



Housing and  
Residence Life

## Mason Dining Sick Meals

Student Health Services or Resident Advisors (RA) will identify housing students requiring meals while ill. Packaged meals may be pre-determined based on Student Health Services recommendations for clear liquid or foods best tolerated with flu-like symptoms. The RA or designated student will call 703.993.5052 or 571.212.3023 to request meal(s). When calling please provide students G# and the meal(s) requested (see meal options below) along with any dietary need. Students will be charged a meal plan for each packaged meal received. Students who do not have a meal plan may pay with cash, credit, debit or Mason Money. RA or designated student will pick up packaged meal(s) from Southside cashier station between 7:00a.m. – 9:00p.m. on weekdays and 11:00a.m. – 9:00p.m. on weekends.

### Packaged Meal – Stage 1

- 1 Soup
- 2 Gelatins
- 2 Ginger Ale
- 1 Powerade
- 4 Saltine Crackers
- Sandwich as tolerated

### Packaged Meal – Stage 2

- 1 Pudding
- 2 Oatmeal
- 1 Soup
- 1 Banana
- 4 Package Saltine Crackers
- 2 Powerade
- Sandwich as tolerated