

# Dining Digest

September  
2025

## Culinary Creations

Get ready because this month, the most exclusive cooking class on campus is coming back! Meal Plan holders will have the chance to sign up (via an email) for Culinary Creations cooking classes for the Fall semester starting in September! This month, we're going to be making Sushi!



## Garnet & Go!

Did you know? With our Transact Mobile Ordering App, you can skip the lines and order ahead at your favorite retail locations! It is easy and convenient to get your favorite food and use your Meal Plan, Dining Dollars or credit card to pay.



## Chef Spotlight

Meet Chef Matt, the Executive Head Chef at Suwannee Room! Chef Matt's passion for food ignited at the age of 14 while researching his ancestors, who introduced Swiss cheese to America- an intriguing discovery that led him into the kitchen. Come get to know Chef Matt at this month's Meet the Chef event in Suwannee Room & try a special dish that's close to his heart!



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# Events

09/05

## Cheese Pizza Promo

Order a Cheese Pizza on the Transact and get 150 extra stars! All Day

09/05

## Overnight Oats

Suwannee Room

09/08

## Taste Test

Drs. Inn Market

09/10

## Produce Spotlight

Suwannee Room

09/11

## Farmers Market

Integration Statue

09/11

## Back to School Cookout

Seminole Cafe

09/12

## Birthday Bash

Suwannee Room

09/16

## Coolfoods Feature - Turkey Bibimbap

Suwannee Room

09/18

## Chef Spotlight: Chef Mat

Suwannee Room

09/23

## Rosh Hashanah Celebration

Suwannee Room

09/24

## Rosh Hashanah Celebration

Seminole Cafe

09/24

## Produce Spotlight

Seminole Cafe

09/25

## Farmers Market

Integration Statue

09/25

## Burrito Promo

Order a Proof Burrito on the Transact and get 150 extra stars! All Day

09/26

## Taste Test

Proof at FSU

09/26

## Away Game Rally

Proof at FSU

09/30

## Birthday Bash

Seminole Cafe

## 4 Tips to be Hurricane Ready

### ► Charge Everything

Phones, laptops, and portable chargers. You'll want to be ready if the power goes out.

### ► Stock Essentials

Make sure to have bottled water, nonperishable food, flashlights, and batteries on hand.

### ► Stay in the Know

Sign up for campus alerts and follow updates before, during, and after the storms.

### ► Secure your Space

Move electronics off the floor, close blinds, and bring in items from balconies.



## of the month

What did the math book say to the student?  
I've got too many problems



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# Health & Nutrition

## Produce Spotlight

September's Produce of the month is the Prickly Pear! The Prickly Pear is a part of the cactus plant family and are native to Mexico and parts of the South-western United States.

These fruits aren't just fun to say out loud either! They've got lots of great nutritional value too! They're a great source of Vitamin C which supports your immune system and antioxidants which help prevent chronic diseases. Plus, it's packed with potassium and fiber to help with heart and gut health! Stop by one of our produce spotlight events this month to give this delicious & nutritious fruit a taste!



## Prickly Pear Lemon Bars

### Crust

- 1/2 cup confectioner's sugar
- 1 stick unsalted butter softened
- 1 1/4 all-purpose flour
- 1/2 tsp salt

### Filling

- 2 large eggs
- 1/2 cup fresh lemon juice
- 1/4 cup grated lemon zest
- 3 tbsp heavy cream
- 7 egg yolks
- 1 cup granulated sugar
- 1/2 cup prickly pear syrup
- 1/2 stick unsalted butter.

### Crust Instructions

1. Preheat oven to 350°F
2. Line a 9-inch square pan with foil and spray with nonstick cooking spray
3. Process the flour, sugar, and salt in a food processor until combined. (3 seconds)
4. Add the butter and process to a blend. (8 to 10 seconds) Continue to process until the mixture is pale yellow and resembles a coarse meal.
5. Sprinkle the mixture into the pan and press firmly with your fingers into an even layer over the entire pan, bottom.
6. Bake crust till golden brown, about 20 minutes.

### Filling Instructions:

1. Whisk yolk and whole eggs together in a saucepan.
2. Add granulated sugar and whisk until combined.
3. Add lemon juice, prickly pear syrup, zest, and salt, whisk until combined.
4. Add the butter pieces, and cook over medium-low heat, stirring constantly until mixture thickens slightly. (about 5 minutes)
5. Immediately pour curd through a strainer and stir in heavy cream
6. Pour curd into warm crust.
7. Bake until filling is shiny and opaque and the center jiggles when shaken, 10 to 15 minutes
8. Let cool completely on a wire rack (about 2 hours) before removing the bars from the pan.



### DO YOU HAVE AN ALLERGY AND NEED A SPECIAL ACCOMMODATION?

**The Office of Accessibility Services (OAS)** supports students by providing accommodations, including dietary. Schedule a meeting with an OAS Accessibility Specialist by contacting them.

**EMAIL: [oas@fsu.edu](mailto:oas@fsu.edu)**

### **What's Next?**

Set up a meeting with your dietitian Ms. Chiung Lien, RDN LDN  
**EMAIL: [lien-chiung@aramark.com](mailto:lien-chiung@aramark.com)**





# Sustainability Corner

This month, we're highlighting our **OZZI Silver Token** promo and the **Farmers Market's** new location this semester. Plus, we've got this month's **vegan and vegetarian grab-and-go highlight** that's worth checking out!

## Ozzy Silver Token Giveaway

This September, **Suwannee Room** is making your dining experience a little more exciting with our Ozzi-To-Go Silver Coin Giveaway! Every time you return your Ozzi container, you have the **chance to win exclusive Ozzi swag**. Here's how it works:

1. The two Ozzi return bins will **randomly give out a silver coin** instead of the usual gold one.
2. Redeem your silver coin at the register right away to **claim your Ozzi-to-go swag**.
3. If you do not want your prize, you can trade in your silver coin for a bronze one.

This promotion will run all September or until prizes run out!

### SEMINOLE DINING OZZI SILVER TOKEN GIVEAWAY



Find the silver token. Swap it at the register.

★ Win OZZI swag! ★

- Available only in Suwannee Room during September
- If you receive a silver token, bring it to the register immediately to redeem your prize.
- Prize includes exclusive OZZI swag!

## Farmers Market

We're excited to share that September brings not one but **two Farmers Markets to campus**! All at our new location around the **Integration Statue on Legacy Walk**!

Come out, enjoy **fresh local** flavors, and connect with the community. These markets are always **full of energy, good food, and great company**.

We can't wait to see you there!



## Grab and Go

Vegan or Vegetarian  
**Highlight**



Spicy Hummus Wrap



Lime Cheesecake Parfait



Try our vegan or vegetarian grab-and-go items this September and enjoy something new and delicious! Available in our convenience stores!



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