

DUKE OF CONNAUGHT KINDERGARTEN-HOT LUNCH MENU NOV. 2022

| MON. NOV | TUE. NOV 1 | WED. NOV 2 | THURS. NOV 3 | FRI. NOV 4 |
|---|---|--|---|--|
| | Cheese__ or Cheese bean__ Quesadillas Fruit/Veg Water/Milk | Meatball__ or Vegball__ Sub Fruit/Veg Water/Milk | Veg Fried Rice/Veg Spring roll__ Fruit/Veg Water/Milk | Grilled Cheese__ Fruit/Veg Water/Milk |
| MON. NOV 7 | TUE. NOV 8 | WED. NOV 9 | THURS. NOV 10 | FRI. NOV 11 |
| Spaghetti w/Tomato Sauce__ or w/Olive Oil__ Fruit/Veg Water/Milk | Cheese__ or Tuna/Cheese__ Melts Fruit/Veg Water/Milk | Beef__ or Veggie__ Cheese Hamburgers Fruit/Veg Water/Milk | Million Dollar Chicken__ or w/Tofu__ w/Rice Fruit/Veg Water/Milk | Pizza English Muffin__ Fruit/Veg Water/Milk |
| MON. OCT 14 | TUE. NOV 15 | WED. NOV 16 | THURS. NOV 17 | FRI. NOV 18 |
| Mac & Cheese__ Fruit/Veg Water/Milk | Grilled Cheese__ Fruit/Veg Water/Milk | Beef__ or Veggie__ Chili Fruit/Veg Water/Milk | Veggie Cheese__ Sub Fruit/Veg Water/Milk | PA DAY NO SCHOOL |
| MON NOV 21 | TUE. NOV 22 | WED. NOV 23 | THURS. NOV 24 | FRI. NOV 25 |
| Penne Pasta w/Alfredo__ or w/Olive Oil__ Fruit/Veg Water/Milk | Cheese__ or Cheese Bean__ Quesadillas Fruit/Veg Water/Milk | Beef__ or Veggie__ Shepherd's Pie Fruit/Veg Water/Milk | Butter Chicken__ or w/Tofu__ w/Rice Fruit/Veg Water/Milk | Wow Butter Sandwich__ Fruit/Veg Water/Milk Kindergartens only |
| MON. NOV 28 | TUE. NOV 29 | WED. NOV 30 | THURS. | FRI. |
| Mac & Cheese__ Fruit/Veg Water/Milk | Tuna__ or Cheese/Tuna__ Melts Fruit/Veg Water/Milk | Beef__ or Bean/Soy__ Burrito Fruit/Veg Water/Milk | | |

If you wish to have your child participate in the Lunch Program, it is important that this form is signed and returned along with your payment. Our Hot Lunch pricing has returned to the original cost prior to Covid. Your signature tells us you are giving us permission to provide your child with lunch. Please note, a lunch will always be provided regardless of the situation.

Lunch can be purchased by pre-registering for daily, weekly or monthly. Lunch is \$3.00 per day, or \$63.00 for the month of November payment can be made by cash or cheque ONLY, made payable to Duke of Connaught. Please ONLY check the days that your child will be having lunch, sign and return by Friday October 28, 2022. It's always a good idea to make a copy of the menu so your child will know what is for lunch and you will have a record of the days you have signed up for. All Kindergarten lunches will be delivered to the classroom in a Bento Box. a choice of water or milk will be provided. A vegetarian option is available, this menu is Halal acceptable.

***Please note:** In addition to contributing to the cost of food, a portion of this month's payment may go towards the purchase of new equipment for the program if required.*

Name of student _____

Teacher's Name _____ **Room #** _____

Allergies or Sensitivities _____ **Vegetarian** ___

Parent's Signature _____

Number of Lunches _____ x \$3.00=\$ _____

DUKE OF CONNAUGHT Grades 1-8-HOT LUNCH MENU NOV. 2022

| MON. NOV | TUE. NOV 1 | WED. NOV 2 | THURS. NOV 3 | FRI. NOV 4 |
|---|---|--|---|--|
| | Cheese__ or Cheese bean__ Quesadillas Fruit/Veg Water/Milk | Meatball__ or Vegball__ Sub Fruit/Veg Water/Milk | Veg Fried Rice/Veg Spring roll__ Fruit/Veg Water/Milk | Grilled Cheese__ Fruit/Veg Water/Milk |
| MON. NOV 7 | TUE. NOV 8 | WED. NOV 9 | THURS. NOV 10 | FRI. NOV 11 |
| Spaghetti w/Tomato Sauce__ or w/Olive Oil__ Fruit/Veg Water/Milk | Cheese__ or Tuna/Cheese__ Melts Fruit/Veg Water/Milk | Beef__ or Veggie__ Cheese Hamburgers Fruit/Veg Water/Milk | Million Dollar Chicken__ or w/Tofu__ w/Rice Fruit/Veg Water/Milk | Pizza English Muffin__ Fruit/Veg Water/Milk |
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| Mac & Cheese__ Fruit/Veg Water/Milk | Grilled Cheese__ Fruit/Veg Water/Milk | Beef__ or Veggie__ Chili Fruit/Veg Water/Milk | Veggie Cheese__ Sub Fruit/Veg Water/Milk | PA DAY NO SCHOOL |
| MON NOV 21 | TUE. NOV 22 | WED. NOV 23 | THURS. NOV 24 | FRI. NOV 25 |
| Penne Pasta w/Alfredo__ or w/Olive Oil__ Fruit/Veg Water/Milk | Cheese__ or Cheese Bean__ Quesadillas Fruit/Veg Water/Milk | Beef__ or Veggie__ Shepherd's Pie Fruit/Veg Water/Milk | Butter Chicken__ or w/Tofu__ w/Rice Fruit/Veg Water/Milk | Potato Leek Soup__ Fruit/Veg Water/Milk Grades 1-8 only |
| MON. NOV 28 | TUE. NOV 29 | WED. NOV 30 | THURS. | FRI. |
| Mac & Cheese__ Fruit/Veg Water/Milk | Tuna__ or Cheese/Tuna__ Melts Fruit/Veg Water/Milk | Beef__ or Bean/Soy__ Burrito Fruit/Veg Water/Milk | | |

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Name of student _____
Teacher's Name _____ **Room #** _____
Allergies or Sensitivities _____ **Vegetarian** ____
Parent's Signature _____
Number of Lunches _____ x \$3.50=\$ _____