



# What's On The Menu For CSUCI?

University Dining Services Managed By Sodexo

February 2010

www.csucidiningservices.com

Issue 3

## Make the whole world your Valentine!!!

Follow these simple steps to begin your journey to a more environmentally friendly life & show love to YOUR EARTH even more than before!

- 1. Start small.** Try changing the way you eat once a week. Try a meat free option or enjoy a fresh local meal from our salad bar. Don't forget that to go packaging adds needless waste, if you're going to be dining in don't ask for it to go!
- 2. Take it slow.** Fuel efficiency tends to decrease at speeds over 60mph so stick to the speed limit or a bit under if you can! Better yet enjoy your ride with friends! Carpooling saves all kinds of money & gas!
- 3. Try 'tree-free'.** Opt out of as many paper products as possible! Replace napkins & paper towels with reusable or post consumer recycled options. Leave messages for family members/roommates on a reusable message board. Create & use note pads from once-used paper. Make your own Valentines Day cards/letters from once-used products or handmade paper this year!
- 4. Speak up.** Find an issue that is important to you & get involved! Whether the issue is as local as on campus or worldwide, start doing your part today! Attend meetings, write letters & keep informed! It's never a bad time to take a stand!

## Having an on campus shindig?

Let us do all the hard work!

Catering is available through Islands Cafe for any & all kinds of on campus events!

Weather it's just you and a few friends or hundreds of people we can meet all of your needs!



From basic coffee services to outdoor events of unlimited numbers, our goal is to provide you with a full range of quality and innovative catering services backed by a diverse, service-oriented staff. Our commitment is to customize and create whatever is required to provide your guests with an unforgettable experience. We are available for all of your on-campus catering needs.

For more info please contact:

[Sodexo@csuci.edu](mailto:Sodexo@csuci.edu)

805.437.8917

Or visit us online at:

[csucidiningservices.com/catering](http://csucidiningservices.com/catering)

## Happening in February...



This month we're celebrating food for love & love for food! Join us in the Islands Cafe on Valentines Day for a romantic dinner showcasing healthy & earth friendly foods you're sure to love!! No date, no worries! All are welcome!!



Thai & Vietnamese Cuisine: A Magical Experience. Mid-February, the Islands Cafe will begin serving up exotic new specials inspired by world-renown chef, Mai Pham. Enjoy new flavors & enter for your chance to win a copy of chef Mai Phams world famous cookbook!

# facebook

Become friends with 'Channel Islands Eats' on Facebook.com for special offers and the latest info! Also find us at [twitter.com/CSUCI\\_eats](http://twitter.com/CSUCI_eats). Get in the loop today!

## Vegetarians & Vegans Welcome!!!



We understand that eating outside your home as a vegetarian or vegan can be a bit tricky, so we'd like to help take some of the guess work out! Contact the Islands Cafe today for your free vegetarian/vegan friendly tour. Check out our operation and see what options you have available to you every day in the Islands Cafe. Call or email us to schedule your very own personalized tour today!

call ~ 805.437.8905

email ~ [serge.michel@csuci.edu](mailto:serge.michel@csuci.edu)



# Islands Cafe Coupons

## February 2010

**sodexo**

### Brighten up Your breakfast!

Get a free piece of fruit  
with any breakfast  
purchase over \$4.25

Valid 02/01/10 - 02/28/10 between 7:30 to 10am

Coupon must be presented to cashier. Not valid with any other offers.

Channel Islands  
CALIFORNIA STATE UNIVERSITY

**sodexo**

### Be our Valentine! Purchase any lunch special and get a free cookie!

Valid on Valentines Day Only - 02/14/2010

Coupon must be presented to cashier. Not valid with any other offers.

Channel Islands  
CALIFORNIA STATE UNIVERSITY

**sodexo**

### Free Fries!!!

at the **155** grill!

with any sandwich purchase  
between 11:30 am & 12:30 pm

Valid 02/01/10 - 02/28/10

Coupon must be presented to cashier. Not valid with any other offers.

Channel Islands  
CALIFORNIA STATE UNIVERSITY

**sodexo**

### Bring a Date & SAVE!

\$2 off **360** lunch  
Any Two specials!  
between 11:30 am & 12:30 pm

Valid 02/01/10 - 02/28/10

Coupon must be presented to cashier. Not valid with any other offers.

Channel Islands  
CALIFORNIA STATE UNIVERSITY

**sodexo**

### Love Yourself!

Get a free bottle of  
water with the purchase of  
any large sized salad from  
the healthy, fresh salad bar!

Valid 02/01/10 - 02/28/10

Coupon must be presented to cashier. Not valid with any other offers.

Channel Islands  
CALIFORNIA STATE UNIVERSITY

**sodexo**

### Save on Simply to Go Purchase any 3 Simply to Go items & get a free small drink!

Valid 02/01/10 - 02/28/10

Coupon must be presented to cashier. Not valid with any other offers.

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CALIFORNIA STATE UNIVERSITY