

# Norquay - September Hot Lunch Program (Mondays to Fridays)

www.CestMonCafe.com

Student Name: \_\_\_\_\_ Division: \_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

[1] Please circle the food items and add the total amount here \$\_\_\_\_\_.

[2] Please seal this form with cash into an envelope and pass to the school office **on or before September 11 (Wednesdays) by 3pm.**

[3] Please take a photo of the form for your own reference as no reminder would be sent out.

Month	Day		Main Meal A \$5.50	Main Meal B \$5.50	Main Meal C \$5.50	Main Meal D \$5.50
9	12	Thur	Chicken Dumplings in Soup	Tuna Wrap & Pasta Salad	Chicken/Potato Rice	Cheese Pizza*
9	13	Fri	Mac & Cheese*	Chicken Nuggets & Tortilla Chips	Chicken Curry Rice	Beef Taco & Tortilla Chips
9	16	Mon	Chicken Noodle Soup & Bread	Chicken Burger & Tortilla Chips	Veggie Fried Rice*	Cucumber Rolls & Edamame*
9	17	Tue	Pasta Tomato Sauce*	Chicken Strip & Hashbrown	Veggie Chow Mein*	Chicken Riceballs & Miso Soup
9	18	Wed	Teriyaki Chicken Rice	Hot Dog & Tortilla Chips	Beef Meatballs & Perogies	Perogies & Quinoa Salad*
9	19	Thur	Chicken Dumplings & Spring Rolls	Chicken Wrap & Pasta Salad	Pepperoni Pizza	Cheese Pizza*
9	20	Fri	Mac & Cheese*	Chicken Nuggets & Tortilla Chips	Veggie Curry Rice*	Beef Taco & Tortilla Chips
9	23	Mon	Chicken Noodle Soup & Bread	Beef Burger & Tortilla Chips	Veggie Fried Rice*	California Rolls & Edamame
9	24	Tue	Pasta Meat Sauce	Chicken Strip & Hashbrown	Veggie Chow Mein*	Tuna Riceballs & Miso Soup
9	25	Wed	Teriyaki Chicken Rice	Hot Dog & Tortilla Chips	Beef Meatballs & Perogies	Perogies & Quinoa Salad*
9	26	Thur	Chicken Dumplings in Soup	Tuna Wrap & Pasta Salad	Chicken/Potato Rice	Cheese Pizza*
9	27	Fri	Mac & Cheese*	Chicken Nuggets & Tortilla Chips	Chicken Curry Rice	Beef Taco & Tortilla Chips
9	30	Mon	Chicken Noodle Soup & Bread	Chicken Burger & Tortilla Chips	Veggie Fried Rice*	Cucumber Rolls & Edamame*

Month	Day		Optional 1	Optional 2	Optional 3	Optional 4
9	12	Thur	gogo squeez apple sauce \$0.95	chocolate cookie \$0.74	apple \$1.00	gelato cup \$2.97
9	13	Fri	yogurt cup \$1.05	cinnamon twist \$0.74	grape \$1.05	popsicle \$2.25
9	16	Mon	nano yogurt drink \$0.95	chocolate cookie \$0.74	banana \$0.65	gelato cup \$2.97
9	17	Tue	gogo squeez apple sauce \$0.95	cinnamon twist \$0.74	apple \$1.00	popsicle \$2.25
9	18	Wed	yogurt cup \$1.05	cheestring \$0.95	grape \$1.05	gelato cup \$2.97
9	19	Thur	nano yogurt drink \$0.95	chocolate cookie \$0.74	banana \$0.65	popsicle \$2.25
9	20	Fri	gogo squeez apple sauce \$0.95	cinnamon twist \$0.74	apple \$1.00	gelato cup \$2.97
9	23	Mon	yogurt cup \$1.05	chocolate cookie \$0.74	grape \$1.05	popsicle \$2.25
9	24	Tue	nano yogurt drink \$0.95	cinnamon twist \$0.74	banana \$0.65	gelato cup \$2.97
9	25	Wed	gogo squeez apple sauce \$0.95	cheestring \$0.95	apple \$1.00	popsicle \$2.25
9	26	Thur	yogurt cup \$1.05	chocolate cookie \$0.74	grape \$1.05	gelato cup \$2.97
9	27	Fri	nano yogurt drink \$0.95	cinnamon twist \$0.74	banana \$0.65	popsicle \$2.25
9	30	Mon	gogo squeez apple sauce \$0.95	chocolate cookie \$0.74	apple \$1.00	gelato cup \$2.97