Guest meal passes

Option #2: Pay as you go:

We accept cash, debit, credit and OneCard.

**Breakfast:** \$12.19

**Lunch:** \$16.49

**Dinner:** \$19.89

### Can you accommodate my dietary restrictions?

Yes our Fresh Food Co. is the ideal location on campus to accommodate dietary restrictions such as: allergies or food intolerances (soy, eggs, nuts, dairy, seafood & wheat), vegetarian, vegan, no gluten, halal and prescribed diets. While dining in the Fresh Food Co. look for the icons below. These identifiers will show you which stations have alternative options to help make your meal choice.



We offer menu items that meet most needs, however, if you require a specific diet our Executive Chef Cory Armitage can work with you to create a menu which meets your needs.

**The Fresh Food Company can be enjoyed by any student, any year, with or without a meal plan. We look forward to seeing you this academic year.**

Email [laurierfoodservices@wlu.ca](mailto:laurierfoodservices@wlu.ca) if you have any questions, suggestions or concerns.