

Escarpment View Public School
Nov. - Dec. 2010

MENU ITEM

E Hail Caesar
 Our most popular salad!
 Tender poached chicken breast, romaine
 lettuce, parmesan cheese & croutons

B Mighty Mac
 An old time favourite with Lunch Pails'
 added nutrition !

G Festive Meal - It's time to be jolly
 Roasted chicken drumstick, served
 over a two potato mash, cranberry
 sauce, and a side of sweet corn

K Around the World - Off to India we go!
 Vegetable Samosas served with Lunch
 Pails Hummus (no sesame) and fresh
 cut vegetables

N Pasta Pomodoro
 Penne pasta tossed with our homemade
 tomato sauce topped with parmesan
 cheese (added Lunch pails' nutrition)

P Morning Glory - Fortified French Toast
 Whole wheat bread soaked in Lunch
 Pails' nutritious batter served with
 a side of maple syrup

W The Great Canadian Burger
 A quarter pound all beef burger served
 on a whole wheat bun with a side of
 mustard and ketchup

SNACK CHOICES

1. Fresh Fruit or Vegetables
2. Cookie
3. Muffin

DRINK CHOICES

1. Apple Juice
2. Orange Juice
3. Water

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.)

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.

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

LUNCH PAILS Inc.



Escarpment View Public School

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)	Snack (1,2 or 3)	Drink (1,2 or 3)	Price
		CHOOSE ONE (PLACE an "X")			(For complete meals only)		
SAMPLE	A		X		1	3	\$ 6 (Sample)
WED NOV 3							
WED NOV 17							
WED DEC 1							
WED DEC 15							
						TOTAL DUE IS:	

Reminder: Snack and Drink Choices are
 provided for Complete or Extra Large Meals only.

If a Snack/Drink is not indicated, Lunch pails
 will make a selection for you.

HST and Delivery are included.

PLEASE RETURN COMPLETED FORM BY OR BEFORE: Oct 22nd

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