

Our Lady of Perpetual Help School
HOT LUNCH PROGRAM
April to June, 2013



Parents of OLPH,

It is time for our third term Hot Lunch Program. **Hot lunch term: Wednesday, April 3, 2013 to Wednesday, June 5, 2013.**

For the third term, we have four (4) lunch days; Monday – Pizza from Dominos, Wednesday – sandwiches from Subway, Thursdays – selection of hot lunch items from C'est Mon Cafe, and Friday – Sushi from C'est Mon Cafe. Drinks will include a choice of 2% regular milk, chocolate milk, and or juice box.

Families interested in participating, please complete the order forms attached and return by **FRIDAY, MARCH 8, 2013.** Late orders will not be accepted. NO changes can be made to your order.

PLEASE SEE THE ATTACHMENT FOR NEW ORDERING PROCEDURES FOR FRIDAY SUSHI AND FOR NEW THURSDAY OPTIONS.

Pizza Mondays: April 8, 15, 22, 29 and May 6, 13, 27 and June 3, 2013
Subway Wednesdays: April 3, 10, 17, 24 and May 1, 8, 15, 22, 29 and June 5, 2013
C'est Mon Café *Trial* Thursdays: April 4, 11, 18, 25 and May 2, 9, 16, 23, 30
C'est Mon Café Sushi Fridays: April 5, 12, 19, 26, and May 3, 10, 24, 2013

Order and payment instructions as follows:

State clearly on the order form if your child has any food allergies

Name, Homeroom and Teacher must be filled on each form. Your child will not receive a lunch if name is omitted

One order form for each child must be submitted but **PLEASE KEEP ALL FAMILY MEMBER FORMS TOGETHER.**

Do not submit forms separately as it becomes too difficult to match the one cheque to all members of the family if the forms are submitted separately by each child and at different times.

Only one cheque per family is required

Cheque payable to OLPH (Our Lady of Perpetual Help School)

Return completed form and payment with your child BY **Friday, March 8, 2013.**

PLEASE CHECK YOUR MATH

If you have any questions or concerns, please feel free to contact us. Thank you for your support of our hot lunch program and milk program with Dairyland.

Thank you.

Hot Lunch Program Committee
email: OLPHHOTLUNCH@hotmail.com

Note: Adjust your orders accordingly

- Gr. 7 Net Retreat: Monday, April 22

Please note:

- Participants will not be charged for statutory holidays, professional days and no school days
- No make up days will be provided for the above or if your child is sick
- If your child is absent and you would like their lunch please call the office by 9:00 am to let them know you will be picking it up

New Hot Lunch Trial Thursdays for Spring Term 2013

This coming term, on Thursdays, we are introducing a trial of a NEW HOT LUNCH option for our children that is both nutritious and delicious! The company providing the lunches, **C'est Mon Café**, runs programs at several local schools. They are a local business, with their commercial kitchen operating on Broadway, just a few blocks from the school.

A few lucky members of the OLPH parent community met with the company owner, Eric Sung, and tasted a variety of menu options. We really believe that our kids will love this great-tasting food.

Main items are priced at \$5.25, and come with a side of fresh veggies and fruit. A beverage and a baked good can be purchased for an additional charge.

Please take a moment to check out the sample menu created for OLPH on their website:

www.cestmoncafe.com

ORDERING will be done online, directly on their website. For those that prefer the paper order forms, there will be a dropbox set up at the OLPH Office. Eric and his team are working to set up our links on his website.

There is no need to order now, in advance of next term. More details on ordering procedures will be provided to you at the end of March.

At the end of the school year, you will have an opportunity to provide feedback on this trial and on ALL our hot lunch options.

Bon Appetit!

If you have any questions, please email Kelly Eng at:

parentparticipation@olphbc.ca

New ordering procedures for Friday – Sushi

We are changing sushi providers for Spring Term. **C'est Mon Café** will be providing sushi from **Green Leaf Sushi** for our children for this coming term. Menu options will remain the same and all sushi orders will now come with a side of raw veggies and fruit.

