



Fourchette et Cuillère Fork and Spoon

Ormstown Elementary School -Lunch Fall Menu 2018

forkandspoon.nfsb@gmail.com



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 Aug 30 Sept 25 Oct 22 Nov 19 Dec 17	Cream of broccoli soup Chicken breast tenders Roasted potatoes Raw veggies dip	Miso soup Teriyaki chicken Rice and sautéed vegetables	Squash soup Pulled pork w/ mash potatoes and vegetables	Tomato soup Subs -ham and cheese, lettuce, tomato, peppers, pickles salad	Vegetable soup Mac and cheese with roasted turkey and broccoli	Full meal- \$5.50 Includes small soup, main meal, drink and dessert. Main meal- \$ 4.50 Sandwich-\$ 3.50 tuna, chicken or turkey, ham and cheese or egg. Grilled Cheese \$3.50 Double grilled cheese \$5 Bagel and cream cheese \$4 All served with veggies and dip. Make any sandwich a combo for 5.50 includes soup drink and dessert Soup \$ 1.50/\$2.50 Cookies - \$1 Muffins - \$1 Daily Dessert - \$1 Juice \$1 Milk - \$0.75 Veggies/ dip \$2 Salad \$2.50/\$4
Week 2 Sept 4 Oct 3 Oct 29 Nov 26 Jan 8	Minestrone soup Fish burger-Lettuce tomato pickles, Homemade oven fries, coleslaw	Cream of vegetable soup Pizza- Cheese, pepperoni or all dressed Raw veggies and dip	French onion soup Shepard's pie Steamed vegetables	Cream of mushroom soup Spaghetti - meat sauce Caesar salad Garlic bread	Lemon chicken soup Cheese quesadilla Rice and beans, salsa, sour cream Raw veggies and dip	
Week 3 Sept 10 Oct 8 Nov 5 Dec 3	Creamy of turkey soup Mild Italian sausages Fusilli and roasted vegetables	Carrot soup Asian noodles with pork loin, sautéed vegetables and boiled egg	Pea soup Pancakes, baked beans, breakfast sausage Raw veggies and dip Fresh fruit	Alphabet soup Hamburger with lettuce, tomato, cheese, pickles Vegetable pasta salad	Cultural days A different meal monthly from around the world Sept 14-Indian Oct 12- Polish Nov 9-Ped Day Dec 7- Thai	
Week 4 Sept 18 Oct 15 Nov 12 Dec 10	Chicken noodle soup Fish soft tacos with lettuce, tomato, salsa, sour cream, cheese, coleslaw	Cream of broccoli soup Pizza pocket Veggies and dip	Black bean/ corn soup Tacos w/ lettuce, tomato, cheese, salsa, sour cream Mexican vegetable salad	Potato leek soup Spaghetti - meat sauce Caesar salad Garlic bread	Lentil soup Creamy Chicken and Broccoli hand pie Veggies and dip	

Annual \$80/ month (\$4.47 /meal)
 More information on the following page

Pre-paid meals: 5 full meals for \$27 (\$5.40/ meal)
 30 full meals for \$160 (5.33/meal)



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Ormstown Elementary School Lunch Program
2018



Fork and Spoon is delighted to be offering fun, healthy meals to the students and staff of OES! We have a great line up of delicious and nutritious lunches available every day of the year. Our goal is to nourish the belly and mind so that learning comes easily. We also strive to purchase locally. Every day we offer a different soup, a balanced hot meal with several vegetable options and a variety of desserts like homemade baked goods, yogurt, granola, fresh fruit, smoothies, Jello or pudding to choose from. Also sandwiches, grilled cheese and bagels with cream cheese will be available daily.

Check out our Fall menu, this menu takes us into mid-January and we will send out a new menu just after the holidays.

Back to school Special

Buy 5 pre-paid meals for \$25 on Aug28, to try out our menu. If you are interested in an annual contract deduct that \$25 from your first payment. Offer ends September 10, 2018.

Ways to purchase meal

Annual- a monthly flat rate of \$80

It comes out to \$4.49 a meal
A full course meal is provided every day, even for field trips! Meal includes soup, the hot meal of the day or your choice of sandwich with veggies and dip, a dessert and a drink (100% juice, milk or water)

Family specials:

2 children \$155/ month (\$4.32/meal)
3 children \$230/month (\$4.28/meal)
4 children \$305/ month(\$4.26/meal)

Pre-paid meals:

5 full meals for \$27 (\$5.40/ meal)
30 full meals for \$160 (5.33/meal)
or purchase from the menu the day of.

Please send money in your child's agenda and make a note of what you are purchasing on the envelope along with your child's name. We accept cash or cheque payable to **Fourchette et Cuillère**.

Special Lunches

We are going to take our taste buds on a few trips around the world with cultural days once a month.

September 14– India – Dahl soup, Butter chicken, basmati rice, naan bread, vegetable korma and gulab jaman for dessert.

October 12 – Poland – Borscht, pierogis, sausage, sauerkraut, polish apple cake.

December 7 – Thailand – Tom yum soup, chicken pad thai, mango coconut dessert. (No special ordering is necessary for these meals.)

Themed Lunches

(order forms will be sent home at a later date)

October 31-Halloween special!!
February 14-Valentine's day
March 20-Cabane à sucre
More to be announced.