

Courtenay Elementary - Hot Lunch Order Form PAY WHAT YOU CAN



January 2025 (JAN 13 to JAN 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		
 	01/13 (Mon) - Japanese Chicken Curry [Vegetarian/Halal]	\$2.00	\$3.00	\$5.00		
	01/14 (Tue) - Pasta in Tomato Sauce [Vegetarian option]	\$2.00	\$3.00	\$5.00		
	01/15 (Wed) - Perogies w/Chicken Caesar Salad [Vegetarian]	\$2.00	\$3.00	\$5.00		
	01/16 (Thu) - English Muffin Pizzas [Vegetarian option]	\$2.00	\$3.00	\$5.00		
 	01/17 (Fri) - Creamy Chicken Stew [Vegetarian/Halal]	\$2.00	\$3.00	\$5.00		
	01/20 (Mon) - Korean Kimbap Rolls [Vegetarian option]	\$2.00	\$3.00	\$5.00		
	01/21 (Tue) - Tortellini [Vegetarian option]	\$2.00	\$3.00	\$5.00		
	01/22 (Wed) - Shanghai Noodles	\$2.00	\$3.00	\$5.00		
 	01/23 (Thu) - Butter Chicken Curry [Vegetarian/Halal]	\$2.00	\$3.00	\$5.00		
 	01/24 (Fri) - Lasagna Soup [Halal]	\$2.00	\$3.00	\$5.00		
	01/27 (Mon) - Ms. Masako's Muffins! [Vegetarian]	\$2.00	\$3.00	\$5.00		
	01/28 (Tue) - Minestrone [Vegetarian]	\$2.00	\$3.00	\$5.00		
	01/29 (Wed) - Korean BBQ Beef	\$2.00	\$3.00	\$5.00		
 	01/30 (Thu) - Chicken Stir Fry w/Egg Noodles [Vegetarian/Halal]	\$2.00	\$3.00	\$5.00		
	01/31 (Fri) - Curry Pilaf [Vegetarian]	\$2.00	\$3.00	\$5.00		
Grand Total					\$	



Vegetarian option



Halal meat

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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@cecass.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.

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://cecass.org/hot-lunch/> or scan the QR Code

