



MENU FOR APRIL AND MAY

**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, APRIL 29th**. Each lunch day is **\$5.00**.

Tuesday May 14	Friday May 17	Tuesday May 21	Friday May 24	Tuesday May 28	Friday May 31	Tuesday Jun 04	Friday Jun 07	Tuesday Jun 11	Friday Jun 14	Tuesday Jun 18	Friday Jun 21
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	P.D. DAY	A) Personal 7" Pizza with Pepperoni, Cheese and Sauce. (This meal can be vegetarian, just specify "no meat" on form below)	A) Personal 7" Pizza with Pepperoni, Cheese and Sauce. (This meal can be vegetarian, just specify "no meat" on form below)	A) Buttery Garlic Penne topped with grilled chicken and bacon bits.	A) Buttery Garlic Penne topped with grilled chicken and bacon bits.
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) Crunchy Chicken Wrap - Breaded Chicken Breast Strips, Cheese, Lettuce & Ranch Dressing wrapped in a tortilla (cold entrée). Side small salad and dressing.	P.D. DAY	B) Spaghetti and Meatballs topped with our Home-Made Tomato Sauce, Side Whole Wheat Dinner Roll	B) Spaghetti and Meatballs topped with our Home-Made Tomato Sauce, Side Whole Wheat Dinner Roll	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
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 Oil & Garlic Sauce. Side Whole Wheat Dinner Roll (Vegetarian)	C) Penne topped with Buttery Oil & Garlic Sauce. Side Whole Wheat Dinner Roll (Vegetarian)	C) Pancakes 4 Lunch - Pancakes with Side Syrup and Yogurt (Vegetarian)	P.D. DAY	C) Spaghetti with no meat balls topped with Home-Made Tomato Sauce, Side Whole Wheat Dinner Roll. (Vegetarian)	C) Spaghetti with no meat balls topped with Home-Made Tomato Sauce, Side Whole Wheat Dinner Roll. (Vegetarian)	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
D) Breaded Chicken Sandwich on a Bun. Side Baked Chips and Mayo	D) Breaded Chicken Sandwich on a Bun. Side Baked Chips and Mayo	D) Large soft Taco - Lean beef, Salsa, Cheese and Sour Cream rolled in a soft Tortilla shell. Side Salad and Dressing	D) Large soft Taco - Lean beef, Salsa, Cheese and Sour Cream rolled in a soft Tortilla shell. Side Salad and Dressing	D) Two Drumsticks roasted in BBQ Sauce with Mashed Potatoes and Seasonal Vegetable.	D) Two Drumsticks roasted in BBQ Sauce with Mashed Potatoes and Seasonal Vegetable.	D) Beef Burger on a Bun (no cheese) with Baked Lay's Potato Chips. Side Ketchup	P.D. DAY	D) Chicken Caesar in a Pita - Marinated Chicken Breast topped with Lettuce, Bacon Bits, Cheese and Caesar Dressing. (Cold Entrée) Side Lay's Baked Chips	D) Chicken Caesar in a Pita - Marinated Chicken Breast topped with Lettuce, Bacon Bits, Cheese and Caesar Dressing. (Cold Entrée) Side Lay's Baked Chips	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).	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)	P.D. DAY	E) Rice Bowl - Grilled Chicken Breast with vegetables in a Teriyaki sauce on a bed of rice. Side Fortune Cookie. (This meal can vegetarian, just put "no meat" on the form below)	E) Rice Bowl - Grilled Chicken Breast with vegetables in a Teriyaki sauce on a bed of rice. Side Fortune Cookie. (This meal can vegetarian, just put "no meat" on the form below)	E) Poutine - Baked French Fries covered with Gravy and low fat Cheese. Side Garden Salad and Dressing	E) Poutine - Baked French Fries covered with Gravy and low fat Cheese. Side Garden Salad and Dressing

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](mailto:tammym@harvestfresh.ca)

**TUESDAYS**

Tuesday May 14	Tuesday May 21	Tuesday May 28	Tuesday Jun 04	Tuesday Jun 11	Tuesday Jun 18
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 May 17	Friday May 24	Friday May 31	Friday Jun 07	Friday Jun 14	Friday Jun 21
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	no lunch	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:  x \$5

**Total Amount:** \$

Child's Name

Teacher & Grade

Phone Number

Email Address

Please list Food Allergies:

OLMC

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

**Payment DUE Monday, APRIL 29th by 11:30am**