

MEALS

ON THE GO 

ORDER FORM 2019

Please fill this form out and return it to the Northern Center Events Office for every substituted meal, currently located in Room 203, Cohodas Hall. For more information please call 906-227-2623 or e-mail northerncenter@nmu.edu. This form must be submitted seven days before meal pick-up date requested.

NAME: _____ STUDENT ID NUMBER: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

LIST DIETARY RESTRICTIONS: _____

SELECT THE MEAL YOU ARE SUBSTITUTING:

(YOU WILL NOT BE ABLE TO USE THE RESIDENTIAL DINING FACILITY DURING YOUR SELECTED MEAL TIME.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER

PICK-UP LOCATION AT NORTHERN LIGHTS DINING

SELECT A PICK-UP TIME:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER

1. MAIN COURSE (YOU MAY ONLY SELECT ONE)

SANDWICHES:

- THE WEST:** OVEN ROASTED TURKEY, MIXED SALAD HEARTS, SLICED RED ONION, CHIPOTLE MAYO ON A THREE CHEESE FOCACCIA BREAD.
- THE SPOONER:** CHICKPEA HUMMUS, MIXED SALAD HEARTS, SLICED TOMATO, SLICED RED ONION, AND A FLAT-OUT WRAP.
- THE MAGERS:** SMOKED HAM, BACON, SLICED SWISS CHEESE, GREEN LEAF LETTUCE, SLICED TOMATO, WHOLE GRAIN HONEY MUSTARD ON A WHITE HOAGIE BUN.
- CHICKEN PESTO SANDWICH:** ONION BAGEL, SKINLESS CHICKEN BREAST, BASIL PESTO SAUCE, SLICED MOZZARELLA CHEESE, TOMATO SLICES, AND FRESH BASIL.
- THE HUNT:** ROAST BEEF, SLICED HORSE RADISH CHEDDAR, MIXED SALAD HEARTS, SLICED RED ONION, ON A CIABATTA BUN WITH MAYO ON THE SIDE.
- THE CAREY:** CHICKEN BREAST, ROMAINE LETTUCE, PARMESAN CHEESE, FLAT OUT WRAP, AND CAESAR DRESSING

SALADS:

- GARDEN SALAD:** CUT ROMAINE LETTUCE, JULIAN SLICED CARROTS, BROCCOLI FLORETS, CAULIFLOWER FLORETS, SLICED RED ONION, SLICED RADISHES, GRAPE TOMATOES AND ONE PACKET OF PEPPER MILL DRESSING. (VEGAN)
CIRCLE ONE PEPPER MILL DRESSING PACKET: RANCH, ITALIAN, THOUSAND ISLAND, BLUE CHEESE, BALSAMIC VINAIGRETTE
- GREEK SALAD:** CUT ROMAINE LETTUCE, KALAMATA OLIVES, GRAPE TOMATOES, MARINATED ARTICHOKE HEARTS, SLICED RED ONION, PEPPERONCINI PEPPERS, FETA CHEESE CRUMBLES, AND PACKET OF PEPPER MILL MEDITERRANEAN FETA DRESSING.
- CHEF SALAD:** MIXED SALAD HEARTS, OVEN ROASTED TURKEY, SMOKED HAM SLICED CHEDDAR CHEESE, SLICED SWISS CHEESE, GRAPE TOMATOES, SLICED CUCUMBERS, JULIAN SLICED CARROTS, SLICED HARD BOILED EGGS, AND PACKET OF PEPPER MILL RANCH DRESSING.
- CHICKEN CAESAR SALAD:** CUT ROMAINE LETTUCE, SHREDDED PARMESAN CHEESE, SLICED CHICKEN BREAST, PACKET OF CROUTONS AND PACKET OF PEPPER MILL CAESAR DRESSING ON THE SIDE.
- KALE SALAD:** KALE, SUNFLOWER SEEDS, POMEGRANATE, SLICED ALMONDS, BALSAMIC VINAIGRETTE

2. SIDE ITEM: (SELECT TWO)

- APPLE
- ORANGE
- BANANA
- KIWI (2 EACH)
- GRAPES (1 CUP)
- HARD BOILED EGGS (2)
- KETTLE CHIPS - BBQ
- KETTLE CHIPS - JALAPEÑO
- KETTLE CHIPS - PLAIN
- CHOCOLATE CHIP COOKIES (2)
- OATMEAL RAISIN COOKIES (2)
- GLUTEN FREE DESSERT - BROWNIE OR COOKIE BASED ON AVAIL.
- RICE KRISPY TREAT (GLUTEN FREE)
- BROWNIE

4. DRINK OPTIONS: (YOU MAY ONLY SELECT ONE)

- PEPSI
- DIET PEPSI
- MIST TWIST
- WATER
- JUICE: APPLE, ORANGE, CRANBERRY (CIRCLE ONE)

- The Wildcat Express Center will deduct one additional meal for this service if you fail to pick up your meal. If the meals on your meal plan or your dining dollars are all used, then your student account will be charged for one meal price. If you fail to pick up three meals, you will be dismissed from the Meals on the Go program.

- To ensure a safe and high quality product, meals should be consumed within four hours of pickup.

- The participant is responsible for notifying the Northern Center Events office when they want to stop the "Meals on the Go" program. Please email: northerncenter@nmu.edu or call: (906) 227-2623.