



<http://www.harvestfresh.ca>

MENU FOR FEBRUARY AND MARCH

Harvest Fresh Catering Hot Lunch Day: TUESDAY AND FRIDAY (2 Days a Week)

Our Lady of Mount Carmel

Harvest Fresh will visit your **school twice a week (Tuesday and Friday)** with the same menu, please fill out the bottom and let us know what days you would like lunch for your child. You can choose as many as you would like.

Please completely fill in bottom form (CIRCLE your choice). Top portion is for your records. Bottom portion is to be returned to teacher with exact money in an envelope by **Monday, January 28th**. Each lunch day is **\$5.00**.

(1ST WEEK of LENT)

Tuesday Feb 12	Friday Feb 15	Tuesday Feb 19	Friday Feb 22	Tuesday Feb 26	Friday Mar 01	Tuesday Mar 05	Friday Mar 08	Tuesday Mar 19	Friday Mar 22	Tuesday Mar 26	Friday Mar 29
A) Cheese Burger on a Bun with Baked French Fries, Side Ketchup	A) Cheese Burger on a Bun with Baked French Fries, Side Ketchup	A) Chicken Fingers with Roasted Potatoe Chunks and Seasonal Vegetable. Side Plum sauce & Ketchup	A) Chicken Fingers with Roasted Potatoe Chunks and Seasonal Vegetable. Side Plum sauce & Ketchup	A) Penne topped with Home-made Tomato Meat Sauce, Side Whole Wheat Dinner Roll	A) Penne topped with Home-made Tomato Meat Sauce, Side Whole Wheat Dinner Roll	A) Breaded Chicken Nuggets with Baked French Fries, Side Plum Sauce & Ketchup	A) Breaded Chicken Nuggets with Baked French Fries, Side Plum Sauce & Ketchup	A) Buttery Garlic Penne topped with grilled chicken and bacon bits.	A) Buttery Garlic Penne topped with grilled chicken and bacon bits.	A) Pizza Pocket filled with cheese and pepperoni. Small Garden Salad. Side Dressing & Marinara Sauce.	
B) Beef Burger on a Bun (no cheese) with Baked French Fries. Side Ketchup	B) Beef Burger on a Bun (no cheese) with Baked French Fries. Side Ketchup	B) Chicken Fingers with Rice and Seasonal Vegetable. Side Plum Sauce	B) Chicken Fingers with Rice and Seasonal Vegetable. Side Plum Sauce	B) Penne topped with Home-Made Tomato sauce (no meat), side whole wheat dinner roll. (Vegetarian)	B) Penne topped with Home-Made Tomato sauce (no meat), side whole wheat dinner roll. (Vegetarian)	B) Two Drumsticks roasted in BBQ Sauce with Mashed Potatoes and Seasonal Vegetable.	B) Two Drumsticks roasted in BBQ Sauce with Mashed Potatoes and Seasonal Vegetable.	B) Breakfast 4 Lunch - French Toast Sticks sprinkled with Cinnamon, Diced Potatoes & Turkey Breakfast Sausage. Side Syrup & Ketchup	B) Breakfast 4 Lunch - French Toast Sticks sprinkled with Cinnamon, Diced Potatoes & Turkey Breakfast Sausage. Side Syrup & Ketchup	B) Spaghetti and Meatballs topped with our Home-Made Tomato Sauce, Side Whole Wheat Dinner Roll	
C) Large Chicken Caesar Salad - Romaine lettuce, Breaded Chicken strips, Parmesan, Croutons & Bacon bits. Side Caesar Dressing & Whole Wheat Dinner Roll. (This meal can be vegetarian - just put "no meat" on the form below).	C) Large Chicken Caesar Salad - Romaine lettuce, Breaded Chicken strips, Parmesan, Croutons & Bacon bits. Side Caesar Dressing & Whole Wheat Dinner Roll. (This meal can be vegetarian - just put "no meat" on the form below).	C) Mixed Up - Two Chicken Nuggets, Cheese and Potato Perogies and Baked French Fries. Side Ketchup and Sour Cream	C) Mixed Up - Two Chicken Nuggets, Cheese and Potato Perogies and Baked French Fries. Side Ketchup and Sour Cream	C) Penne topped with Buttery Garlic Sauce. Side Whole Wheat Dinner Roll (Vegetarian)	C) Penne topped with Buttery Garlic Sauce. Side Whole Wheat Dinner Roll (Vegetarian)	C) Large soft Taco - Lean beef, Salsa, Cheese and Sour Cream rolled in a soft Tortilla shell. Side Salad and Dressing	C) Large soft Taco - Lean beef, Salsa, Cheese and Sour Cream rolled in a soft Tortilla shell. Side Salad and Dressing	C) Breakfast 4 Lunch (Vegetarian) - French Toast Sticks sprinkled with Cinnamon and Side Diced Potatoes. Side Syrup & Ketchup	C) Breakfast 4 Lunch (Vegetarian) - French Toast Sticks sprinkled with Cinnamon and Side Diced Potatoes. Side Syrup & Ketchup	C) Spaghetti with no meat balls topped with Home-Made Tomato Sauce, Side Whole Wheat Dinner Roll. (Vegetarian)	
D) Pancakes 4 Lunch - Pancakes with Side Syrup and Yogurt (Vegetarian)	D) Pancakes 4 Lunch - Pancakes with Side Syrup and Yogurt (Vegetarian)	D) Cream of Broccoli Soup with a Side Garden Salad and Crackers. (Vegetarian)	D) Cream of Broccoli Soup with a Side Garden Salad and Crackers. (Vegetarian)	D) Breaded Chicken Sandwich on Bun with Baked French Fries, Side Mayo and Ketchup	D) Breaded Chicken Sandwich on Bun with Baked French Fries, Side Mayo and Ketchup	D) Soup and Wrap - Small Crunchy Chicken Wrap - Breaded Chicken Breast Strip, Cheese, Lettuce & Ranch Dressing wrapped in a small tortilla (cold entrée). Comes with Italian Wedding Soup.	D) Soup and Wrap - Small Crunchy Chicken Wrap - Breaded Chicken Breast Strip, Cheese, Lettuce & Ranch Dressing wrapped in a small tortilla (cold entrée). Comes with Italian Wedding Soup.	D) Home-Style Chicken Noodle Soup, Side Yogurt Cup and Crackers	D) Home-Style Chicken Noodle Soup, Side Yogurt Cup and Crackers	D) Large Chicken Caesar Salad - Romaine lettuce, Breaded Chicken strips, Parmesan, Croutons & Bacon bits. Side Caesar Dressing & Whole Wheat Dinner Roll. (This meal can be vegetarian - just put "no meat" on the form below).	
E) Mac'n'Cheez - Homemade Macaroni and Cheese with a Side Whole Wheat Dinner Roll (Vegetarian)	E) Mac'n'Cheez - Homemade Macaroni and Cheese with a Side Whole Wheat Dinner Roll (Vegetarian)	E) Cheese and Potato Perogies, Side Yogurt Cup & Sour Cream (Vegetarian)	E) Cheese and Potato Perogies, Side Yogurt Cup & Sour Cream (Vegetarian)	E) Snack Attack! - Nuggets, Pizza Stick and Small Taco filled with beef, cheese, sour cream & salsa. Side Plum Sauce.	E) Snack Attack! - Nuggets, Pizza Stick and Small Taco filled with beef, cheese, sour cream & salsa. Side Plum Sauce.	E) Tortellini stuffed with cheese topped with our Home-Made Tomato Sauce, Side Dinner Roll (Vegetarian)	E) Tortellini stuffed with cheese topped with our Home-Made Tomato Sauce, Side Dinner Roll (Vegetarian)	E) Chicken Caesar in a Pita - Marinated Chicken Breast topped with Lettuce, Bacon Bits, Cheese and Caesar Dressing. (Cold Entrée) Side Yogurt Cup	E) Chicken Caesar in a Pita - Marinated Chicken Breast topped with Lettuce, Bacon Bits, Cheese and Caesar Dressing. (Cold Entrée) Side Yogurt Cup	E) Rice Bowl - Grilled Chicken Breast with Broccoli in a Teriyaki sauce on a bed of rice. Side Fortune Cookie	

