

SOU-PA-LOO Food catering service for school and community **Harmony 2018-2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	À la Carte
Week 1 Aug 29, Sept 24 Oct 22, Nov 19 Dec 17, Jan 28 Feb 25, Apr 1 Apr 30, May 27	Chicken Noodle Fish burger Vegetables, salad Yogurt	Cream of Tomato Penne with rosée sauce, Vegetables, salad Jell-O	Vegetable soup Beef Shephard's pie Vegetables Fruit salad cake	Lentil soup Homemade pizza Vegetables Pudding	Cream of Carrot Beef meatballs with Italian sauce Rice and vegetables Fresh fruit	Milk \$0.75 Juice \$1.00 Small soup \$1.00 Large soup \$1.50
Week 2 Sept 4, Oct 3 Oct 29, Nov 26 Jan 8, Feb 5 March 11, Apr 8 May 6, June 3	Vegetable Noodle Glazed Ham Potatoes Vegetables Yogurt	Cream of Broccoli BBQ chicken drumsticks, Vegetables, Rice Pudding	Cream of Leek Spaghetti and meat Sauce, Vegetables Garlic bread Carrot Cake	Beef and Barley Beef tacos Vegetables, lettuce Jell-O	Chef Potage Chicken wrap Caesar Salad Fresh fruit	Dessert of the day \$1.00 Yogurt \$1.00 Water \$1.00 <u>Pop Corn:</u>
Week 3 Sept 10, Oct 9 Nov 5, Dec 3 Jan 14, Feb 11 March 18, Apr 15 May 13, June 10	Chicken and Noodle Fish Filet, Curry Rice, Vegetables Yogurt	Cream of Tomato Beef lasagna Vegetables Jell-O	Vegetable soup Pancake with Pork/Beef Sausage, Beans Banana Cake	Lentil soup Mexican sloppy Joe Vegetables, salad Pudding	Cream of Carrot Mediterranean Calzone Salad Fresh fruit	Small \$0.50 Large \$1.00 Homemade: Large cookie \$1.00
Week 4 Sept 17, Oct 15 Nov 12, Dec 10 Jan 21, Feb 18 March 25, Apr 23 May 22, June 17	Vegetable Noodle Beef and pork Sausages, Potatoes Vegetables Jell-O	Cream of Broccoli Chicken Brochette Rice, vegetables Yogurt	Cream of Leek Beef Patty Burgers, Tomato, Cheese, Macaroni Salad Blueberry Cake	Beef barley All dressed Submarine Lettuce and Vegetables Pudding	Chef Potage Spaghetti with Meatballs Garlic Bread Caesar Salad Jell-O	Small cookie \$0.25 Ice cream sandwich \$1.00 Brownies \$0.75
Walk-In <ul style="list-style-type: none"> • Full course meal-\$5.75 • Main plate only - \$4.50 • Bagel cream cheese with vegetables and dip - \$3.50 • Single Grilled cheese and vegetables and dip - \$2.50 • Ham, Egg or Chicken sandwich-\$3.50 Meal Salad \$5.75 (Egg, Chicken) Please order before 9:30am			Meal Card Offers 5 Plates only card \$21.00 (\$4.20 per plate) 5 Full course card \$27.00 (\$5.40 full course meal) 30 Full course card \$162.00 30 Main meal only \$126.00		Annual Registration Budget-Wise Paid monthly <u>1 child</u> -\$85.00 (\$4.72 full course meal) <u>2 children</u> - \$168.00 (\$4.72 full course meal) <u>3 children</u> - \$252.00 (\$4.72 full course meal) Special lunch <u>Main Plate only</u> - \$76.00 Monthly (\$4.22) <u>Does not include special lunch</u>	

for information: Elyse (daytime) 514-519-6598, Helena (evening) 450-691-5911