

HOT LUNCH FORM - M S A (MAR-MAY'18)

I would like my child to be provided with hot lunches

(Please PRINT clearly)

Name: _____ Grade: _____

CONTACT NUMBER _____

Email: _____

PAYMENT METHOD

(please tick one box and complete payment details if paying by card)

CHEQUE ENCLOSED (please make cheques payable to La Trattoria Restaurant)

DEBIT or CREDIT NUMBER _____

EXPIRY DATE: _____

* LUNCHES ARE \$8.00 PER DAY

AMOUNT \$ _____

WEEK 1

- Mon Mar 19 Baked Chicken Wings, Tomato Rice, Assorted Vegetables, Apple Wedges
- Tue Mar 20 Whole Wheat Penne with Chicken & Cream Sauce, Spinach & Tomato Salad, Sliced Watermelon
- Wed Mar 21 Whole Wheat Cheese Pizza, Vegetable Sticks & Caesar Dip, Melon Cup
- Thu Mar 22 BBQ Chicken Leg, Peas & Carrot, Banana
- Fri Mar 23 Meat Ball Sub, Mix Salad, Pineapple Upside Down Cake

WEEK 2

- Mon Mar 26 Baked Meat Lasagna, Caesar Salad, Orange Wedges
- Tue Mar 27 Baked Chicken Tenders, Macaroni & Cheese, String Beans, Grapes
- Wed Mar 28 Whole Wheat Pasta with Meat Sauce & Cream, Buttered String Beans, Sliced Pineapple
- Thu Mar 29 **No Lunch -**
- Fri Mar 30 **No Lunch -** Good Friday

End of Term

WEEK 3

- Mon Apr 16 Tandoori Chicken Skewers, Yellow Rice, Assorted Vegetables, Apple Wedges
- Tue Apr 17 Chicken Hot Dog, Whole Wheat Bun, Vegetable Sticks & Hummus, Grapes
- Wed Apr 18 Chicken Fried Rice, Steamed Broccoli, Banana
- Thu Apr 19 Baked Chicken Nuggets, Buttered Corn, Fresh Vegetable Salad, Fresh Fruit Cup
- Fri Apr 20 **No Lunch -** Bermuda Annual Exhibition

WEEK 4

- Mon Apr 23 Roasted Chicken Leg, Mashed Potato, Steamed Broccoli, Orange Wedges
- Tue Apr 24 Turkey & Red Bean Chili, Brown Rice, String Beans, Sliced Watermelon
- Wed Apr 25 Homemade Large Meat Balls with Penne Tomato Sauce, Spinach, Tomato & Cucumber Salad, Melon Cup
- Thu Apr 26 Baked Chicken Tenders, Macaroni & Cheese, Broccoli, Sliced Pineapple
- Fri Apr 27 Vegetable Soup with Turkey & Cheese Sandwich on Multi Grain Bread, Brownie

WEEK 5

- Mon Apr 30 Grilled Chicken Breast with Creamy Basil Sauce, Baked Macaroni & Vegetable Casserole, Grapes
- Tue May 01 Baked Chicken Wings, Honey Mustard Sauce, Spinach Rice, Buttered Carrots, Sliced Melon
- Wed May 02 Beef Burger, Whole Wheat Bun, Coleslaw, Banana
- Thu May 03 Turkey Meat Loaf & Gravy, Half Baked Potato, Seasonal Vegetables, Fresh Fruit Cup
- Fri May 04 Chicken Vegetable Lasagna, Caesar Salad, Chocolate Chip Cookie

WEEK 6

- Mon May 07 Baked Chicken Wings, Tomato Rice, Assorted Vegetables, Apple Wedges
- Tue May 08 Whole Wheat Penne with Chicken & Cream Sauce, Spinach & Tomato Salad, Sliced Watermelon
- Wed May 09 Whole Wheat Cheese Pizza, Vegetable Sticks & Caesar Dip, Melon Cup
- Thu May 10 BBQ Chicken Leg, Peas & Carrot, Banana
- Fri May 11 Meat Ball Sub, Mix Salad, Pineapple Upside Down Cake

WEEK 7

- Mon May 14 Baked Meat Lasagna, Caesar Salad, Orange Wedges
- Tue May 15 Baked Chicken Tenders, Macaroni & Cheese, String Beans, Grapes
- Wed May 16 Whole Wheat Pasta with Meat Sauce & Cream, Buttered String Beans, Sliced Pineapple
- Thu May 17 Cheese Ravioli with "Trattoria" Sauce, Garden Salad, Sliced Cantaloupe
- Fri May 18 Chicken Burrito, Assorted Vegetable Salad, Banana Bread

Please return the forms by March 02nd 2018. (Forms returned after due date: a late fee of \$10 applied.)

La Trattoria Contact details: Tel : 295-1877, 599-6517 (Joseph), Fax : 295-8974

Email: joseph@trattoria.bm