



Old Dominion University

2025-2026



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OUR PHILOSOPHY

At Monarch Dining, we prioritize inclusivity by recognizing the unique challenges faced by students with food allergies. We provide essential knowledge and resources to ensure they can make informed food choices. Our commitment to balanced and nutritious meals without the top 9 allergens supports the health and well-being of all students with food allergies every day.

HAVE A QUESTION?

Please be advised that products prepared in our kitchen may have come in contact with common food allergens. Direct any questions regarding an allergy or food ingredients to any of the following individuals: manager on duty, Executive Chef, or Dining Dietitian.

YOUR SAFETY IS OUR TOP PRIORITY

Here's how we are prepared to serve you.

STAFF TRAINING

Managerial staff and supervisors have an AllerTrain certification. This prepares the leadership staff to:

- Identify the top 9 food allergies and where they can be found in "hidden ingredients".
- Understand how the increase in food allergies impacts our roles within dining.
- Express their commitment to an inclusive environment that allows students with allergies to dine safely alongside the campus community through shared meals.
- Train service staff about allergens, including how to prevent cross-contact and handle special meal requests.
- Recognize common symptoms of a food allergy reaction and respond appropriately.
- Our employees and managers are certified in the ANSI-ANAB accredited food allergy training program, AllerTrain.

SELF-MANAGEMENT

You are the most important advocate for your own health. Please review your responsibilities when managing a food allergy in the residential dining locations:

Notify the Office of Educational Accessibility and Monarch Dining of your allergy(ies).

- Register with the Office of Educational Accessibility in case you need additional accommodations.
- Schedule an appointment with Dining Dietitian, Amanda Miller to review your dietary restrictions.
- Inform dining staff of your food allergy when ordering food

Be proficient in the self-management of your food allergy(ies).


- Avoid foods to which you are allergic.
- Recognize the symptoms of allergic reactions.
- Know how and when to tell someone you might be having an allergy-related problem.
- Carry emergency contact information with you.
- Carefully read the menus and ingredient information available to you online at olddominion.campusdish.com.

Have a question? Direct your questions to our Dining Dietitian, Executive Chef, or ask a manager on duty.

If you do not know who these individuals are, please ask a cashier or an employee to introduce you to better assist your needs.

In case of exposure, carry medication (e.g EpiPen, Benadryl, etc.) with you at all times.

Consider informing friends you normally dine with about your medical needs in case of an emergency.



Avoid cross-contact. Cross-contact occurs when food comes into contact with another food and their proteins mix, creating the potential for an allergic reaction.

- You may ask a dining employee to change their gloves.
- You may ask a dining employee to use a new utensil or a fresh pan at made-to-order stations.
- Take caution with deep-fried foods. Frying oil is reused before being changed; this can lead to cross-contact because food fried in oil releases some of its protein, which is then absorbed by other foods fried in the same oil.
- Take caution with bakery items. Some of our bakery items are prepared on-site by our pastry chefs and have the potential to have come in contact with other ingredients in the kitchen.
- At the salad bar and deli station students may request produce or meats that are stored behind the counter from the employee working at those stations.
- Visit the Stress Less Zone at Broderick Dining Commons for access to a designated gluten-friendly toaster.

We make every effort to provide you with the information you need to make decisions about which foods to eat in the residential dining facilities. However, the possibility for a reaction does exist in community dining.



IN CASE OF A REACTION

If you are exhibiting symptoms of an allergic reaction, including anaphylaxis, please take one or more of the following steps:

1. Administer your EpiPen or take an antihistamine.
2. Get help immediately—call 911 or indicate to someone around you to call to someone 911.
3. Please contact the SHC after you are stabilized and feeling better to let them know you had to administer your Epi-pen.
4. You may need to go to the Emergency Room to be medically supervised.

If you have been prescribed an EpiPen, you should carry it at all times.

TRUE BALANCE & STRESS LESS ZONE

The True Balance station offers a complete meal made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame). A dedicated and trained staff member will serve you from this station with a clean plate each time.

True Balance can be found in Broderick Dining Commons.

Have a food allergy outside of the top 9 food allergens? Reach out to Dining Dietitian, Amanda Miller, to schedule a meeting to discuss your specific needs.



The Stress Less Zone is a self-serve station in Broderick Dining Commons, stocked with packaged products made without peanuts, tree nuts, and gluten. This station is designed to supplement students' diets, rather than provide them with a complete meal.



YOUR RESOURCES

The following services are available to help you manage your food allergy(ies):

Online menus are available
at **olddominion.campusdish.com**



Digital screens located at each of our residential dining locations and connected to our website in real-time, display the menu and dietary preferences.

Special meal accommodations

Special meal accommodations are considered in special circumstances when current offerings are not sufficient.

An individual informational meeting

with the dining hall managers and campus dietitian, who can help you develop a personalized plan to navigate the dining facilities.

The Executive Chef and manager on duty

are available in our dining locations to address on-site questions and concerns and serve as important resources.

Fresh gloves, utensils or pans are available upon request to-order stations upon request to reduce cross-contact concerns.

True Balance, located at Broderick Dining Commons, offers a menu excluding milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, gluten and sesame.

OUR COMMITMENT

HOW WE CAN HELP YOU

A plan is developed for students with special dietary needs who require special meal accommodations.

1 The student meets with the Dining Dietitian, Amanda Miller, who works with them to review their allergies, gather information on how they have managed their allergy up until now, and learn how they can navigate the dining locations.

Students who are requesting special meal accommodations must provide medical documentation to the Office of Educational Accessibility.

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2 After the initial meeting, the Dining Dietitian communicates with the Monarch Dining chefs and the Office of Educational Accessibility about the student's personal dietary needs so that Monarch Dining can accommodate their needs. Individual menu development and specially prepared foods can be provided when the daily offerings do not meet an individual's dietary needs.

