

Cafeteria Order Form - October

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Thanksgiving No School	10	11	12	13 PED Day No School	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOTE Hot meals must be ordered 1 week in advance, by Friday for the following week.

- Please indicate the hot meals your child will order for the week or month on this form and return to LES.
- Please send exact change or cheque to Holly Roy attached to this completed form for all hot meal orders.
- Please email Ms. Holly with any questions at hollyroyforrester@yahoo.com

Student: _____ **Homeroom:** _____ **Total: \$** _____



Laurentian Elementary School

www.laurentianelementaryschool.ca

Laurentian Elementary School Menu - 2023-2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One	Hamburgers on a bun & Salad	Grilled Cheese & Soup	<u>Noodles</u> with meat sauce, salad & bread	Shepherd's Pie	Chicken Nuggets with rice & vegetables
Two	Ham, mashed potatoes and corn	Grilled Cheese & Soup	Lasagna & salad	Chicken quesadillas, Mexican rice	Pizza & salad
Three	Chicken burger with salad	Grilled Cheese & Soup	Noodles with meat sauce & salad	Fish with rice & Caesar salad	Hot sub with salad
Four	Roast pork, potatoes & coleslaw	Grilled Cheese & Soup	Macaroni & salad	Beef burritos, Mexican rice	Pizza & salad

- ❖ Full course meal: \$5.50 includes meal, drink & dessert
- ❖ Main dish only: \$4.50
- ❖ Grilled cheese only: \$3.50
- ❖ Grilled Cheese meal: \$ 5.50 includes meal, drink & dessert

Reminder: A monthly order form will be emailed home. All meal orders must be submitted a week in advance.

- * When a Pedagogical/statutory holiday falls on Friday, the Friday meal will be served on Thursday.

Individual prices

Bagel with cream cheese	\$2.50	Salad (small lettuce)	\$2.00
Cheese - Cheddar	\$1.00	Salad plate (cold)	\$4.50
Cinnamon rolls	\$1.00	Salad (small) with Ham & Cheese	\$3.00
Dessert of the day		Sandwiches	\$3.00
Drinks - Milk, Water, Juice	\$1.00	Soup	\$2.00
Fruit (fresh)	\$1.00	Soup (cream)	\$2.50
Ice cream bars/popsicles	\$1.00	Vegetables & dip	\$1.00
Muffins	\$1.00	Yogurt	\$1.00

See reverses side for week schedule

Holly Roy 450-562-1229