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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

Julie Plummer, sophomore at University of New England from Richmond, ME

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

Julianna Kiley, sophomore at Bowdoin College, from Boston, MA

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 Alfond 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

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

Youtube: https://www.youtube.com/channel/UC7bFHg_mbWIU6Kg8UTNpE4Q