

Student's Name: _____

Class: _____

Parent's Contact Number: _____

This menu is from **MONDAY 3RD DECEMBER TO THURSDAY JAN 31ST**. The cost is **\$6.50** per day for lunch. **TOTAL FOR DEC/JAN \$162.50.** choose between either Main Courses listed or the veggie option. Return this form to the school office or our offices no later than **NOV 22nd**, together with payment, either by cheque, made payable to **FOOD FOR THOUGHT LTD**, OR BY ONLINE WITH **BOB AII CREDIT CARDS ARE ACCEPTED** ADD YOUR EMAIL ADDRESS HERE TO BE ADDED TO OUR CONTACT LIST

DEC WEEK 1				JANUARY WEEK 1				
MON	HOT	Spaghetti Bolognese with crisp French baguette	<input type="checkbox"/>	SCHOOL BEGINS JANUARY 3RD				<input type="checkbox"/>
DEC	COLD	Chicken Caesar wrap with roast tomato soup	<input type="checkbox"/>					<input type="checkbox"/>
3RD	VEG OPT	Spaghetti Vegetable Marinara/or salad	<input type="checkbox"/>					<input type="checkbox"/>
TUES	HOT	Roast Chicken served with potato wedges, veggies & Gravy	<input type="checkbox"/>					<input type="checkbox"/>
DEC	COLD	Turkey Meatball sub sandwich and fresh salad	<input type="checkbox"/>					<input type="checkbox"/>
4TH	VEG OPT	Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/>					<input type="checkbox"/>
WED	HOT	Mexican Grilled Fish Taco cool ranch sauce with vegetable rice	<input type="checkbox"/>					<input type="checkbox"/>
DEC	COLD	Pulled slow roasted BBQ pork sliders	<input type="checkbox"/>					<input type="checkbox"/>
5TH	VEG OPT	Med Veggie Pasta tossed with fresh olive oil & balsamic or salad	<input type="checkbox"/>					<input type="checkbox"/>
THURS	HOT	Baked Mac & cheese with cajun chicken	<input type="checkbox"/>	THURS	HOT	Irish beef stew with hearty veg and french baguette	<input type="checkbox"/>	
DEC	COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>	JAN	COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>	
6TH	VEG OPT	Baked potato with beans and cheddar/or salad	<input type="checkbox"/>	3RD	VEG OPT	Baked potato with beans and cheddar/or salad	<input type="checkbox"/>	
DEC WEEK 2				JANUARY WEEK 2				
MON	HOT	Mild jerk chicken penne pasta with garlic toast	<input type="checkbox"/>	MON	HOT	Spaghetti Bolognese with crisp French baguette	<input type="checkbox"/>	
DEC	COLD	Roast salmon BLT with coleslaw and veggie sticks	<input type="checkbox"/>	JAN	COLD	Ham and Swiss sub sandwich with soup of the day	<input type="checkbox"/>	
10TH	VEG OPT	Penne Vegetable Marinara/or salad	<input type="checkbox"/>	7TH	VEG OPT	Spaghetti Vegetable Marinara/or salad	<input type="checkbox"/>	
TUES	HOT	Roast Chicken served with potato wedges, veggies & Gravy	<input type="checkbox"/>	TUES	HOT	Mild Indian chicken curry served with basmati rice & poperdum	<input type="checkbox"/>	
DEC	COLD	Roast beef & cheddar wrap with soup of the day	<input type="checkbox"/>	JAN	COLD	potato and lentil roti wrap with salad	<input type="checkbox"/>	
11TH	VEG OPT	Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/>	8TH	VEG OPT	Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/>	
WED	HOT	Grilled pork chop with mash potato and veggies	<input type="checkbox"/>	WED	HOT	Teriyaki beef stir fry with noodles	<input type="checkbox"/>	
DEC	COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>	JAN	COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>	
12TH	VEG OPT	Teriyaki Veggie stir fry with noodles	<input type="checkbox"/>	9TH	VEG OPT	Teriyaki Veggie stir fry with noodles	<input type="checkbox"/>	
THURS	HOT	CHRISTMAS LUNCH		THURS	HOT	English style fish and chips with green peas and tartar sauce	<input type="checkbox"/>	
