

**Our Lady of Fatima Catholic School**  
**Sep - Oct. 2010**



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**MENU ITEM**

**A Alphabet Soup**

Lots of veggies puréed in a tomato sauce, alphabet pasta with a swirl of parmesan cheese, served with garlic bread.

**B Mighty Mac**

An old time favourite with Lunch Pails' added nutrition ... puréed carrots!

**C Buttery pasta**

Spaghetti tossed with a creamy butter and parmesan sauce, served with a side of crunchy vegetables

**D Chicken Tenders**

Juicy white-meat-only chicken tenders, served over a bed of fluffy rice with a side of steamed julienned carrots

**K Around the World - Taco Fiesta!**

Seasoned lean ground beef, rice, cheddar cheese, rolled in a soft tortilla & served with a side of salsa.

**U Morning Glory**

A savoury ham, broccoli and cheddar muffin with a touch of cornmeal, served with a side of fruit salad.

**E Chicken Caesar Salad**

Crispy romaine lettuce, poached chicken breast, croutons and parmesan cheese, served with a creamy Caesar dressing.

*Ordering is Easy!*  
*Simply fill out the Order Form,*  
*and return it with your payment!*

*Birthdays! Call us if you would like a special treat for the Class!*

*We offer three meal choices:*  
**Entrée Only** (only \$4)  
**Complete Meal with Drink and Snack** (\$6)  
**Extra Large Entrée with Drink and Snack** (\$7)

(Mark your selection with an X on the order form, as shown.)  
*Snacks and drinks are chosen carefully by Lunch pails to complement entrées.*

**Don't forget to mark the dates on your calendar!**

**Late orders:**  
 If you miss the due date, please call the kitchen for assistance at 647-828-6240.

**School Closures:**  
 In the event of a school closure due to weather conditions, service will be provided on the following day.  
 If your child is absent on service day, please contact the Kitchen before 8AM on the day of service.

**Student Name** \_\_\_\_\_

**Birthday this month?** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Teacher's Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Parent / Guardian Name:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Cheque # (if applicable):** \_\_\_\_\_

DATE OF SERVICE	MENU ITEM Ordered A,B,C,D,K,U,E	Entrée Only (\$4)	Complete Meal (\$6)	Extra Large Meal (\$7)	Price
SAMPLE	A		X		\$6 (Sample)
FRIDAY SEP 24					
FRIDAY OCT 1					
THURS. OCT 7					
FRIDAY OCT 15					
FRIDAY OCT 22					
FRIDAY OCT 29					

**TOTAL Due** \_\_\_\_\_

**HST and Delivery are included.**

**PLEASE RETURN COMPLETED FORM BY OR BEFORE: SEP 13TH**

**Allergies or Special Information:** \_\_\_\_\_

(eg. Halal, Gluten Free, etc.) \_\_\_\_\_

**PAYMENT:** Return completed menu and **cheque payable to LUNCH PAILS**  
 (or EXACT CASH in a sealed envelope).

Note: A fee will be charged for all NSF Cheques

**LUNCH PAILS Inc.**

