



# Your Guide to Meal Plans

## Residential Plans



### CARTE BLANCHE

Unlimited meals  
8 guest passes/semester  
\$100 Gallagher Gold

### PURPLE

12 meals/week  
6 guest passes/semester  
\$250 Gallagher Gold



## Commuter Plans

### OPTION 1

32 Meal Swipes/Semester  
\$200 Gallagher Gold

### OPTION 2

45 Meal Swipes/Semester  
\$300 Gallagher Gold

### OPTION 3

80 Meal Swipes/Semester  
\$400 Gallagher Gold



Follow @metzatniagara on Instagram & Facebook for daily specials, events, and more!

# Meal Plan FAQ

## What is Gallagher Gold?

Gallagher Gold are student dollars that can be used to purchase meals and snacks at the Gallagher Center including Gally Grill, Poblano's, Tim Hortons® and the Grove. Additional Gallagher Gold can be purchased throughout the semester in any amount. Gallagher Gold rolls from semester-to-semester and expires at the end of the school year.

## Will dining services accommodate my special dietary needs?

For personalized support, please don't hesitate to speak with a manager or contact us at [ma4024@metzcorp.com](mailto:ma4024@metzcorp.com).

## How does dining services support student athletes?

Student athletes have comprehensive nutritional support. This includes extended hours at the Dining Commons, and enhanced protein options at Villa Toscana, such as Fired Up proteins and vegetables at dinner. For added convenience, sports drinks and protein packs are available at the Grove. Our campus RD also provides free one-on-one video consultations.

## Are there any other places to eat on campus besides the Dining Commons?

Craving a made-to-order meal? Head to the Gallagher Center. Here we freshly make burgers, burritos, and sandwiches, plus Tim Hortons coffee. The Gallagher Center provides a warm and inviting atmosphere where you can enjoy a tasty meal. Plus, it's also home to our convenience store. Here you'll find items from school supplies and toiletries, to frozen dinners and cold beverages, and more!

## How can I pay for a meal, snack, or drink if I don't have a meal plan?

We gladly accept cash, all major credit cards and virtual wallets, plus Gallagher Gold and campus funds.



*Understanding that schedules can vary & hunger doesn't always align with mealtimes, the Dining Commons offers continuous service, ensuring everyone feels accommodated throughout the day.*

## Dining Hours

### Russel J. Salvatore Dining Commons

#### Monday - Thursday

7:30 a.m. to 10:30 p.m.

#### Friday

7:30 a.m. to 8 p.m.

#### Weekends

Saturday 9:30 a.m. to 8 p.m.

Sunday 9:30 a.m. to 10:30 p.m.

### Gallagher Food Court

#### Poblano's

Monday - Friday 10:30 a.m. to 7 p.m.

#### Gally Grill

Monday - Friday 10:30 a.m. to 8 p.m.

Saturday & Sunday 11 a.m. - 8 p.m.

#### Tim Hortons

Monday - Friday 7 a.m. to 7 p.m.

Saturday 8 a.m. to 2 p.m.

Sunday 10 a.m. to 1 p.m.

### The Grove

Monday - Friday 9 a.m. to 8 p.m.

Saturday & Sunday 11 a.m. to 8 p.m.



Check out  
our daily  
menu!