



Student's Name: _____

Class: _____

Parent's Contact Number: _____

This menu is from **MONDAY AUGUST 30TH TO THURSDAY OCTOBER 31ST** . The cost is **\$7.00** per day . There is a choice between either Main Courses listed or the veggie option/NEW SALAD OPTION ADDED. Please tick the lunches you wish to order, and return this form to the school office no later than **SEPTEMBER 22nd**, together with payment, either by cheque, made payable to **FOOD FOR THOUGHT LTD.**, or cash in the exact amount. VISIT OUR SITE FOR MENUS **WWW.FOODFORTHOUGHT.KY** PLEASE ADD YOUR EMAIL ADDRESS HERE IF YOU WISH TO BE ADDED TO OUR CONTACT LIST _____

SEPT/OCT WEEK 1				OCT WEEK 3			
MON SEPT 30TH	HOT COLD VEG OPT	Mild jerk chicken penne pasta with garlic toast Ham and Swiss sub sandwich with soup of the day Indian vegetable biriyani	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	MON OCT 14TH	HOT COLD VEG OPT	Spaghetti Bolgnese with toasted french baguette Asian Teriyaki beef noodle wrap with lentil soup Indian vegetable biriyani	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TUES OCT 1ST	HOT COLD VEG OPT	Roast pork chop served with Mash potato veggies thyme gravy Chicken Parmesan sub roll with fresh tomato & basil sauce Veggie Pasta Alfredo	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	TUES OCT 15TH	HOT COLD VEG OPT	BBQ chicken served with mexican veggie rice Tuna avacado roll with Veggie sticks Veggie Pasta Alfredo	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WED OCT 2ND	HOT COLD VEG OPT	English style fish and chips Lean USDA choice burger with cheddar & salad bar Veggie Lasagne	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WED OCT 16TH	HOT COLD VEG OPT	English style fish and chips Lean USDA choice burger with cheddar & salad bar Veggie Burger	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
THURS OCT 3RD	HOT COLD VEG OPT	Riccota & basil tomato ravioli Pulled pork sliders served with coleslaw Baked potato with beans and cheddar/or salad	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	THURS OCT 17TH	HOT COLD VEG OPT	Riccota & basil tomato ravioli Chinese Chicken & mango salad wrap Three bean vegetable chili with baked potato	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OCT WEEK 2				OCT WEEK 4			
MON OCT 7TH	HOT COLD VEG OPT	Sheperds Pie served with sweet potato fries and veggies Tuna & sweet corn wrap with veggie crisps Egg plant and veggie bake with roasted tomato sauce	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	MON OCT 21ST			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TUES OCT 8TH	HOT COLD VEG OPT	Chhicken teriyaki stir fry with asian veg and noodles Sweet chili chicken tender wrap with soup of the day basil pesto penne with roasted veggies	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	TUES OCT 22ND			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WED OCT 9TH	HOT COLD VEG OPT	Chicken & sweet pepper quesadillas with sour cream & salsa Crunchy mahi fish sandwich with veggie crisp & ranch dressing Veggie quesadillas with sour cream & salsa	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WED OCT 23RD			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
THURS OCT 10TH	HOT COLD VEG OPT	Irish beef stew with hearty veg and french baguette Ham & swiss sub sandwich with Tomato soup Three beanVegetable chili with baked potato	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	THURS OCT 24TH			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
OCT WEEK 5				ALL SALADS ARE INDIVIDUALLY MADE			
MON OCT 28TH	HOT COLD VEG OPT	Spaghetti Bolognese with toasted french baguette Ham and Swiss sub sandwich with soup of the day Spaghetti Vegetable Marinara/or salad	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	MON SALAD	CAESAR SALAD	CAJUN CHICKEN GRILLED FISH ROASTED BALSAMIC VEGGIES	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TUES OCT 29TH	HOT COLD VEG OPT	Roast Chicken served with potato wedges, veggies & Gravy Turkey Meatball sub sandwich and fresh salad Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	TUES SALAD	SPINACH & BACON	GRILLED LEMON & THYME CHCIKEN 4OZ TUNA CHICK PEA HUMMUS CITRUS DRESSING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WED OCT 30TH	HOT COLD VEG OPT	English style fish and chips Lean USDA choice burger with cheddar & sald bar Veggie & riccotta pasta bake	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	WED SALAD	FFT COBB SALAD	AVACADO,BACON BITS, ONION BOILED EGG, CHEESE COOL RANCH DRESSING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
THURS OCT 31ST	HOT COLD VEG OPT	Sweet & sour Pork with veggies and Rice pilaf Crispy chicken sweet chili tender wrap with soup of the day Three beanVegetable chili with baked potato	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	THURS SALAD	SALAD GREEK	ARUGULA FETA OLIVES CUCUMBER AND TOMATO WITH CHICKE PEA TANGY DRESSING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Number of Lunches Ordered _____

Amount Enclosed \$ _____

Signed _____