# **Quarantine Meals from Tiger Dining**

# For students in designated residence halls or quarantining-in-place

Daily menu offerings provide nutritionally balanced meals, including student favorites and home-style meals. Our goal is to support and comfort students with COVID-19 symptoms by fueling their bodies so they can recover.

## Quarantine-designated Residence Halls

- Quarantined students in a designated COVID-19 dorm order their food by scanning a QR code that is displayed on posters throughout each dorm.
- Students can receive food three times a day, which is delivered to their dorm.
- All meals vetted by a team including the District Executive Chef, Catering Director and Registered Dietician.
- Students have multiple options each day to accommodate all dietary needs and preferences. Each meal provides nutritional substance for various degrees of COVID-19 symptoms.
- Meals are delivered two times per day. Each day consists of two hot meals and one cold meal (breakfast and lunch alternate hot and cold). Each meal includes a bottle of water.
- Once a student receives an assigned room number, they receive an intake meal. Intake meals are intended to cover the gap between check in and completing the Quarantine Meal Survey that will be emailed to them. Students should complete the survey immediately upon arrival.

## Quarantined-in-place

- Students who are quarantined-in-place can find directions for meal delivery at <u>Tiger Dining Covid-19</u> Information.
- Students place an order through <u>Grubhub</u>. Foy on the Fly then delivers it on demand outside the dorm with contactless delivery.
- This menu changes daily and includes a selection of items from Home Zone, True Balance and grill stations along with packaged sandwiches, fruits, vegetables and salads.

## + Convenience Delivery

• All quarantined students can have convenience items delivered to their dorms through <u>Grubhub</u>. These include additional snacks, over-the-counter medication, drinks and microwavable meals.

# Sample meals

#### **BREAKFAST**

- Continental: cereal with milk, oatmeal or muffin
- Thick or Nutella French toast with bacon
- · Breakfast burrito or biscuit
- All breakfast items are served with orange juice, fruit and yogurt.

#### LUNCH

- Sandwiches offered: turkey and Swiss, ham and cheddar ciabatta, turkey, cheddar and ranch wrap, Mediterranean vegetable wrap, or portobello pesto baguette
- Double cheeseburger, build-your-own beef or vegan chorizo tacos, Chick-Fil-A sandwich, crispy cheddar chicken sandwich or vegetable and cheese frittata
- All lunches served with a vegetable cup (with ranch dressing) and chips.
- Rotating soup option each day

#### **DINNER**

- Honey BBQ turkey cutlet with roasted sweet potatoes or Caribbean coconut rice with green beans
- Personal pizza and meat, cheese or vegan cheese lasagna served with a side salad
- · Chicken or portobello burrito bowls
- BBQ pork chop or tofu with roasted potatoes and fresh collard greens
- Rotating soup option each day
- All dinners are served hot with a cookie.

