

The New Meal Plan!

It's important to all of us at Garrison Dining Services that we meet the changing needs of RPCS students & their families. This year we've added an important new component to the dining services designed to offer both healthier menu choices and save you money. Specifically tailored to each division at school, the new Meal Plans provide a healthy, nutritious option to the traditional ala carte choices available to our students. The Fall Plan begins with the first day of school & runs through the last day before winter break. The traditional P1-2 Lower School Lunch features healthy choices daily and is packed, ready to go when students arrive for lunch. The 3-5 Lower School Lunch & Meal Plan now features a Daily Entrée or Sandwich, sides, soups, salads from the salad bar, fresh fruit and a drink for one low price either daily or with the Meal Plan option. The Middle School & Upper School Plan features the "Healthy Choice" entrée, hot sides, soups, salad bar, seasonal fruit, and a drink each day for the student at one low price. Please contact the Dining Hall Office at extension 3026 for all the details and current pricing.

The RPCS Café Grab & Go Specials

A healthy and quick way to pick up a lunch on the run. All packed up and ready to go, convenient and fast! Daily selections such as: fresh Caesar salads, chicken Caesar salads, grilled chicken Caesar wraps, roast turkey wraps, Virginia ham or roast turkey & Swiss on a whole wheat Kaiser, our "Lite Fare Chicken", "Maryland Tuna", and "New Orleans Shrimp Salad" wraps and salad lunch plates.

The Harbour Grille

A fusion of classic and contemporary sandwiches with fresh sides cooked to order. Seared chicken breast on a 12-grain Kaiser with Swiss, lettuce, & tomato or good old fashioned grilled cheese on Texas toast. Try one of the new healthy sandwich options that will be featured daily. Our in-house oven-roast turkey breast & pit ham grilled & topped with dill havarti cheese on super seed bread and roast chicken breast croissants barely scratch the surface at this popular stop! Always remember "Ms Sharon's Fresh Fruit Salads" with crunchy granola topping from the grab & go for a quick healthy boost during the day.

The Chef's Healthy Choice Specials

Featuring entrees, hot sandwiches, veggies, soups and sauces prepared from scratch by the chef in our kitchen every day! These are now an integral part of the new Meal Plan at RPCS. Grilled Salmon and Tilapia, and Roast Chicken with Vegetable Orzo are a few of our new "Lite-fare" entrees in the Dining Hall.

We are now using more locally sourced meats and produce than ever before.... like Liberty Delight Farm, Kennett Square Farms & Cross Valley Farms!

Some of our popular "Special Days" include the "Pho Soup Construction Station", "Ms. Maria's Filipino Day" along with the popular "Stir-Fry Station" with fresh vegan spring rolls. These provide a change in the routine while emphasizing eating healthy while at school.

Our Green Grocer's Salad Bar

Featuring baby spinach, spring mix, romaine & traditional lettuce greens, fresh cut veggies, homemade deli salads, cheeses, fresh fruit, and more salad dressings along with lots of new and health conscious toppings. Now a cornerstone of the new Meal Plan at RPCS and always part of a healthy diet! Try out "Ms. Sharon's Fresh Fruit Salads" available from the Grab & Go all day.

Ms. Maria's Fresh Pizza & More

Our pizza dough starts the day fresh and soft. We then pan it up and top it with our special Dom Peppino's sauce, real mozzarella, provolone and parmesan cheeses and a variety of fresh toppings. Or try one of the "Daily Specials" like pizza bagels, healthy Greek flatbread pizza, or Maria's petite pan pizza Mangia, Mangia!

The Café Fresh Deli

Choose one of our delicious specialty sandwiches like the "Avenue Powerhouse" - baby spinach, cucumbers, tomatoes, fresh lettuce & Muenster or one of our new Lite-fare Wraps to be featured each day. We will construct one for you right before your eyes! Choose from a large selection whole grain breads & rolls, delicious deli meats & salads, then top it all off with tomatoes, lettuce, & 6 different cheeses daily.



Use this form to open or replenish a Debit Plan Account by mail or to enroll your daughter in one of the New Meal Plans. Please contact the Café Office @ x 3026 for more details & meal plan pricing.

Fill in the following information and send to school or mail to:

Garrison Dining Services, c/o Roland Park Country School, 5204 Roland Avenue, Baltimore, MD 21210

Student _____ Grade _____ Parent _____

Mailing address _____ Phone: _____

Method of payment: Cash or check (circle one) Amount _____

To use our secure website to submit funds for the Debit Plan or purchase a new meal plan please visit: www.garrisdiningservices.com and click on Cafeteria Debit Plan on the left menu bar. To purchase a meal plan choose the meal plan tab.

Inside The Debit Plan

How does It All Work?

The “Debit Plan” allows your student to purchase meals in the Café with funds deposited in a special automated debit account set up by the Campus Dining Service. All they need to do is come in to make purchases once the account is set up and funded. The debit plan will help ensure they always have money available for food purchases while on campus. It also helps speed up the time required to go through the checkout line, plus provides extra security for your funds. You will receive a detailed monthly statement of your students’ account.

How do You get One for Your Student?

To set up a new account you can:

Simply visit our website at garrisondiningservices.com and select “Cafeteria Debit Plan”. Use our credit card processing service (secured by VeriSign) to make an initial deposit. We request a deposit of \$150 to get it all started.

Mail the attached “Debit Account Payment Form” with a payment of \$150 or more.

(cash or check) to:

Garrison Dining Services
Roland Park Country School
5204 Roland Avenue
Baltimore, Maryland 21210

Or, simply drop it off by the front desk @ school or the dining hall. Remember to always include your student’s name & grade on the check and envelope!

To add funds to an existing account:

Just visit our website at garrisondiningservices.com and select “Cafeteria Debit Plan”. Or mail in a payment or drop a check off by the front desk at school.

If you have any questions or problems, Please call the dining hall office at 410-323-5500 x 3026

Garrison Catering Ltd.
Garrison Dining Services
11115 Reisterstown Road
Owings Mills, MD 21117

The Roland Park Country School Dining Guide



We are proud to introduce The New Fall Meal Plans this year at RPCS, another addition to the dining programs here that emphasizes “Healthy Living”. Designed to ensure your student eats healthier away from home while saving money and to provide an all-inclusive meal every day for her. Featuring Entrees and hot accompaniments prepared from scratch in our kitchen with more locally sourced items, Crisp Salads and Veggies from the Green Grocer Salad Bar, and fresh Seasonal Fruit. Take a peak inside to get the whole picture!

GARRISON
DINING
SERVICES

410-363-2442