

Ramadan Meal Program

How to Sign-Up

- Visit the dining hall in person or Call 778-782-7083
- Complete the food safety / dietary needs form
- Pay deposit of \$30 cash (refundable*)
- Pick-up Ramadan To-Go Meals from cashier between 5-10pm May 5th – June 4th

Meals will Include

- 1 pack of dates (4-5 dates per person)
- 2 different re-heatable meals (see options below)
- 2 bottled beverages (choice of juice, water, or soda)
- 1 carton of 2% milk
- 2 whole fruits (apples, oranges, bananas, etc.)
- 1 dessert (cookies, brownies, cereal treats, fruit cups etc.)
- 1 bread (dinner rolls, sliced bread, naan, pita etc.)
- 2 utensil packs and extra napkins
- 1 yogurt cup
- Veggies & Hummus Cup

All items will be in a carry-out bag and will be ready for pick-up between 5-10pm

Sample Menu

MONDAY

Meal #1: breakfast panini (vegetarian), steamed fresh potatoes

Meal #2: halal beef moussaka, fattoush salad

TUESDAY

Meal #1: vegetable omelet with cheese, English muffin

Meal #2: Vietnamese halal chicken kari with sweet potato, stir fried bok-choy, steamed noodles

WEDNESDAY

Meal #1: Shakshuka, grilled vegetable and feta wrap

Meal #2: halal beef and okra stew, steamed rice, tomato, cucumber and zattar salad

THURSDAY

Meal #1: scrambled egg, feta and spinach wrap

Meal #2: halal lamb lasagne, couscous salad and pita bread

FRIDAY

Meal #1: breakfast sandwich (vegetarian) and breakfast potatoes

Meal #2: halal half grilled chicken with oriental rice and vegetables

SATURDAY

Meal #1: bell pepper and mushroom omelet, croissant

Meal #2: chicken jalfrezi, basmati rice, cauliflower and pea curry, naan bread

SUNDAY

Meal #1: egg salad & cheese croissant with spinach and potato hash

Meal #2: shawarma spiced halal chicken rice bowl with vegetables, tahini

Ramadan 2019 will begin in the evening of Sunday May 5th and ends in the evening of Tuesday June 4th



RAMADAN MEALS CONTRACT

This contract refers to the re-useable containers that your Ramadan To-Go Meals will be served in, as well as terms of program.

First Name _____ Last Name _____
Student # _____ Contact # _____

Please select your meal plan: 5 day [] 7 day []
Are you a vegetarian? YES NO
Do you have any food allergies? YES NO

If yes, please specify: _____

Food Safety Guidelines. I pledge to:

- Refrigerate all food containers as soon as possible once picked up from the Dining Hall
- Reheat hot entrees completely in a microwave before consuming (3-5 minutes)
- Rinse out containers once done with meal
- Return the containers for exchange at the next pick-up

Container Care Guidelines. I pledge to:

- Keep my assigned containers clean after each use
- Keep containers free of permanent stains and mold
- Protect my containers from scratches and dents
- Be the only authorized user of assigned containers
- Return my containers in good condition
- Exchange my containers prior to next meal pickup

\$30 deposit will be forfeited:

- If containers are lost or damaged upon return
- If meals are not picked up without prior notification:
 - **24 hour notice** is required to cancel meal pick-up on particular days
 - If there are **3 occurrences** of missed meal pick-up (without notification) the deposit will be forfeited AND meal service will be suspended until student talks to a manager. An additional deposit will be required to re-enter the program.

Refundable Cash Deposit \$30.00 Paid ____/____/____ cashier signature _____

Signed: _____ Date: _____

Name (printed): _____