One day a week, try no meat.

• Meatless Mondays is a national campaign to raise awareness of the nutritional benefits of a meatless diet at least once a week and the environmental impact on our food.

• Going without meat for one day a week helps lower your cholesterol and saturated fat intake and increases your fiber and vitamin consumption for the day.

Eating a plant-based diet also reduces our impact on the environment by using fewer resources to grow our food - less energy and less water.

• Meatless Mondays offers more vegetarian options but does NOT eliminate all meat. If you prefer meat, we still offer plenty of meat options throughout the Residential Restaurant (i.e. Grill and Deli Station).

• Meatless Mondays take place every Monday at all Residential Restaurants.

It’s good for you and good for the planet.