

# MAINE WORD ABOUT COLLEGE

## The Maine Word About College

**Questions about college from young Maine students, answered by old Maine students.**

**Today's writers**

Brandon St. Germain, junior at Maine Maritime Academy from Ellsworth, ME

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Sierra Goodridge, first year at Franklin & Marshall College from Gardiner, ME

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**Offered by Maine College Circle and the Mitchell Institute to great young students throughout Maine.**

**Q. What is your favorite food/meal to eat in the dining hall?**

**A.** My favorite food to eat, hands down, is french fries. I have them with every meal. Chicken, steak, pasta, you name it. I can never eat enough of them, they are absolutely delicious. — Brandon



My favorite meal is breakfast. I love the omelet bar where you can customize eggs with vegetables and meats that you want! — Julie

My favorite meal to eat in the dining hall is the chicken noodle soup with a grilled cheese and side of steamed veggies. It reminds me of something that my mother would make at home! — Sierra

Every Sunday night, there is a hot fudge sundae bar, and I LOVE it! I make my sundae with chocolate ice cream, hot fudge, whipped cream, and M&Ms. — Julianna



**Q. Where can you go to eat in college?**

**A.** There are four restaurants at which I can eat on campus. The main dining hall has stations that I can have food prepared at. They have a gluten-free station, a Kosher station, pasta bar, rice/noodle bar,



**Q. What if you have food allergies?**

**A.** Good question! I am actually gluten-free and there is an entire section of our dining hall devoted to meals that I can eat. Often contacting Student Disability Services on campus and letting them know about a serious allergy will allow them to help the dining service make accommodations. — Julie

**Q. Can you cook for yourself?**

**A.** The great thing about college is that there are always options! I don't *have* to cook for myself, but I always have the option of cooking for myself if I want to! At my college, there is a kitchen in the dormitory that I live in that I can use at any time. There are plenty of options for me to get my meals on campus, so if I don't feel like cooking or don't have time, I can always choose to eat food that's prepared by others, too!  
— Sierra

soup station, grain station, and a salad bar. There is also a café on campus where I can get quick snacks and coffee in between classes or when I need a break from the library. The other two restaurants on campus offer sandwiches, salads, soups, burgers, wraps, pizzas and pasta bowls.  
— Sierra



I eat most of my meals off campus but in the event I cannot make it to my apartment, I like to grab a meal at the Alford Student Center which is my college's dining hall. — Brandon

**Q. Can you get dessert at every meal?**

**A.** I don't often see dessert available at breakfast but the Gifford's Ice Cream that UNE offers is a personal favorite that is available every lunch and dinner. There are often cookies and brownies, too.  
— Julie



You can get dessert every meal. Personally, I do not because I like to keep a bit of self-control in my diet.  
— Brandon

You are in charge of your own diet at college, so yes, you can get dessert at every meal. Some days I do that— frozen yogurt for breakfast, cookie at lunch, sundae at dinner! (But this usually ends up making me feel sick, so I've learned to balance my diet with healthy foods, too.) — Julianna

**MeCC Links:**

**Blog:** <http://collegeanswers.weebly.com/>

**Youtube:** [https://www.youtube.com/channel/UC7bFHg\\_mbWIU6Kg8UTNpE4Q](https://www.youtube.com/channel/UC7bFHg_mbWIU6Kg8UTNpE4Q)