Plant-based eating patterns emphasize fruits and vegetables, whole grains, healthful fats like nuts and seeds, and lean proteins like legumes and soy. Vegetarian diets include lean animal proteins like fish, eggs and dairy, and vegan diets do not include animal proteins. Evidence is mounting that choosing a plant-based diet has a multitude of health and environmental benefits.

Health benefits include lower incidence of chronic conditions, like heart disease, high blood pressure, diabetes and some cancers. This is due to lower levels of saturated fat, as well as beneficial antioxidant, vitamin, mineral, phytochemical and fiber content. Environmental benefits include reduced carbon emissions and lower water usage.
What can I eat?

Corcoran, McElroy and Stuart

Below are a selection of rotating vegan and vegetarian menu items offered in the three main dining halls. Check Online Menus and Digital Signage for daily offerings.

Corcoran Commons:

Lower Live
- Make your own breakfast omelet with veggies, and add a side of crispy breakfast potatoes
- When available, try the Vegetarian Smash, Korean BBQ Bowl with tofu, and the Vegetable Biryani
- Marinated, baked or grilled tofu is available on the sandwich line
- Choose tofu as your protein for the Holy Grain and Pad Thai

The Loft at Addie's
- Vegetarian paninis and flatbreads available upon request
- Acai bowls are vegan and made with almond milk
- Homemade vegetable burger is vegetarian, made with lentils and barley

McElroy:

Carney Hall
- Veganize a Burrito Bowl: ask for plant-based add-ins like black beans, salsa, and guacamole
- Get the Bibimbap with egg (vegetarian), or tofu (vegan)
- Vegan Pitaya Bowls and vegetarian Acai Bowls are available
- Pho Soup and Power Bowls are both vegan

Eagle's Nest
- The Green It and Bowl Stations are vegan without chicken or mac n' cheese. Ask your server about vegan dressings!

Stuart:
- Customize a breakfast smoothie with add-ins like chia & flax
- Vegan and vegetarian grain salads are offered in grab n’ go
- Create-your-own Mexican Plate using hot beans offered in the serving lines
- General Gao's Bowl and Blazing Bowl are offered with tofu
- Vegetable Samosa and Pakora are vegan

Around Campus

Grab n' Go Refrigerators
- Calcium-fortified soy milk (V) • Packaged hummus (V)
- Assorted yogurts • Falafel sandwich (V) • PB&J Sandwich
- Black Bean Poppers (V) • Cheese plate • Mediterranean plate
- GF bread (V) • Overnight Oatmeal with Almond Milk (V)

Salad Bars
- Cubed Tofu (V) • Kidney Beans (V) • Chickpeas (V) • Lentil Salad
- Assortment of Cheeses • Low-Fat Cottage Cheese
- Hard Cooked Eggs • Variety of Vegetables (V)

Yogurt Parfait Bars
- Variety of Cut Fruit (V) • Flavored Yogurts • Grandy Oats Granola (V)

On the Grill
- Jens and Marie Veggie Burgers (V) • Vegetarian Stir-Fry
- Tofu Stir-Fry (V) • Grilled Cheese

Sandwiches
- Eggplant Parmesan Sub • Cheese • Peanut Butter (V)
- Mediterranean Wrap • Vegetarian Fajita Wrap (V)
- Make Your Own with Pita, Salad, Hummus and Beans ~

Soups
- Black Bean (V) • Tomato Basil (V) • Three Bean Chili (V)
- Organic Split Pea & Kale (V) • Sweet Potato Chipotle (V)

Desserts
- Fro Yo and Soft Serve • Divvies cookies in the MiniMarts (V)
- Baked goods in the gluten-free freezers • BC's Homemade Desserts

- denotes vegan

Find us on Social! @bc_dining
Balanced Eating at BC

A balanced eating pattern contains a variety of nutrients obtained by eating food from all food groups. Balanced eating emphasizes adequacy by eating regularly and responding to feelings of hunger. Moderation is another part of balanced eating, accomplished through giving oneself full permission to mindfully eat any food that is satisfying.

Sample Vegetarian Day of Eating

**Breakfast**
Overnight oats with chia seeds, peanut butter, banana, and a small coffee with soy milk at Lower

**Snack**
Kind Bar with Greek yogurt during a break between classes

**Lunch**
Vegan Falafel Sandwich with tahini mayo, plus a side of fruit at Lyons

**Snack**
Mediterranean Plate from the grab-n-go at McElroy

**Dinner**
Mexican Plate with black beans, Mexican Rice, salsa, guacamole, plaintains, shredded cheese and a Divvies cookie at Stuart

**Snack**
Fruit and almonds at the library

Questions?

Comments?

Want to be a part of focus groups to discuss vegetarian and vegan dining?

Please email us at: BCDining@bc.edu

Find us on Social! @bc_dining
Resources and Contact

Make an Appointment

Kate Sweeney  
MS, RD, LDN  
Administrative Dietitian  
BC Dining Services  
Office of Health Promotion  
Main Office: McElroy 302

Jennifer Heinen  
MS, RD, LDN  
Campus Dietitian  
BC Dining Services  
Main Office: McElroy 302

Find Kate and Jenn’s online appointment calendar on the  
Office of Health Promotion or BC Dining websites  
OR email Kate at sweenekz@bc.edu to make an appointment.

Did you know?

Soy lattes are available at the Chocolate Bar and Hillside.

Hot oatmeal is vegan in all dining locations.

Overnight oats are vegetarian at McElroy, and vegan at Stuart and Lower.

White rice is available in rice warmers at Lower, Carney and Stuart.

Unsweetened and Vanilla Almond Milk is available every day at McElroy, Stuart, Corcoran, Lyons, and Walsh in dispensers.

Stuart Hall offers a vegetarian Smash Bowl with soy chicken and veggies.

Students can request to have a meal made off the serving line to avoid cross-contact with animal products. Just ask for a manager!

The Whole Grain Bar at Stuart, Lower and Carney offers a variety of vegetarian grain-based salads, daily!

Customize a Flat Top Burger with a vegan Beet & Kale patty at Carney, Lower and Stuart. Add your favorite plant-based toppings.

Vegans and vegetarians require a variety of foods from each food group to achieve nutritional adequacy.

Check the BC Dining website to learn more about the Important Nutrients needed as a vegan or vegetarian.