

Welcome Back

SOUP-ER LUNCH

	Weeks: September 6 th – October 1 st 2010				
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Ped Day (Sep.6)	Cheese Tortellini with Rosé Sauce (Sep. 7)	Souvlaki Pita with Tzatziki and Vegetable Rice (Sep.8)	Grilled Cheese with Soup (Sep.9)	Chicken Nuggets with Mac & Cheese (Sep.10)
Week 2	Sloppy Joe with Crudités (Sep.13)	2 Tacos with Lettuce and Salsa (Sep.14)	Shepherd's Pie (Sep.15)	Fish Sticks with Mac & Cheese (Sep.16)	<i>Pasta Casserole au gratin</i> (Sep.17)
Week 3	Grilled Cheese with Soup (Sep.20)	Pork Brochette with Vegetable Rice (Sep.21)	Pasta with Meat Sauce and Carrot Sticks (Sep.22)	BBQ Chicken Leg and Oven Roasted Potatoes (Sep.23)	Hamburger Steak with Mashed Potatoes (Sep.24)
Week 4	Beef Stew with Rice (Sep.27)	Meat Loaf with Mashed Potatoes (Sep.28)	2 Tacos with Lettuce and Salsa (Sep.29)	Shepherd's Pie (Sep.30)	Meat Lasagna (Oct.1)



1. Please indicate the days you wish to order a meal for your child.
2. Include your child's name and class number.
3. Please return the bottom portion of this form by September 3rd, 2010.
4. The fees for any NSF cheque will be the responsibility of the parent.

Name: _____ Homeroom: _____

Number of Full Meals: _____ X \$4.25 = \$ _____ (includes a drink and desert)

Number of Hot Meals: _____ X \$3.25 = \$ _____ (hot meal only)

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