**MEAL PLAN 101**

**MEAL SWIPEs**

Your Meal Plan comes with a specific number of meals per week or the semester, depending on the Meal Plan you choose.

Meal Swipes can be used in our all-you-care-to-eat dining hall locations, Donahue (South Campus), Dougherty (Main Campus), or St. Mary’s (West Campus).

These meals can only be used for yourself. Meal Swipes can be used as frequently as your plan allows. For example, if you have the Any Time 7 Day Plan, you can swipe in and out of any dining hall multiple times per day. Keep in mind that if you have a block of meals or a certain number per week, each meal and MPE you swipe is deducted from your Meal Plan Balance.

**POINTS**

Each Meal Plan includes a food points account. Your points account is essentially a debit account that you can spend in any Dining Services location and in vending machines on campus.

Food points can be used to purchase meals, but you should only use points as your first choice of payment if you don’t have any meal swipes or MPE’s available.

It’s best to use points to pay things like toiletries from our convenience stores, or to cover the balance of an MPE swipe. For example, if you purchase food in Cafe Nova that totals $8.25, you will use an MPE swipe valued at $8.00, and then you will use $0.25 in points to cover the difference in price.

**GUEST MEALS**

Guest Meals are a separate account of meals, which, unlike regular meal swipes, may be used for visiting friends, guests, or even yourself. You can use your guest meals for yourself in cases where you run out of your regular meal swipes.

Guest Meals may also be used as MPEs in select retail locations and are subject to MPE restrictions.

Parents and siblings under the age of 12 dine for free in our all-you-care-to-eat dining halls. You won’t need to use a Guest Meal for these family members.

**MPE’s (Meal Plan Express)**

MPEs are a convenient way for you to use your Meal Plan in one of our Retail Locations, select Holy Grounds Coffee Bars, and select Convenience Stores for prepared foods and select beverages.

Certain locations accept MPEs at specific times. When you swipe your meal plan MPE for payment, a meal is deducted from your Meal Plan Balance. You are given a specific amount to spend on your purchase which is the MPE value.

If you don’t have the time to relax and dine in one of our all-you-care-to-eat locations, take advantage of the MPE to get your meal in a different dining location on campus.

SEE BACK PAGE FOR LOCATIONS ACCEPTING MPEs

**MEAL PERIODS**

Some meal plans have limits to the number of Meals or MPEs that can be used in a “Meal Period.” Each day consists of 4 meal periods: breakfast, lunch, dinner, and late night.

<table>
<thead>
<tr>
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**MPE VALUES**

MPEs are able to be used in our Retail Locations with some value & time restrictions.

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MPE value at The Gluten Freeze Zone is $7.00 all day. MPE value at 2nd Storey Market is $8.00 all day.
MPE value at Donahue Market is $8.00 all day.

**RESIDENT DINING HALLS**

**The Court at Donahue**

Donahue is located on South Campus. This food court style concept includes stations like Auggie’s made-to-order Dell, The Good Earth Stir Fry, Padre’s Pizza and Pasta, Sleepyhead Eternal Breakfast, and more.

Traditional style foods, fresh vegetables, soups, and vegan options are always available.

Donahue is known for their selection of fresh fruit as well as their healthy salad bar offerings.

**Dougherty Dining Hall**

Located inside Dougherty Hall on Main Campus, this dining hall features a massive salad bar. Stations include made-to-order omelets, dell sandwiches, pizza, vegan and vegetarian dishes, and traditional foods. Specials rotate weekly to bring you fun options like Wing-It Wednesdays and Nacho Fridays.

New for Fall ’19, Dougherty will be open for a bite to eat until 10 pm, with the ability to use this location as a study hall until 2:00 am, 7 days per week.

**St. Mary’s Dining Hall**

Located inside St. Mary’s Hall on West Campus, our chefs offer a freshly prepared buffet style menu with great daily entrees and made-to-order foods like stir fry and pastas. Made-to-order fajitas and tacos are now available on select evenings.

Healthy options are always available including vegan and vegetarian entrees, fresh fruit, fresh vegetables, and a salad bar with nutrient-dense toppings.

St. Mary’s will be closed daily between lunch and dinner select evenings.

**Learn More About How To Use Your Meal Plan**

Whether you’re using a Meal Swipe or an MPE, you need to know how to use your Meal Plan on campus. This guide will help you understand the different meal plans and how to use each one.

**Where can I use my Meal Plan on campus? What’s open?**

**Meal Plan 101**

What’s the difference between a Meal Swipe and an MPE? Where can I use my Meal Plan on campus? What’s open?