No Lunch Good Friday - Happy Easter

Cancellation Policy: You may cancel a lunch with 48 hours confirmed notice only. Sorry - no refunds - credits only. **SNOW & FOG POLICY:** No lunch if the school is closed

Please call (519) 984-4249 or email tammym@harvestfresh.ca

TUESDAYS

Tuesday Feb 12	Tuesday Feb 19	Tuesday Feb 26	Tuesday Mar 05	Tuesday Mar 19	Tuesday Mar 26
Circle your Choice	Circle your Choice	Circle your Choice	Circle your Choice	Circle your Choice	Circle your Choice
Option	Option	Option	Option	Option	Option
A B C D E	A B C D E	A B C D E	A B C D E	A B C D E	A B C D E

FRIDAYS

Friday Feb 15	Friday Feb 22	Friday Mar 01	Friday Mar 08	Friday Mar 22	Friday Mar 29
Circle your Choice	Circle your Choice	Circle your Choice	Circle your Choice	Circle your Choice	Circle your Choice
Option	Option	Option	Option	Option	No Lunch
A B C D E	A B C D E	A B C D E	A B C D E	A B C D E	

One Form Per Child (**One Cheque per family** , just include all forms in one envelope). Please fill out both forms if applicable.

Cost per Lunch \$5.00

Number of Lunches:	<input type="text"/>	x \$5	Child's Name	<input type="text"/>
Total Amount:	\$	<input type="text"/>	Teacher & Grade	<input type="text"/>
			Phone Number	<input type="text"/>
			Email Address	<input type="text"/>
			Please list Food Allergies:	<input type="text"/>

OLMC

Cheques payable to Harvest Fresh acceptable for orders of \$25.00 or more (for under \$25 we accept CASH only).

Payment DUE Monday, January 28th by 11:30am