ANCHOR CONVENIENCE MEAL PROGRAM

The Anchor Convenience Meal Option is available to all Residents and designed to help Residents avoid missing meals due to a unique or demanding school schedule.

How does this program work?

Any Resident who has an ongoing unique, or demanding class/school schedule which prevents them from visiting Donovan for your meals should use the Convenience Meal Plan Program. Ordering is easy through the Get app. Follow the steps outlined under Convenience Meal Program Instructions.

Residents can choose from a series of convenience meal options in advance, and arrange a time to pick up their meal(s) . Once ordered, Residents can stop by the Donovan Dining Center service area to pick up the prepackaged meal option they have chosen.

What convenience meal options are available?

There are four Breakfast options, four Wrap, and four Salad options to choose from. In addition there are also eight Lunch/Dinner options and four special meal options available to choose from.

Can the Convenience Meal Program accommodate special dietary needs?

Yes, accommodations will be made for Residents with dietary needs.

How will this affect my Meal Plan?

Residents may keep their current meal plan. One meal per week will be deducted for each convenience meal ordered. Flex points will not be deducted.

How can I learn more about the Convenience Meal Program?

You may call our office at 456-8207 or email us at diningservices@ric.edu.

BREAKFAST OPTIONS

Breakfast Option I

- Bagel (plain) with
- Cream Cheese
- Yoplait Strawberry Yogurt
- Fruit Cup
- Cereal Bar
- Orange Juice or
- Bottled Water

Breakfast Option II

- Cereal Pack with
- Milk
- Yoplait Strawberry Yogurt
- Fruit Cup
- Cereal Bar
- Orange Juice or
- Bottled Water

Breakfast Option III

- Hard Boiled Eggs
- Yoplait Strawberry Yogurt
- Fruit Cup
- Cereal Bar
- Orange Juice or
- Bottled Water

Breakfast Option IV

- French Toast Sticks
- With Syrup
- Yoplait Strawberry Yogurt
- Fruit Cup
- Cereal Bar
- Orange Juice or
- Bottled Water

SALAD OPTIONS

I: Garden Salad

- Garden Salad
- House Dressing
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

II: Chef's Salad

- Chef's Salad
- House Dressing
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

III: Caesar Salad

- Caesar Salad
- Caesar Dressing
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

IV: Chicken Caesar Salad

- Caesar Salad Chicken
- Caesar Dressing
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

WRAP OPTIONS

Option I

- Chicken Caesar Wrap
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option II

- Turkey, L&T
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option III

- Veggie Salad
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option IV

- Italian Wrap
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

LUNCH/DINNER OPTIONS

Option I

- Mac & Cheese
- Biscuit
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option II

- Ziti w/ Marinara
- Breadstick
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option III

- Vegan Tortellini Marinara
- Breadstick
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Utensil Pack

Option IV

- Penne Primavera
- Breadstick
- Side Salad
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

LUNCH/DINNER OPTIONS

Option V

- Vegan Nuggets
- Steamed Rice
- Vegetable Eggroll or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option VI

- General Tso's Chicken
- Steamed Rice
- Vegetable Eggroll or
- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option VII

- Grilled Chicken
- Farmer's Rice
- Broccoli
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottle Water
- Utensil Pack

Option VIII

- Roasted Turkey
- Farmer's Rice
- Corn
- Whole Fruit or
- Potato Chips
- Cookie Pack
- Bottle Water
- Utensil Pack

SPECIAL OPTIONS

Option I

- Chicken Tortilla Soup
- Garden Salad
- Breadstick
- Whole Fruit

or

- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option II

- Chicken Parm
- Pasta Marinara
- Breadstick
- Whole Fruit

or

- Potato Chips
- Cookie Pack
- Bottled Water
- Utensil Pack

Option III

- Nachos
- Chili
- Cheese, Salsa, Guacamole
- Whole Fruit

or

- Potato Chips
- Cookie Pack
- Bottle Water
- Utensil Pack

Option IV

- Protein Packed Bowl
  Grilled Chicken,
  Hard Boiled Egg, Broccoli,
  Brown Rice, Red Quinoa
- Whole Fruit

or

- Potato Chips
- Cookie Pack
- Bottle Water
- Utensil Pack