NEW ORDERING PROCEDURES:

We will continue to accept cheques for pizza and Subway orders, but you will be able to pay directly online, at www.cestmoncafe.com for Thursday and Friday orders. Once **C'est Mon Café** has set up the links for OLPH, ordering can be done weekly, right up until the night before. For those that prefer the traditional paper order forms, you will have the option of dropping in the dropbox in at the OLPH Office.

There is no need to order sushi now, in advance of next term.

Further ordering procedures will be provided at the end of March.

OUR LADY OF PERPETUAL HELP SCHOOL
Pizza Lunch Order Form (April to June, 2013)

Monday is pizza day. Choices are pepperoni, Hawaiian, vegetarian, and cheese. Choice of drinks are Sun Rype apple juice (200ml), Sun Rype unsweetened orange juice (200ml), Dairyland 2% regular milk (250ml), and Dairyland chocolate milk (250ml). Dates are as follows:

April 8, 15, 22, 29,

May 6, 13, 27,

June 3, 2013

Name: _____ Homeroom: _____ Teacher: _____

				Total	
Cheese pizza	x	\$2.75	=	x 8	
Pepperoni pizza	x	\$2.75	=	x 8	
Hawaiian pizza	x	\$2.75	=	x 8	
Vegetarian pizza	x	\$2.75	=	x 8	
Dairyland 2% Regular Milk (250ml)	x	\$0.80	=	x 8	
Dairyland Chocolate Milk (250ml) Reduced sugar	x	\$1.00	=	x 8	
Sun Rype Apple Juice (200ml)	x	\$0.75	=	x 8	
Sun Rype Unsweetened Orange Juice (200ml)	x	\$0.75	=	x 8	

TOTAL AMOUNT: _____

OUR LADY OF PERPETUAL HELP SCHOOL

Subway Lunch Order Form (April to June, 2013)

Wednesday is Subway day. Choices are: a 6" sub with white or whole wheat baguette-style bread, toasted golden brown (unless you say otherwise). Choices of sandwiches are: Turkey Breast, Black Forest Ham, Roast Beef, Cold Cut Combo, or Veggie Delight. Drinks choices are: Sun Rype apple juice (200ml), Sun Rype unsweetened orange juice (200ml), Dairyland 2% regular milk (250ml), and Dairyland chocolate milk (250ml). Dates are as follows:

April 3, 10, 17, 24,

May 1, 8, 15, 22, 29,

June 5, 2013



To keep the subs fresh and toasty, all sandwiches will be served PLAIN with NO dressing, lettuce, onions, and tomatoes. etc. Please specify on the order form what your child would like to add on their sandwich. See sandwich descriptions below.

Name: _____ Homeroom: _____ Teacher: _____

	White Baguette	Whole Wheat Baguette		Total
Turkey Breast (6")			x \$4.50 = x 10	
Black Forest Ham (6")			x \$3.50 = x 10	
Roast Beef (6")			x \$4.50 = x 10	
Cold Cut Combo (6")			x \$3.50 = x 10	
Veggie Delight (6")			x \$3.50 = x 10	
Dairyland 2% Regular Milk (250ml)			X \$0.80 = x 10	
Dairyland Chocolate Milk (250ml) Reduced sugar			X \$1.00 = x 10	
Sun Rype Apple Juice (200ml)			X \$0.75 = x 10	
Sun Rype Unsweetened Orange Juice (200ml)			X \$0.75 = x 10	

TOTAL AMOUNT: _____

All sandwiches will be served PLAIN with NO dressing, lettuce, onions, and tomatoes. etc. Please circle what your child would like on their sandwich.

Black Forest Ham: Sliced black forest ham, lettuce, tomato, cucumbers, cheddar cheese, mayo, salt and pepper.

Turkey Breast: Sliced turkey breast, lettuce, tomato, cucumbers, cheddar cheese, mayo, salt and pepper.

Roast Beef: Sliced roast beef, lettuce, tomato, cucumbers, cheddar cheese, mayo, salt and pepper.

Cold Cut Combo: Bologna, luncheon loaf, salami, lettuce, tomato, cucumbers, cheddar cheese, mayo, salt & pepper.

Veggie Delight: Lettuce, tomato, cucumbers, red onion, green peppers, cheddar cheese, mayo, salt and pepper.