



Great Tasting & Nutritious Food Options to Meet Your Needs

R&DE Stanford Dining prides itself on providing high-quality and nutritious cuisine to accommodate a variety of dietary needs and preferences. We make every effort to provide delicious menu options for students, faculty, staff and visitors who have food allergies, food restrictions and/or special diets.



Vegan & Vegetarian Options

Vegans and vegetarians can enjoy a full menu at all Stanford dining halls, including entrées, soups, side dishes, extensive salad bar and desserts. Globally-inspired vegan and vegetarian dishes are served at each meal and a wide variety of plant-based foods are built into our Performance Bar as part of our Performance Dining Initiative.



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Halal Dining

R&DE Stanford Dining make it easy to eat in the dining halls while following Islamic dietary laws.

- All chicken and beef served in the dining halls is certified Halal.
- Freshly grilled halal chicken is always available upon request at lunch and dinner.
- Dining during Ramadan
- Healthy suhoor boxes can be pre-ordered and picked up the night before from your dining hall
- Iftar is served daily at Arrillaga Family Dining Commons with extended hours after sunset
- Open office-hours with our Halal intern to address questions and feedback on the Halal Dining program

Kosher Dining

R&DE Stanford Dining's Kosher Dining program offers 10 kosher meals per week.

- Lunch and dinner served Monday – Thursday at our designated kosher station in Florence Moore Dining Hall
- Friday lunch and Shabbat dinner served at Hillel
- All kosher meals are prepared in Hillel's kosher kitchen under the supervision of the mashgiach
- Kosher meals include a rotating variety of meat, poultry, fish and vegetarian options that are dairy-free
- Students on an R&DE Stanford Dining meal plan may access the Kosher Dining program at no additional cost.



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Food Allergies

We've proudly partnered with FARE (Food Allergy Research & Education) to improve the college experience for students with food allergies through enhanced awareness, accommodations and training. Our Food Allergy Program Nutritionist reviews all ingredients, recipes and menus for allergens, trains R&DE staff on food allergy accommodations and provides nutrition counseling and education for students to help with managing their dietary needs on campus. R&DE Stanford Dining identifies the top 9 major allergens that are contained in, or may have come in contact with, the foods served in the dining halls. Daily menus are published on the Stanford Dining Facebook page and all menu items are labeled at the point of service.

Allergens we identify include:

- Coconut, Egg, Milk, Fish, Shellfish, Tree Nuts, Peanuts, Soy, Wheat, Sesame

We also label our Vegetarian (V), Vegan (VGN) and Gluten Free (GF) dishes.

Nut-Sensitive Dining @Ricker

In response to a clear need for peanut and tree nut allergy awareness in university dining services nationwide, R&DE Stanford Dining has designated Ricker Dining as a peanut and tree nut sensitive environment, making it the first on-campus dining facility of its kind in the country. We have paved the way for other institutions to follow in our footsteps, and we are proud to meet such a pressing health need for our students.

Nutrition Support

R&DE Stanford Dining's nutritionists focus on promoting healthy eating in the dining halls and across campus. Students and staff can take advantage of nutrition-focused workshops throughout the year or meet one-on-one with a nutritionist for personalized dietary guidance. Nutrition education is also incorporated into the dining halls through our Tasting Table, digital signage and pop-up events.