



**What's For LUNCH?
"Nutritious and Delicious"
SEMESTER ONE Lunch options at
Mount Douglas**

Every WEDNESDAY and FRIDAY

Wednesday: Fujiya Sushi ~ 5 choices!

They're BACK!

\$3.25 Yam Tempura Fries (So Fresh, So Delicious. Try It!)

\$3.50 Vegetarian Sushi (6 pce. Cucumber/Carrot roll)

\$3.50 California Roll (classic 6 pce. pack)

\$5.00 Prawn Cone Combo (Tempura Prawn Rice Cone, 2 California Roll and 2 Salmon Roll ~Very tasty)

#1Choice

\$5.00 Bento Box (2 Chicken Balls, 3 California Roll, Yam Tempura)

Friday: Pita Pit ~ 6 choices large 9" pita

BLT, VEGGIE:

School Special: only \$5.00 (reg. Pita Pit Price \$9.40)

Chicken Caesar, South West Chicken, Turkey, Gyro:

School Special: only \$6.00 (reg. Pita Pit Price \$10.40)

(LIGHTER APPETITE? ... small also available \$3.00 - \$3.50)

Pre-Order for Convenience!

Convenient Payment Plan for Parents/Students:

No Need To Make Lunch OR Carry CASH!

Guarantee Your Lunch ~ It's EASY!

Return Form no later than Friday, Sept 25

Pre-orders begin on **Wed, Sept 30th**

PRE-ORDER FORM

Wednesday SUSHI lunch (Sept 30 – Jan 20)

- | | | |
|--------------------------|----------------------------|---------|
| <input type="checkbox"/> | 14 weeks Yam Tempura Fries | \$45.50 |
| <input type="checkbox"/> | 14 weeks Vegetarian sushi | \$49.00 |
| <input type="checkbox"/> | 14 weeks California roll | \$49.00 |
| <input type="checkbox"/> | 14 weeks Prawn Cone Combo | \$70.00 |
| <input type="checkbox"/> | 14 weeks Bento Box | \$70.00 |

Note: No Sushi Nov 11 (Remembrance Day)

Friday PITA lunch: (Oct 2- Jan 15)

Note: no pita Oct 23, Nov 20, Dec 18 (no regular classes these dates)

*Please specify if you **DO NOT WANT** Tomatoes: **No Tomatoes**

- | | | |
|--------------------------|--|----------------------------|
| <input type="checkbox"/> | 11 weeks Chicken/Turkey/Gyro Pita | \$66.00 (large) pls circle |
| | Choose one: | \$38.50 (small) |
| <input type="checkbox"/> | Chicken Caesar (chicken, Caesar dressing, romaine lettuce, croutons, parmesan) | |
| <input type="checkbox"/> | South West Chicken (chicken, chipotle sauce lettuce, tomatoes, cucumbers) | |
| <input type="checkbox"/> | Turkey/Honey Mustard (tender turkey, lettuce, tomato, cucumber, honey mustd) | |
| <input type="checkbox"/> | Gyro (seasoned beef and lamb, tomato, cucumber, lettuce, tzatziki sauce) | |

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|--------------------------|---|----------------------------|
| <input type="checkbox"/> | 11 weeks BLT or Veggie Pita | \$55.00 (large) pls circle |
| | Choose one: | \$33.00 (small) |
| <input type="checkbox"/> | BLT (bacon, lettuce, tomato, mayonnaise) | |
| <input type="checkbox"/> | Veggie (cheddar, tomato, cucumber, lettuce, tzatziki sauce) | |

Please print your name on this form and deposit **with payment**
into the box in the main office by **Sept 25th**
(cash or cheques made out to Mount Douglas Sec. School)

Your Pita/Sushi will be available in the foyer
at the start of lunch beginning Sept 30th
(Your lunch is to be picked up by 11:35 am)

STUDENT NAME: _____ **grade:** _____

Parent Email: _____ **PH:** _____

Pita and Sushi will be on sale on a first come basis until Sept 25. TRY IT!