

MUM'S THE WORD HOT LUNCH ORDER FORM January 4 to February 15

| | | | | | | | | | | | | | |
|---|---|----------------------|------------|--------------|------------|----------------------|------------|--------------|------------|----------------------|------------|--------------|------------|
| Family Name → | | | | | | | | | | | | | |
| | | CHILD #1 | | | | CHILD #2 | | | | CHILD #3 | | | |
| Child's Name here → | | | | | | | | | | | | | |
| Child's Grade here → | | | | | | | | | | | | | |
| PORTION SIZE CHOICES & GLUTEN FREE OPTION | | Reg. 4.50 | GF 5.50 | Lar. 6.00 | GF 7.00 | Reg. 4.00 | GF 5.00 | Lar. 5.00 | GF 6.00 | Reg. 4.00 | GF 5.00 | Lar. 5.00 | GF 6.00 |
| ♥ Regular Vegetarian meal in <i>Regular (Reg)</i> or <i>Large (Lar)</i> size | | | | | | | | | | | | | |
| ♥ Gluten Free (GF) Vegetarian meal in <i>Regular (Reg)</i> or <i>Large (Lar)</i> size | | | | | | | | | | | | | |
| Dates | Menu Item | | | | | | | | | | | | |
| Wed Jan.4 | Burritos & baked goodie | | | | | | | | | | | | |
| Mon Jan.9 | Potato Leek Soup/Biscuit and a baked goodie | | | | | | | | | | | | |
| Wed Jan.11 | Quiche/Tossed Salad and a baked goodie | | | | | | | | | | | | |
| Mon Jan.16 | Rice & Dahl and a baked goodie | | | | | | | | | | | | |
| Wed Jan.18 | Baked Mac'N'Cheese/Veggies & baked goodie | | | | | | | | | | | | |
| Mon Jan.23 | Borsht, Biscuit and a baked goodie | | | | | | | | | | | | |
| Wed Jan.25 | Mexican Bowl and a baked goodie | | | | | | | | | | | | |
| Mon Jan.30 | Coconut Curry Veggie Soup & baked goodie | | | | | | | | | | | | |
| Wed Feb.1 | Spaghetti/Garlic Bread and a baked goodie | | | | | | | | | | | | |
| Mon Feb.6 | Veggie Chili, Corn Bread and a baked goodie | | | | | | | | | | | | |
| Wed Feb.8 | Baked Potatoe/Caesar Salad & baked goodie | | | | | | | | | | | | |
| Mon Feb.13 | Vegetable Barley Soup & baked goodie | | | | | | | | | | | | |
| Wed Feb.15 | Lasagna and a baked goodie | | | | | | | | | | | | |
| PRO – D WEEK No Classes KG - 8 | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | Total lunches | | | | Total Lunches | | | | Total Lunches | | | |
| | | # _____ = \$ _____ | | | | # _____ = \$ _____ | | | | # _____ = \$ _____ | | | |
| | | TOTAL PAID | | | | | | | | | | | |
| | | \$ | | | | | | | | | | | |

Payment and Order Details:

- ☛ Regular Meals are \$4.50 each Large Meals are 6.00
- ☛ All meals are vegetarian and nut free
- ☛ Family rate is \$4.50 for first child (#1) and \$4.00 for siblings. Large are \$6.00 for first child (#1) and \$5.00 for siblings
- ☛ Make cheques payable to Mum's the Word
- ☛ Cash payments must be exact amount (no change can be given)