

MEAL-TO-GO FORM

We are happy to provide a meal to-go when you are unable to visit us in the dining hall. Please contact the on-site manager with any questions about what is available on this form. We are here to accommodate your dietary preferences and medical needs and encourage you to reach out to our Registered Dietitian: Dietitian@Dal.ca

HOW IT WORKS

1. A Meal To-Go form must be submitted by 6:30pm the night before and picked up at the time you indicate. Please give as much notice as possible. You may also submit multiple forms at a time if you know you will need one every weekday, for example.
2. A Meal To-Go request equals 1 meal swipe.
3. **Please indicate your dietary preferences and needs below.** Example: “vegan”, “milk allergy”, “dislike eggs”.
4. Orders placed & not picked up result in food waste. Therefore, if this occurs multiple times please understand that your account will be flagged until the situation is resolved.

Name: _____ Student #: _____ Dining Hall: _____

Date Ordered: _____ Date and Time Required: _____

Please list any allergies and/or dietary preferences: _____

CHOOSE SANDWICH OR WRAP: If you would like 2, please clearly check here and fill out back of form.

1. Pick your base:

Bread or Wrap AND: Whole Wheat Multi Grain White

2. Pick your toppings and spreads:

Lettuce Tomato Cucumber Mustard Mayo Butter Hummus

3. Pick ONE filling:

Egg Salad Tuna Chicken Salad Veggie Ham Turkey Wow Butter & Jam

CHOOSE A FRUIT (OR 2):

Apple Orange Pear Banana

CHOOSE A SALAD (OR 2):

Tossed Caesar Veg & Dip Hummus & Pita

CHOOSE YOUR BEVERAGE:

Water (325mL bottle) Apple Juice (325mL bottle) Orange Juice (325mL bottle)

CHOOSE A DESSERT (OR 2):

Cookie Cheese Crackers Rice Krispie Square Muffin Granola Bar

Additional Comments: _____ (Please see back of form)

Please contact food@dal.ca for more information or questions.

CHOOSE 2nd SANDWICH OR WRAP:

1. Pick your base:

Bread or Wrap AND: Whole Wheat Multi Grain White

2. Pick your toppings and spreads:

Lettuce Tomato Cucumber Mustard Mayo Butter Hummus

3. Pick ONE filling:

Egg Salad Tuna Chicken Salad Veggie Ham Turkey Wow Butter & Jam

Additional Comments: _____

Please contact food@dal.ca for more information or questions.