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October is National Vegetarian Month and Metz Culinary at Arcadia University celebrates VegFest! VegFest is an annual celebration of vegetarian, plant-based and environmentally friendly dishes available at The Chat and Dining Hall. Celebrate National Vegetarian Month with great recipes that will encourage you to try more plant based options throughout the month! Chef Tim at Arcadia says that “I’m excited for VegFest this year because it gives us a chance to feature healthy plant based cuisine all month long and we get to provide our guests with food they may not eat on a regular basis. One of my favorite dishes is the Bengali dahl which is an Indian inspired lentil dish that offers vibrant flavor and color and is full of nutrition.”

At the Dining Hall, there are vegetarian options during breakfast, lunch and dinner, such as Beyond Burgers, vegan spinach quesadillas, and tofu scramble! At The Chat, we have Chef Fresh options, which gives healthy, fresh grab-and-go choices. Chef Fresh specifically prepares for VegFest by having plant-based and vegetarian options for students on the go! Some of the options made by Chef Fresh include, shaker salads featuring healthy ingredients, bowls such as Vegetarian power bowl, sandwiches, healthy snack choices like hummus and vegetables, desserts! The Chef Fresh meals come in branded, transparent packaging—including eco-friendly alternatives—that showcases the quality of the food and with nutritional information labels.

VegFest is such a great time of year because throughout the whole month of October, vegans and vegetarians can find so many options and resources for places to eat and things to grab on the go! There are always plant based options throughout the school year, but VegFest prioritizes though dishes to highlight how amazing plant based dishes are!