DEC		Roast Turkey stuffing cranberry roast pots aand veggies	<input type="checkbox"/>	JAN	COLD	pulled pork mini sliders(2) with veggie crisps	<input type="checkbox"/>	
13TH		veggie option	<input type="checkbox"/>	10TH	VEG OPT	Baked potato with beans and cheddar/or salad	<input type="checkbox"/>	
JANUARY WEEK 3				JANUARY WEEK 4				
MON	HOT	Spaghetti Bolognese with crisp French baguette	<input type="checkbox"/>	MON	HOT	Italian style lasagne with garlic toast	<input type="checkbox"/>	
JAN	COLD	Chicken Caesar wrap with roast tomato soup	<input type="checkbox"/>	JAN	COLD	Chicken Caesar wrap with roast tomato soup	<input type="checkbox"/>	
14TH	VEG OPT	Spaghetti Vegetable Marinara/or salad	<input type="checkbox"/>	21ST	VEG OPT	Vegetable lasagne/or salad	<input type="checkbox"/>	
TUES	HOT	Roast Chicken served with potato wedges, veggies & Gravy	<input type="checkbox"/>	TUES	HOT	Sweet & sour chicken with asian veggies and noodles	<input type="checkbox"/>	
JAN	COLD	Turkey Meatball sub sandwich and fresh salad	<input type="checkbox"/>	JAN	COLD	Tuna & sweetcorn wrap served with veggie crisps	<input type="checkbox"/>	
15TH	VEG OPT	Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/>	22ND	VEG OPT	Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/>	
WED	HOT	Mexican Grilled Fish Taco cool ranch sauce with vegetable rice	<input type="checkbox"/>	WED	HOT	Irish beef stew with hearty veg and french baguette	<input type="checkbox"/>	
JAN	COLD	Pulled slow roasted BBQ pork sliders	<input type="checkbox"/>	JAN	COLD	Lean USDA choice burger with cheddar & salad bar	<input type="checkbox"/>	
16TH	VEG OPT	Med Veggie Pasta tossed with fresh olive oil & balsamic or salad	<input type="checkbox"/>	23RD	VEG OPT	Teriyaki Veggie stir fry with noodles	<input type="checkbox"/>	
THURS	HOT	Baked Mac & cheese with cajun chicken	<input type="checkbox"/>	THURS	HOT	English style fish and chips with green peas and tartar sauce	<input type="checkbox"/>	
JAN	COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>	JAN	COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>	
17TH	VEG OPT	Baked potato with beans and cheddar/or salad	<input type="checkbox"/>	24TH	VEG OPT	Baked potato with beans and cheddar/or salad	<input type="checkbox"/>	
JANUARY WEEK 5								
MON	HOT	Penne & meatballs with tomato basil sauce	<input type="checkbox"/>					<input type="checkbox"/>
JAN	COLD	Cool ranch crunchy chicken burger with pepperjack cheese	<input type="checkbox"/>					<input type="checkbox"/>
28TH	VEG OPT	Vegetable burger/or salad	<input type="checkbox"/>					<input type="checkbox"/>
TUES	HOT	Roast Chicken served with potato wedges, veggies & Gravy	<input type="checkbox"/>					<input type="checkbox"/>
JAN	COLD	Turkey Meatball sub sandwich and fresh salad	<input type="checkbox"/>					<input type="checkbox"/>
29TH	VEG OPT	Vegetable curry with steamed white Rice/ or salad	<input type="checkbox"/>					<input type="checkbox"/>
WED	HOT	Mexican Grilled Fish Taco cool ranch sauce with vegetable rice	<input type="checkbox"/>					<input type="checkbox"/>
JAN	COLD	Pulled slow roasted BBQ pork sliders	<input type="checkbox"/>					<input type="checkbox"/>
30TH	VEG OPT	Med Veggie Pasta tossed with fresh olive oil & balsamic or salad	<input type="checkbox"/>					<input type="checkbox"/>
THURS	HOT	Sheperds pic with veg and roast potato	<input type="checkbox"/>					<input type="checkbox"/>
JAN	COLD	Crispy chicken sweet chili tender wrap with soup of the day	<input type="checkbox"/>					<input type="checkbox"/>
31ST	VEG OPT	Baked potato with beans and cheddar/or salad	<input type="checkbox"/>					<input type="checkbox"/>

Number of Lunches Ordered _____ Amount Enclosed \$ _____ Signed _____