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**Meal Plan 101**

What’s the difference between a Meal Swipe and an MPE? Where can I use my Meal Plan on campus? What’s open?
CAFE NOVA

- MPE is accepted all day.
- MPE Value is $8.00 for Lunch and Dinner.

Cafe Nova features five food platforms offering the best Philly cheesesteaks, grilled chicken, and delectable blended burgers at the grill, a Southwest Station for bowls, salads, and burritos, gourmet flatbread pizzas, fresh artisan sandwiches, as well as a gelato station and an espresso bar. Guests can place their customized order at the ordering kiosks!

Main Campus
Located inside Dougherty Hall

BELLE AIR TERRACE

- MPE is accepted all day.
- MPE Value is $7.00 for Breakfast and $8.00 for Lunch, Dinner, and Late Night.

Belle Air Terrace is conveniently located and offers grab-n-go salads and sandwiches, hot food specials, a made-to-order deli, pizza, all-day breakfast, and a 100% organic salad bar. Great spot for late night food Sunday through Thursday, 10pm-1am.

Main Campus
Located inside the Connelly Center

THE CURLEY EXCHANGE

- MPE only accepted at this location with The Exchange Meal Plan Upgrade.
- MPE Value is $7.00 for Breakfast and $8.00 for Lunch and Dinner.

The Curley Exchange is a retail location that features a New York style themed made-to-order Dell and offers fresh, daily hot entree specials, vegetables, and side dishes. Offering fairly traded Equal Exchange coffee and teas.

Main Campus
Located inside Bartley Hall

THE GLUTEN FREEZE ZONE

- MPE is accepted all day.
- MPE Value is $7.00. MPE is not valid for pre-packaged snacks, beverages, or candy in this location.

The Gluten Freeze Zone is the best spot on campus to get a cold treat or gluten-free foods! Featuring Groothies and smoothies, hand-dipped ice cream, sorbet, and gluten-free grab-n-go foods and snack items.

Main Campus
Located inside the Connelly Center

LAW SCHOOL CAFE

- MPE is accepted; not accepted between 11:15 am and 1:15 pm to avoid overcrowding.
- MPE Value is $8.00 for Breakfast and Lunch.

The Law School Cafe offers daily hot entree specials, fresh vegetables, soups, grill specialties, gourmet brick oven pizzas, grab-n-go options, and a salad bar with a variety of healthy toppings. This location proudly brews Equal Exchange coffee and teas.

West Campus
Located inside The Law School

CONNELLY CONVENIENCE

- MPE is not accepted in this location.
- Pay with your Meal Plan Points or your debit card (NOVAbucks).

Connelly Convenience is centrally located for all of your quick snack and bottled beverage needs. Featuring a variety of potato chips, pretzels, tortilla chips, and salsa as well as candy and granola bars. Sodas, water, teas, and juices are available as well as pints of ice cream and novelty treats. Toiletries and select necessities can also be found at this location.

Main Campus
Located inside the Connelly Center

DONAHUE MARKET

- MPE is accepted all day for prepared foods only, i.e. salads, smoothies, sandwiches, etc.
- MPE Value is $8.00. MPE is not valid for pre-packaged snacks, beverages, or candy in this location.

Offering convenience store items such as snacks, candy, bottled beverages, and toiletries. Smoothies, salads, and sandwiches can be purchased all day for an MPE. Hot Foods like pizza, mac & cheese, chicken tenders and more are available for an MPE starting at 8:30 pm.

South Campus
Located inside The Court at Donahue

2ND STOREY MARKET

- MPE is accepted all day for prepared foods only.
- MPE Value is $8.00. MPE is not valid for pre-packaged snacks, beverages, or candy in this location.

Offering a huge variety of convenience store items as well as a made-to-order deli and salad stations. Hot foods and specials are offered daily. In addition to nutritious grab-n-go items. Use an MPE on all prepared foods in this location, anytime!

West Campus
Located inside St. Mary's

HOLY GROUNDS

- MPE restrictions vary by location - see below for additional details.
- MPE Value is $7.00. MPE is not valid for pre-packaged snacks or candy.
- Limit 2 Bottled Beverages per MPE.

Holy Grounds locations are Villanova's own coffee concept proudly brewing Peet's Coffee and offering Mighty Leaf teas. Serving muffins, bagels, hand fruit, fair trade chocolates and more. Some Holy Grounds locations offer grab-n-go foods such as salads and sandwiches, available for an MPE.

HG @ Connelly  
HG @ Driscoll  
HG @ Falvey  
HG @ CEER  
HG @ The Exchange  
Legal Grounds

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*Legal Grounds (located at The Law School) offers Equal Exchange Coffee and Tea.

SEE HOURS & MPE RESTRICTIONS BELOW

REGULAR HOURS OF OPERATION - SUBJECT TO CHANGE