



## THE WELLNESS CHEF

### LUNCH ORDER FORM

Friday February 1 <sup>st</sup>	Homemade Meatballs with Veg Garden Rice	___
Monday February 4 <sup>th</sup>	Beef & Veg Tourtiere with Mashed Potatoes	___
Thursday February 7 <sup>th</sup>	Ham & Cheese Quiche with Caesar salad	___
Friday February 8 <sup>th</sup>	Chicken & Vegetables Fettuccini Alfredo	___
Monday February 11 <sup>th</sup>	Chicken & Vegetables Stir-fry with Rice	___
Thursday February 14 <sup>th</sup>	Cheese Tortellini with Bolognese & Garlic Bread	___
Thursday February 21 <sup>st</sup>	Chicken Burger with French Fries	___
Friday February 22 <sup>nd</sup>	Beef & Vegetables Chili with Cornbread	___
Monday February 25 <sup>th</sup>	Chicken Fingers with French Fries	___
Wednesday February 27 <sup>th</sup>	Beef & Vegetable Meatloaf with Garden Rice	___
Thursday February 28 <sup>th</sup>	Fish Nuggets, Fries and Coleslaw	___
Friday February 22 <sup>nd</sup>	Roast Ham, Mashed Potatoes and Vegetables	___

**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 Wednesday January 30th.

Name: \_\_\_\_\_ Email contact: \_\_\_\_\_

Grade & Teacher's name: \_\_\_\_\_

[www.thewellnesschef.ca](http://www.thewellnesschef.ca)

[contact@thewellnesschef.ca](mailto:contact@thewellnesschef.ca)

(705)-933-8096