

Ramadan Meal Program

How to Sign-Up

- Visit the dining hall in person/ Call us at 778-782-7083/ Email us at gabriel.siu@sfu.ca to complete and sign the contract (*Cancelling the same day will count as a missed meal*)
- Complete the food safety/dietary needs form
- Pay deposit of \$30 cash (refundable*)
- Pick-up Ramadan To-Go Meals from cashier between 5-10pm beginning May 15

Packed meals will include:

- 1 pack of dates (4-5 dates per person in a cookie bag)
- 2 different re-heatable meals (see sample menus)
- 2 bottled beverages (choice of juice, water, or soda)
- 1 carton of milk
- 2 whole fruits (apples, oranges, bananas, pears etc.)
- 1 dessert (cookies, brownies, cereal treats, fruit cups etc.)
- 1 bread (dinner rolls, sliced bread, naan, pita etc)
- 2 utensil packs and extra napkins
- 1 yogurt cup
- Veggies & Hummus Cup

(All items go in carry-out bag ready for pick-up between 5-10pm)



Sample Menu

Monday

Meal #1: Egg & Cheese Croissant with Spinach and Fruit Salad

Meal #2: Lemongrass Chicken Rice Bowl w/ Vegetables

Tuesday

Meal #1: McFraser Breakfast Sandwich (Vegetarian) and Steamed Fresh Potatoes

Meal #2: Halal Beef Moussaka with Tomato Salad and Bread Sticks.

Wednesday

Meal #1: Vegetable Omelet with Cheese, Croissant & Orange Wedges

Meal #2: Butter Chicken, Basmati Rice, Broccoli, Naan Bread

Thursday

Meal #1: Egg White & Cheddar Bagel with Tomato & Grapefruit Wedges

Meal #2: Halal Lamb Tagine, Couscous and Pita Bread

Friday

Meal #1: Instant Oatmeal Cup, Fresh Sliced Fruit & Bagel with Condiments

Meal #2: Coconut Chicken Curry, Rice and Vegetables

Saturday

Meal #1: Vegetable Omelet with Cheese, English Muffin & Fruit Salad

Meal #2: Korean Beef Bulgogi and Vegetable Stir-Fry Noodles

Sunday

Meal #1: Breakfast Panini (Vegetarian), Steamed Fresh Potatoes & Sliced Fruit

Meal #2: Halal Beef Chili, Steamed Rice, and Dinner Roll

Ramadan 2018 will begin in the evening of Tuesday, May 15 and ends in the evening of Thursday, June 14



RAMADAN MEALS CONTRACT

This contract refers to the re-useable containers that your Ramadan To-Go Meals will be served in, as well as terms of program

First Name _____ Last Name _____

Student # _____ Contact _____

Please select which meal plan you have:

5 day meal plan [] 7 day meal plan []

Are you a vegetarian?

Please circle: YES NO

Do you have any food allergies?

Please circle: YES NO

If yes, please specify: _____

Food Safety Guidelines

I pledge to:

- Refrigerate all food containers as soon as possible once picked up from the Dining Hall
- Reheat hot entrees completely in a microwave before consuming (approx 3-5 minutes)
- Rinse out containers once done with meal
- Return the containers for exchange at the next pickup



Container Care Guidelines

I pledge to:

- Keep my assigned containers clean after each use
- Keep containers free of permanent stains and mold
- Protect my containers from scratches and dents
- Be the only authorized user of assigned containers
- Return my containers in good condition
- Exchange my containers prior to next meal pickup

\$30 deposit will be forfeited:

- If containers are lost or damaged upon return
- If meals are not picked up without prior notification:
 - **24-hour notice** is required to cancel meal pickup on particular days
 - If there are **3 occurrences** of missed meal pickup (without notification) the deposit will be forfeited AND meal service will be suspended until student talks to a manager. An additional deposit will be required to re-enter the program.

Refundable Cash Deposit(\$30.00) Paid ___/___/___

Signed: _____

Date: _____