

HOT LUNCH FORM - **M S A** (SEP-NOV'17)

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

NAME _____ **Grade in Sep:** _____

CONTACT PHONE NUMBER _____ **Email:** _____

PAYMENT METHOD (No Cash Payments)

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

DEBIT or CREDIT NUMBER _____

EXPIRY DATE: _____

*** LUNCHES ARE \$7.75 PER DAY**

AMOUNT \$ _____

WEEK 1

- Tue Sep 05 Cheese Ravioli in Tomato Sauce, Mix Vegetables, Banana
- Wed Sep 06 Whole Wheat Cheese Pizza with "Trattoria Sauce", Fresh Garden Salad, Fresh Fruit Cup
- Thu Sep 07 Turkey Burger, Whole Wheat Bun, Fresh Vegetable Sticks & Hummus, Assorted Melon
- Fri Sep 08 Fajita Chicken with Roasted Vegetables & Cheddar Cheese Wrap, Seasonal Vegetable Salad, Carrot Cake

WEEK 2

- Mon Sep 11 Home Made Large Meatballs in Tomato Sauce, Elbow Macaroni, String Beans, Apple Wedges
- Tue Sep 12 Chicken & Vegetable Lasagna, Caesar Salad, Sliced Watermelon
- Wed Sep 13 Home Made Beef Burger, Whole Wheat Bun, Rainbow Coleslaw, Banana
- Thu Sep 14 Chicken Tikka Masala, Saffron Rice, Steamed Broccoli, Orange Wedges
- Fri Sep 15 Ham & Swiss Cheese Panini, Romaine-Tomato-Chick Peas- Cucumber Salad, Chocolate Brownie

WEEK 3

- Mon Sep 18 Baked Chicken Tenders, Macaroni & Cheese, Steam Assorted Vegetables, Sliced Pineapple
- Tue Sep 19 Whole Wheat Cheese Pizza, Caesar Salad, Orange Wedges
- Wed Sep 20 BBQ Chicken Wings, Tomato Rice, Steamed Cabbage, Banana
- Thu Sep 21 Grill Turkey & Swiss Cheese Focaccia, Spinach- Tomato- Corn Salad, Grapes
- Fri Sep 22 Roasted Chicken Leg, Spinach Rice, Steamed Carrots, Banana Bread

WEEK 4

- Mon Sep 25 Whole Wheat Penne Meat Sauce & Cream, Steam Broccoli, Apple Wedges
- Tue Sep 26 Baked Chicken Nuggets, Macaroni & Vegetable Salad, Sliced Melon
- Wed Sep 27 Pasta with Italian Sausage & Chef's Sauce, Steamed Broccoli & Pumpkin, Fresh Fruit Cup
- Thu Sep 28 Sweet & Sour Chicken, Brown Rice, Sir Fry Vegetables, Sliced Pineapple
- Fri Sep 29 Roast Turkey, Mash Potato, Assorted Vegetables, Oatmeal Cookie

WEEK 5

- Mon Oct 02 Grill Chicken Breast with Cream & Pesto Sauce, Assorted Vegetables, Rice, Grapes
- Tue Oct 03 Pasta with Red Beans & Chourico, Vegetable Stick with Dip, Melon Cup
- Wed Oct 04 Baked Chicken Tenders, Tomato Rice, String Beans Salad, Sliced Water Melon
- Thu Oct 05 Ham & Cheddar Cheese Wrap, Spinach-Mix Beans- Tomato Salad, Orange Wedges
- Fri Oct 06 BBQ Chicken Pizza whole wheat Crust, Garden Salad, Upside Down Pineapple Cake

School Fair week

WEEK 6

- Mon Oct 16 Home Made Large Meatballs in Tomato Sauce, Elbow Macaroni, String Beans, Apple Wedges
- Tue Oct 17 Chicken & Vegetable Lasagna, Caesar Salad, Sliced Watermelon
- Wed Oct 18 Home Made Beef Burger, Whole Wheat Bun, Rainbow Coleslaw, Banana
- Thu Oct 19 Chicken Tikka Masala, Saffron Rice, Steamed Broccoli, Orange Wedges
- Fri Oct 20 Ham & Swiss Cheese Panini, Romaine-Tomato-Chick Peas- Cucumber Salad, Chocolate Brownie

Half Term Break

WEEK 7

- Mon Oct 30 Baked Chicken Tenders, Macaroni & Cheese, Steam Assorted Vegetables, Sliced Pineapple
- Tue Oct 31 Whole Wheat Cheese Pizza, Caesar Salad, Orange Wedges
- Wed Nov 01 BBQ Chicken Wings, Tomato Rice, Steamed Cabbage, Banana
- Thu Nov 02 Grill Turkey & Swiss Cheese Focaccia, Spinach- Tomato- Corn Salad, Grapes
- Fri Nov 03 Roasted Chicken Leg, Spinach Rice, Steamed Carrots, Banana Bread

WEEK 8

- Mon Nov 06 Whole Wheat Penne Meat Sauce & Cream, Steam Broccoli, Apple Wedges
- Tue Nov 07 Baked Chicken Nuggets, Macaroni & Vegetable Salad, Sliced Melon
- Wed Nov 08 Pasta with Italian Sausage & Chef's Sauce, Steamed Broccoli & Pumpkin, Fresh Fruit Cup
- Thu Nov 09 Sweet & Sour Chicken, Brown Rice, Sir Fry Vegetables, Sliced Pineapple
- Fri Nov 10 Roast Turkey, Mash Potato, Assorted Vegetables, Oatmeal Cookie

Please return the forms by JUNE 28th, 2017. (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**