Speedy Recovery Meals
Student Instructions for Ordering Sick Meals

1. If it is between the hours of 8am—4pm, Monday—Friday, call Katie at Res life at 412-648-1201.
   - Weekends—please call Panther Central at 412-648-1100
2. There will be two delivery times: 11am and 4pm
   - Please call by 10am for 11am delivery
   - Please call by 3pm for 4pm delivery

- Reduce the amount of deliveries to your room by ordering up to three meals at a time.

Please order from the following options:

- **Breakfast Options:**
  - Bagel or breakfast pastry
  - Whole or cut fruit
  - Water, juice or milk

- **Lunch Options:**
  - Deli sandwich — turkey, ham or vegetarian
  - Chips and/or whole fruit
  - Water, juice or milk

- **Dinner Options:**
  - Entrée with sides — starch and vegetables (microwavable) or lunch deli sandwich option
  - Water, juice or milk

3. When ordering, please notify our staff if you do not have a microwave and/or refrigerator.
4. Please have your 2P number ready. A meal will be debited from your account for each meal ordered.
5. Please notify our staff if you have any dietary restrictions or special needs.
6. For additional help on weekdays after 4pm, please call Panther Central at 412-648-1100.