



1. Highlight or circle one Main item per day that you wish to order
2. Meal Plans available for grade **Kindergarten young - 3** are **Flex Plan:** \$ 4.00 per day, **Complete:** \$ 52.50 for March @ \$3.75 per day. Meal Plans available for grade **4-11** are **Flex Plan:** \$ 5.00 per day, **Complete:** \$ 66.50 for March @ \$4.75 per day.

3. Return completed form by **February 25th** with your child's name and correct payment (cheques payable to **Mise en Place**)
Credit card payments accepted. Please call 926-7666 for details.

"(v)" - item that is or can be made vegetarian

Monday		Tuesday		Wednesday		Thursday		Friday		Week Total	Suggestions
3-Mar		4-Mar		5-Mar		6-Mar		7-Mar			
Main 1	Meat lasagna served with sweet corn	Main 1	Bbq Pork served with Rice & Beans and Broccoli	Main 1	Ginos Pizza served with carrots sticks (v)	Main 1	Hearty Beef Stew served with dinner roll	Main 1	Chicken tenders served with Mash Potatoes, veg and Bbg sauce		
Main 2	Jacket Potatos with cheese and baked beans (v)	Main 2	Pasta Alfredo served with broccoli (v)	Main 2	Ginos Pepperoni Pizza with carrots sticks	Main 2	Boneless chicken curry served with rice and vegetable	Main 2	Baked Fish & Chips served with veg and tartar sauce on the side		
Main 3	Caribbean Salad(v)	Main 3	Minestrone Soup Served with grilled chz sandwich(v)	Main 3	Cesar salad served with grilled chicken (v)	Main 3	Shrimp Fajita Salad (v)	Main 3	Tuna salad sandwich served with plantain chips		
Dessert	Choccolate Brownie	Dessert	Jello	Dessert	Fresh Fruit	Dessert	Popsicle	Dessert	Chef's selection	Week Total	
11-Mar		12-Mar		13-Mar		14-Mar		15-Mar		Week Total	
Main 1	Penne Bolognese served with sweet corn	Main 1	Chicken Stir Fry served with rice (v)	Main 1	Kidde Pasta Carbonara served with peas	Main 1	Hot dog served with baked potato tots and veg	Main 1	Roast Turkey served with gravy Mash Potatoes and veg		
Main 2	Cheese ravioli served with Marinara Sauce and sweet corn (v)	Main 2	Honey Glazed Boneless Porkchop served w/ rice and steamd veg	Main 2	Shrimp and Chz Quesadillas served with peas and salsa (v)	Main 2	Chicken noodle soup served with grilled chz sandwich	Main 2	Mahi Mahi served with Mash Potatoes and veg		
Main 3	Turkey and Ham Club Wrap	Main 3	Tuna salad served on top of our garden salad	Main 3	Turkey sandwich served with plantain chips	Main 3	B.L.T Sandwich	Main 3	Chicken bowtie pasta salad (v)		
Dessert	Choccolate Brownie	Dessert	Jello	Dessert	Fresh Fruit	Dessert	Popsicle	Dessert	Chef's selection	Week Total	
18-Mar		19-Mar		20-Mar		21-Mar		22-Mar		Week Total	
Main 1	Meat lasagna served with sweet corn	Main 1	Bbq Pork served with Rice & Beans and Broccoli		NO SCHOOL		NO SCHOOL		NO SCHOOL		
Main 2	Jacket Potatos with cheese and baked beans (v)	Main 2	Pasta Alfredo served with broccoli (v)								
Main 3	Caribbean Salad(v)	Main 3	Minestrone Soup Served with grilled chz sandwich(v)								
Dessert	Choccolate Brownie	Dessert	Jello							Week Total	
25-Mar		26-Mar		27-Mar		28-Mar		29-Mar		Week Total	
	NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	Month Total	
31-Mar											
Main 1	Meat lasagna served with sweet corn										
Main 2	Jacket Potatos with cheese and baked beans (v)										
Main 3	Caribbean Salad(v)										
Dessert	Choccolate Brownie										

GCA Lunch menu for March

Student's name:	
Class:	
Parent Name/Number:	
Parent Em Parent Email:	
Credit Card On File:	Yes No
Paid for term	Yes No