

Courtenay Elementary - Hot Lunch Order Form **PAY WHAT YOU CAN**



October 2024 (OCT 1 to OCT 31)

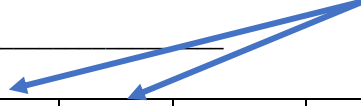
Student Name: _____ Teacher: _____




Parent Name: _____ Grade: _____


Parent Email: _____ Division: _____

Food Allergies: _____

NOTE THE DIFFERENCE IN PRICE!! BE SURE TO CHOOSE THE CORRECT GRADE!



Lunch	Price*	Price*	Price*	Qty	Total
If finances are tight, please pay what you can	Gr. K-2: \$2	Gr. 3-5: \$3	STAFF \$5		
10/01 (Tue) - Curry pilaf	\$2.00	\$3.00	\$5.00		
 10/02 (Wed) - Fish taco wraps [Vegetarian]	\$2.00	\$3.00	\$5.00		
10/03 (Thu) - Kimbap Rolls	\$2.00	\$3.00	\$5.00		
10/04 (Fri) - Chicken Burger	\$2.00	\$3.00	\$5.00		
10/07 (Mon) - Beef Stroganoff	\$2.00	\$3.00	\$5.00		
 10/08 (Tue) - Fried Rice [Vegetarian]	\$2.00	\$3.00	\$5.00		
10/09 (Wed) - Minestrone	\$2.00	\$3.00	\$5.00		
10/10 (Thu) - Creamy Chicken Stew	\$2.00	\$3.00	\$5.00		
10/11 (Fri) - Turkey Meatballs w/Mashed Potatoes	\$2.00	\$3.00	\$5.00		
10/15 (Tue) - Soft Beef Tacos	\$2.00	\$3.00	\$5.00		
 10/16 (Wed) - Perogies w/Chicken Caesar Salad [Vegetarian]	\$2.00	\$3.00	\$5.00		
10/17 (Thu) - Pulled Pork Sandwich	\$2.00	\$3.00	\$5.00		
10/18 (Fri) - Creamy Bacon and Tomato Pasta	\$2.00	\$3.00	\$5.00		
 10/21 (Mon) - Muffin Day! Assorted Muffins [Vegetarian]	\$2.00	\$3.00	\$5.00		
10/22 (Tue) - Penne Alfredo w/Meatballs [Vegetarian]	\$2.00	\$3.00	\$5.00		
10/23 (Wed) - Butter Chicken Curry	\$2.00	\$3.00	\$5.00		
 10/24 (Thu) - Chow Mein [Vegetarian]	\$2.00	\$3.00	\$5.00		
10/28 (Mon) - Roast Chicken	\$2.00	\$3.00	\$5.00		



 Indicates vegetarian option available.

Turn the page! More on the other side!!

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	10/29 (Tue) - Gyoza Potstickers [Vegetarian]	\$2.00	\$3.00	\$5.00		
	10/30 (Wed) - Beef Chili	\$2.00	\$3.00	\$5.00		
	10/31 (Thu) - French Toast! [Vegetarian]	\$2.00	\$3.00	\$5.00		
Grand Total					\$	



Indicates vegetarian option available.

If finances are tight, please pay what you can. We will make sure your child(ren) receives lunch.

Make cheques payable to **Courtenay Elementary Community School Society**.

You can also pay by e-transfer. Send e-transfers to contact@cecsc.org and leave a note in the comment section so that we may identify your order.

All hot lunches include a main dish and sides of fruit and vegetables, and a dessert from time to time. We have also started offering vegetarian options with some lunches. If you prefer a vegetarian meal on those days, please leave a note on this order form.

Please return this form at least two days in advance of your order that we may prepare enough lunches for the day.

NOTES TO PARENTS

- To help remember what you ordered, please take a photo of this order form. Please consider ordering online with MunchaLunch.com as the service will send you automated lunch reminders.
- We understand that that your child(ren) might not eat the lunch they are served. We've noticed a lot of food waste on certain days. This is a result of several factors: being picky, not liking the lunch, having to eat with utensils, being distracted by friends, or not having enough time to eat. We don't want kids to go hungry if they can't or won't eat their lunch, but we also don't have the capacity to provide alternatives. If you think the lunch you ordered might be a challenge for your child(ren), please be sure to pack extra snacks in their backpacks.

For more information about the hot lunch program and to check on potential allergens in the meals, visit <https://cecsc.org/hot-lunch/>