

SAMPLE MENU AND ORDER FORM

ELEMENTARY SCHOOL MEALS PROGRAM VEGETARIAN LUNCH ORDER FORM



School Name: _____

Student's Name: _____

Grade: _____

Division: _____

Teacher: _____

Allergies / Religious Requests:

Vegetarian, Fish Ok

Vegetarian, No Fish

Other: _____

Payment Amount: _____



VEGETARIAN MENU September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Labour Day	5 Preparation week	6 Preparation week	7 Preparation week	8 Preparation week
11 White Milk Cucumber Sandwich Cookie Fruit	12 Juice Jam Sandwich Yogurt Fruit	13 Chocolate Milk Cream Cheese & Jam Bagel Granola Bar Fruit	14 Juice Pasta Salad Yogurt Fruit	15 White Milk Deluxe Cheese Sandwich Chips Fruit
18 Juice Cucumber Sandwich Pudding Fruit	19 Chocolate Milk Hummus & Naan Bread Cookie Fruit	20 Juice Pizza Pretzel Yogurt Fruit	21 White Milk Cheese Sandwich Granola Bar Fruit	22 District Pro D day
25 Juice Cucumber Sandwich Yogurt Fruit	26 Chocolate Milk Jam Sandwich Cookie Fruit	27 Juice Sandwich Pudding Fruit	28 White Milk Hummus & Naan Bread Snack Fruit	29 Juice Cheese Sandwich Snack Fruit

ORDERS ARE DUE TO THE SCHOOL BY 9:00 AM, Wednesday, September 6, 2023

September Lunches: 14 days @ \$6.00 = \$84.00

Please make cheques payable to the school.

PLEASE NOTE:

THIS MENU IS GELATIN FREE

WE DO NOT GUARANTEE A NUT-FREE ENVIRONMENT ALL OF OUR BREADS AND BAKED GOODS MAY CONTAIN TRACES OF NUTS. WE CANNOT ACCOMMODATE GLUTEN FREE OR HALAL MEAT MENU SUBJECT TO CHANGE BASED ON AVAILABILITY FROM SUPPLIERS