



UNIVERSITY OF OTTAWA

## MEALS for HEALTHY LIFESTYLES

Université d'Ottawa • University of Ottawa  
**RÉSIDENCES • RESIDENCES**  
Fournisseur de services / Service provider  
DMS Residence Services

At the University of Ottawa, healthy and balanced meal choices are prepared to satisfy the active lifestyles of our guests. Enjoy a new 'All You Can Eat' continental or hot buffet breakfast, lunch and dinner!



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Services alimentaires  
Food Services

**Note:** Our food services supplier, Chartwells, will prepare the hot buffets when being served to (a minimum of) 50 persons or more. When required, special menus can be tailored to the dietary needs of our guests and full catering services are also available.

**VERY IMPORTANT:** Changes to meal requests must be received a minimum of 30 days prior to arrival. Failure to do so may result in the originally confirmed amount being charged to the group.

### CONTINENTAL BREAKFAST

Served from 7:00 a.m. to 9:00 a.m.

Cost: \$5.75 + 13% taxes or included in room rate

*Fruit Cup  
Assorted Muffins, Cereals and Yogurt  
Toast and Jam  
Milk and Fruit Juice  
Coffee and Tea*

### HOT BREAKFAST

Served from 7:00 a.m. to 9:00 a.m.

Cost: \$6.75 + 13% taxes

*Eggs, sausages and bacon  
Hash Browns  
Assorted Muffins, Cereals and Yogurt  
Toast and Jam  
Fruit Cup  
Milk and Fruit Juice  
Coffee and Tea*

### BOXED LUNCH

Cost: \$6.75 + 13% taxes

*Sandwich on Kaiser Bread  
Fresh Fruit  
Homemade Cookie or Muffin  
Fruit Juice*

### LUNCH AND DINNER

Lunch served from 11:30 a.m. to 1:30 p.m.

Cost: \$9.25 + 13% taxes

Dinner served from 5:00 p.m. to 7:00 p.m.

Cost: \$10.95 + 13% taxes

*Homemade Soup and Salad  
Daily Entrées (two choices available)  
Bread Rolls  
Dessert  
Milk and Fruit Juice  
Coffee and Tea*



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# MEAL TICKET REQUEST FORM

(FOR ADVANCE BOOKINGS ONLY. PLEASE SUBMIT WITH YOUR SIGNED GROUP AGREEMENT.  
YOUR MEAL TICKETS WILL BE READY FOR PICK UP AT THE FRONT DESK RECEPTION UPON YOUR ARRIVAL.)

Group Name: \_\_\_\_\_

Reservation #: \_\_\_\_\_

Demographic (child, youth, adult, senior): \_\_\_\_\_

Date	Day	Continental Breakfast	Hot Breakfast	Boxed Lunch	Lunch	Dinner
		Number of guests	Number of guests	Number of guests	Number of guests	Number of guests
e.g.: May 8	Thursday	25				

Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Residential Complex

### DMS Residence Services

90 University Street

Ottawa, Ontario

K1N 1H3 Canada

Tel: 613 564-5400

Toll free: 1 888 564-4545

Fax: 613 564-6530



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Services alimentaires  
Food Services

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