

# **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.**