

# Meal Plan Order Form

October - December 2021

St. John Brebeuf (Mondays)

**VEGETARIAN -FORMS DUE OCT.12**

Name: \_\_\_\_\_

Home Room: \_\_\_\_\_

---

Please choose one of the following per week

Oct 18 Tofu Chicken, Rice, Carrots	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Oct 25 Veggie balls, Mashed Potato, Mix veg	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Nov 1 Veggie Chili, Corn, Steamed Rice	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Nov 8 Tofu Fried Rice, Mix Veggies	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Nov 15 Scramble eggs, Veggie chicken, hash browns	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Nov 22 Tofu Stir Fry, Rice, Mix Veg	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Dec 6 Tofu Chicken, Rice, Carrots	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Dec 13 Veg Chili, Corn, Steamed Rice	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____
Dec 20 Veggie balls, Mashed Potato, carrots	_____	or Pasta with Sauce and garlic bread	_____	Orange Juice_____	Apple Juice_____

Small \_\_\_\_\_ Large \_\_\_\_\_ Portions No Sauce for Pasta \_\_\_\_\_

**Please indicate above if small or large portion or no sauce for pasta**

**All include choice of Apple or Orange Juice**

**Pasta is with Tomato sauce. If no sauce is required, please mark no sauce on sheet**

**Term Price for small Monday only \$ 63.36 Monday and Thursday \$ 105.60**

**Term price for large Monday only \$71.91 Monday and Thursday \$ 119.85**

**IF YOU ARE NOT BUYING FULL PROGRAM Small portion \$7.04 per meal per week Large Portion \$7.99 per meal per week.**

**Please make payable to St. John Brebeuf. For inquiries contact Gillian ([gillyh@me.com](mailto:gillyh@me.com))**

List of allergens your child has: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

---