

MIT HOUSE DINING

food services for a sustainable future

EXPRESS MEALS

Bon Appétit is happy to provide carry out meals for students with meal plans who cannot attend regularly scheduled meals due to class conflicts or work. Meals must be ordered by noon the previous day. Completed forms need to be turned in to the dining location at which the meal will be picked up by noon the previous day or emailed to express@mit.edu. Each meal will be deducted from the student's meal plan as if the student was eating a meal in a House Dining location. Carry out options are only available Monday - Friday.

Students should pick up meals from the requested house dining location within an hour of the designated time. Students needing to cancel a meal order should call 253.4952 at least 12 hours in advance of their meal pick up time.

Express Meal Order Form

If requesting more than one type of meal, i.e. breakfast and lunch, please use one order form per type of meal.

Name: _____ ID Number: _____
 Email Address: _____ Cell Phone Number: _____
 Start date for meal(s): _____ End date for meal(s): _____
 Pick Up Location: Howard McCormick Baker Next Simmons
 Pick up time for meal(s): AM PM
 Name of person picking up meal: _____
 (Only use if person picking up meal will NOT be student ordering meal, i.e. for ill student. If you are too ill to attend a meal in a House Dining Café, fill out this form and send with a friend during normal meal hours to pick up your)
 Special Food Request: _____

Meals must be picked up during normal meal hours in the house dining location

Breakfast
 check **one** breakfast meal and **one** beverage choice

Breakfast #1
 English Muffin Sandwich with Fried Egg and American Cheese
 (check your meat choice)
 Bacon **or** Sausage

Breakfast #2
 Yogurt Parfait and Muffin

Breakfast #3
 Cold Cereal and Milk with (check your choice)
 Muffin **or** Bagel
 Cream Cheese **or** Butter

Beverage Choices
 (circle one)
 White Milk Soy Milk
 Orange Juice Apple Juice
 Bottled Water

Lunch and Dinner
 circle **one** meal and **one** beverage choice

Lunch/Dinner #1
 Deli Meat and Cheese Sandwich
 (check one meat & one cheese or two cheeses)
 Bread: White Wheat
 Meat: Turkey Ham Roast Beef
 Cheese: American Swiss Provolone
 Additions: Lettuce Tomato
 Choice of Sides (circle two)
 Chips Whole Fruit Cookies

Lunch/Dinner #2
 (Packaged cold, microwavable)
 Pasta with Marinara Sauce
 Dinner Roll and Butter
 Choice of Sides (circle two)
 Chips Whole Fruit Cookies

Lunch/Dinner #3
 (circle your choice)
 Chicken Caesar Salad **or**
 Greek Salad
 Dinner Roll and Butter
 Choice of Sides (check two)
 Chips Whole Fruit
 Cookies

Kosher Dinner Option
 Menu of the Day (check one)
 Meat Vegan
 Salad
 Dinner Roll
 Dessert

Beverage Choices
 (check one)
 White Milk Soy Milk Orange Juice
 Apple Juice Bottled Water