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3 A tour of Broderick Dining Commons is held shortly after with the student to provide them with additional information and to introduce the student to the location manager and chef managers. This meeting allows for the student to meet other individuals who can serve as local resources when they have questions. It also lets the dining staff know who the student is so they are familiar with their specific allergies and concerns they may have. Lastly, the meeting serves to review the food options that are available, and the steps that the student and Monarch Dining can take to have the student's needs met.

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4 Monarch Dining remains available to the student throughout the life of their meal plan. Students are encouraged to reach out with any concerns, complaints, or with any changes to their diet.

ALLERGY INFORMATION

Always read the menu, description, nutrition information, and ingredient labels for foods you wish to eat to ensure you are avoiding foods that may cause an allergic reaction.

Take extra care with manufacturer-produced goods. While we periodically audit ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer, ingredients listed may be subject to change without notification.



Milk Allergies

The majority of foods on campus are cooked in a vegetable oil blend that is dairy-free. Broderick Dining Commons has non-dairy milk and cheese options available upon request. We do not have any dedicated dairy-free fryers.



Peanut Allergies

Broderick Dining Commons is a peanut-free facility; however, other location may use products containing peanuts, including but not limited to peanut oil. Be sure to check out our locations' allergen information to learn more.



Shellfish Allergies

Entrées with shellfish as an ingredient are sometimes on the menu.



Fish Allergies

Entrées with fish as an ingredient are occasionally on the menu. Some dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.



Tree Nut Allergies

Tree nuts may be present in desserts and certain entrees. Please be advised, coconut is no longer considered a tree nut and may be served throughout retail dining locations and Broderick Dining Commons, including the True Balance station and the Stress Less Zone.



Egg Allergies

Eggs are present in baked goods and mayonnaise. There is always a vegan dessert option available, but students are asked to take caution with all other baked goods. Take caution with deep-fried foods, which may have been fried with recycled oil used to fry food items coated with egg.

Just Egg® a vegan egg substitute is offered at Broderick Dining Commons.



Wheat Allergies and Gluten Sensitivities

As most of our foods are prepared in a large open kitchen, there is the possibility for cross-contact and we cannot legally guarantee that our items are “gluten-free”, just “made without gluten”. Keep in mind that fryers are a common place where cross-contact can occur, so avoid using common fryers if you have a gluten and wheat allergy. Visit True Balance and the Stress Less Zone at Broderick Dining Commons for gluten and wheat friendly options.



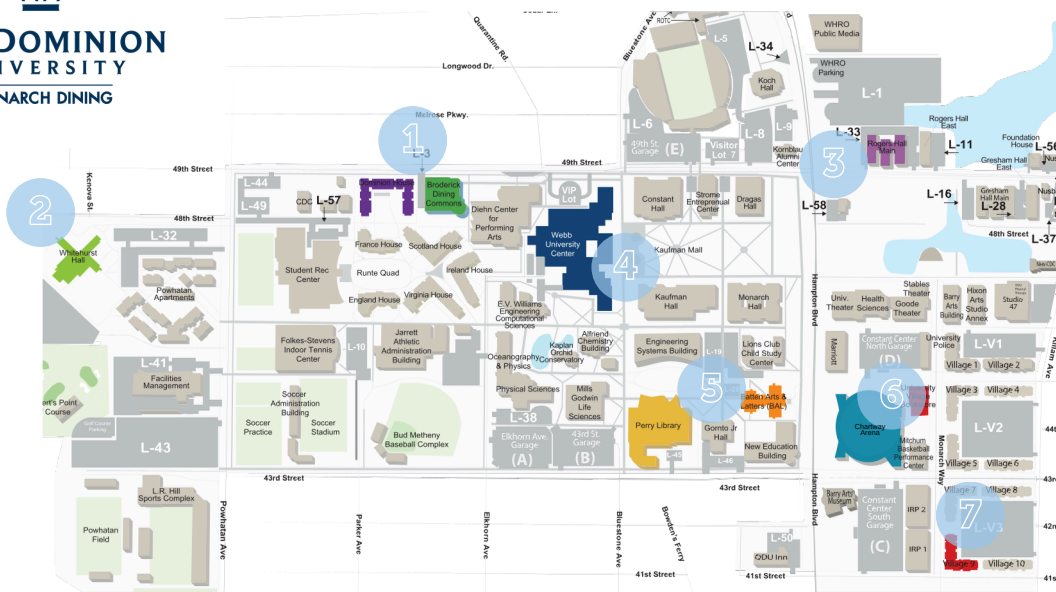
Soy Allergies

We use oil that is made with soybeans. This oil is refined and excludes the protein in soy that causes allergic reactions. We consider this oil safe for students who are allergic to soy but acknowledge that some students will choose to avoid it. We occasionally cook and bake with products containing soy. Some sauces contain soy products, so be sure to check ingredient labels and contains statements.



Sesame Allergies

As of January 1, 2023, food manufacturers must label sesame on all U.S. packaged food, where present, and declared a food allergen. Sesame oil is considered highly allergenic and is not refined enough to remove the allergen. The True Balance station located at Broderick Dining Commons offers a menu that omits sesame containing ingredients.



1 RESIDENTIAL/QUAD

OLD DOMINION UNIVERSITY
Broderick Dining Commons

POD MARKET
P.O.D. Market - Quad

2 WHITEHURST



3 ROGERS HALL
ROGERS riverside cafe

4 WEBB UNIVERSITY CENTER



5 ACADEMIC BUILDINGS



P.O.D. Market Express
inside the Bottom Arts & Letters
building

6 CHARTWAY



7 UNIVERSITY VILLAGE

POD MARKET
P.O.D. Market - Village



CONTACT US



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