

Hot Lunch Form - **M S A** (Sep-Nov'18)

I would like my child to be provided with hot lunches (Please PRINT clearly)

NAME _____ **Grade in Sept.** _____

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

Tue Sep 04 No Lunch

Wed Sep 05 Turkey Hot Dog, Whole Wheat Bun, Spinach-Tomato-Cucumber-Bean Salad,, Orange Wedges

Thu Sep 06 Grilled Chicken Breast, Cream & Basil Pesto Sauce, Tomato Rice, Buttered Carrots, Banana

Fri Sep 07 Grilled "Club" Panini Ham-Cheese-Turkey on Focaccia Bread, Corn-Tomato-Bean Salad, Raisin Pound Cake

WEEK 2

Mon Sep 10 Whole Wheat Cheese Pizza, Trattoria Sauce, Caesar Salad with Bean Dressing, Grapes

Tue Sep 11 Penne and Home Made Meat Balls in Tomato Sauce, String Beans, Sliced Pineapple

Wed Sep 12 Honey Roasted Chicken Wings, Spinach Rice, Vegetable Sticks & Hummus, Sliced Honeydew Melon

Thu Sep 13 "Niman Ranch" Beef Burger, Multi Grain Bun, Rainbow Coleslaw, Fresh Fruit Cup

Fri Sep 14 Baked Chicken & Rice & Vegetable Casserole, Garden Salad, Gluten Free Brownie

WEEK 3

Mon Sep 17 Oven Baked Chicken Tenders, Mixed Vegetables, Sliced Melon

Tue Sep 18 Whole Wheat Pasta Meat Sauce & Cream, Steamed Broccoli, Grapes

Wed Sep 19 Whole Wheat Cheese Pizza, Fresh Garden Salad, Banana

Thu Sep 20 Oven Fried Chicken Nuggets, Spinach Rice, Peas & Carrots, Orange Wedge

Fri Sep 21 Turkey Meat Loaf, Mash Potatos, Broccoli, Chocolate Chip Cookies

WEEK 4

Mon Sep 24 Pasta Alfredo Sauce & Ham-Broccoli, Roasted Cauliflower, Apple Wedges

Tue Sep 25 Chicken Burger, Wheat Bun, Baked Potato Wedge, Seasonal Vegetable Salad, Sliced Cantaloupe Melon

Wed Sep 26 Cheese Ravioli with Chef's Sauce, Bokchoy & Carrot, Grapes

Thu Sep 27 Chicken Tikka Skewers, Saffron Rice, String Beans & Olive oil, Assorted Melon Cup

Fri Sep 28 Turkey Chili with Beans on Half Baked Potato, Assorted Vegetables, Oatmeal Raisin Cookie

WEEK 5

Mon Oct 01 Cheese & Ham Pizza with Chef Sauce, Home made Mixed Bean Salad, Sliced Melon

Tue Oct 02 BBQ Chicken Wrap, Seasonal Vegetable Salad, Orange Wedges

Wed Oct 03 "Niman Ranch" Beef Burger, Wheat Bun, Coleslaw with Raisin, Banana

Thu Oct 04 Sweet 'n Sour Chicken, Brown Rice, Steamed Bokchoy, Sliced Pineapple

Fri Oct 05 Chicken & Broccoli Quiche with Mozzarella Cheese, Mix Salad, Carrot Cake

NO LUNCH DURING BAZZAR WEEK

WEEK 6

Mon Oct 15 Whole Wheat Cheese Pizza, Trattoria Sauce, Caesar Salad with Beans Dressing, Grapes

Tue Oct 16 Penne and Home Made Meat Balls in Tomato Sauce, String Beans, Sliced Pineapple

Wed Oct 17 Honey Roasted Chicken Wings, Spinach Rice, Vegetable Sticks & Hummus, Sliced Honeydew Melon

Thu Oct 18 "Niman Ranch" Beef Burger, Multi Grain Bun, Rainbow Coleslaw, Fresh Fruit Cup

Fri Oct 19 Baked Chicken & Rice & Vegetable Casserole, Gluten Free Brownie

Half Term Break

WEEK 7

Mon Oct 29 Oven Baked Chicken Tenders, Mixed Vegetables, Sliced Melon

Tue Oct 30 Whole Wheat Pasta Meat Sauce & Cream, Steamed Broccoli, Grapes

Wed Oct 31 Whole Wheat Cheese Pizza, Fresh Garden Salad, Banana

Thu Nov 01 Oven Fried Chicken Nuggets, Spinach Rice, Peas & Carrots, Orange Wedge

Fri Nov 02 Turkey Meat Loaf, Mash Potatos, Broccoli, Chocolate Chip Cookies

WEEK 8

Mon Nov 05 Pasta Alfredo Sauce & Ham-Broccoli, Roasted Cauliflower, Apple Wedges

Tue Nov 06 Chicken Burger, Wheat Bun, Baked Potato Wedge, Seasonal Vegetable Salad, Sliced Cantaloupe Melon

Wed Nov 07 Cheese Ravioli with Chef's Sauce, Bokchoy & Carrot, Grapes

Thu Nov 08 Chicken Tikka Skewers, Saffron Rice, String Beans & Olive oil, Assorted Melon Cup

Fri Nov 09 Turkey Chili with Beans on Half Baked Potato, Assorted Vegetables, Oatmeal Raisin Cookie

Please return the forms by June 22nd, 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