



THE WELLNESS CHEF

LUNCH ORDER FORM

Thursday February 1 st	Beef & Vegetable Chili with Cornbread	___
Friday February 2 nd	Chicken Burger and French Fries	___
Monday February 5 th	Ham & Cheese Quiche with Caesar salad	___
Wednesday February 7 th	Homemade Beef Meatballs with Veg Garden Rice	___
Thursday February 8 th	Fish Nuggets with French Fries and Coleslaw	___
Friday February 9 th	Chicken & Vegetables Fettuccini Alfredo	___
Monday February 12 th	Spaghetti with Beef & Tomato sauce and Garlic Bread	___
Wednesday February 14 nd	Chicken Pastry Pockets with Mashed potatoes	___
Thursday February 15 th	Ham & Cheese Croquette with Garden Rice	___
Wednesday February 21 st	Chicken & Veg Wrap with Caesar salad	___
Thursday February 22 nd	Beef & Vegetables Lasagna with Bread stick	___
Friday February 23 rd	Roasted Ham, Scalloped Potatoes and Glazed Vegetables	___
Monday February 26 th	Chicken Fingers with French Fries	___
Wednesday February 28 th	Beef & vegetables pastry pocket with mashed potatoes	___

Total number of meals _____ X **\$5.00 = \$** _____

Payment options: Exact cash, cheque or e-transfer (please make cheques payable to The Wellness Chef)

We ask that you complete the form and submit into the labelled drop box located by the office or email to us. All orders will be collected by Tuesday January 30th.

Name: _____ Email contact: _____

Grade & Teacher's name: _____

www.thewellnesschef.ca

contact@thewellnesschef.ca

(705)-933-8096