

# OTTAWA JEWISH COMMUNITY SCHOOL SECOND NUTRITION BREAK – MEALS

Food provided by Babi's Café  
(with the exception of hot dogs which are provided by OJCS)

## December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Falafel wraps with hummus and tahini
4 Mac n cheese With a roll	5 Vegetarian Sheppard's pie GF	6 Tuna Melt and Greek salad	7 Hot dogs (2) <b>(made at OJCS)</b> with veggies & fruit (from Shabi)	8 Burritos with rice, eggs, sour cream and salsa
11 Quesadillas with sour cream and salsa	12 Spaghetti and "meat" balls	13 2 slices of cheese pizza	14 Butternut squash soup and egg sandwich	15 Chili served on rice GF
18 Scrambled eggs with cheese, roasted breakfast potatoes and roll	19 Stir fry with tofu and veggies served on rice GF	20 Roasted veggies lasagna with garlic bread	21 Hot dogs (2) <b>(made at OJCS)</b> with veggies & fruit (from Shabi)	22 Last day-no hot lunch
25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	29 Winter Break

Child's Name: \_\_\_\_\_ Grade & Class: \_\_\_\_\_

**PLEASE HAVE FORMS IN THE PTA BOX ON OR BEFORE Wed. Nov. 15th, 2017**

	Day	Item	Price	I want it!	Amount Paid
December	1 <sup>st</sup>	Falafel	8.00	<input type="checkbox"/>	
	4 <sup>th</sup>	Mac and Cheese	8.00	<input type="checkbox"/>	
	5 <sup>th</sup>	Vegetarian Sheppard's Pie	8.00	<input type="checkbox"/>	
	6 <sup>th</sup>	Tuna Melt and Greek	8.00	<input type="checkbox"/>	
	7 <sup>th</sup>	Hot Dogs	8.00	<input type="checkbox"/>	
	8 <sup>th</sup>	Burritos	8.00	<input type="checkbox"/>	
	11 <sup>th</sup>	Quesadillas	8.00	<input type="checkbox"/>	
	12 <sup>th</sup>	Spaghetti and "meat" balls	8.00	<input type="checkbox"/>	
	13 <sup>th</sup>	Pizza	8.00	<input type="checkbox"/>	
	14 <sup>th</sup>	Soup and egg sandwich	8.00	<input type="checkbox"/>	
	15 <sup>th</sup>	Chili	8.00	<input type="checkbox"/>	
	18 <sup>th</sup>	Scrambled eggs and potatoes	8.00	<input type="checkbox"/>	
	19 <sup>th</sup>	Veggie Stir Fry	8.00	<input type="checkbox"/>	
	20 <sup>th</sup>	Roasted Veggie Lasagna	8.00	<input type="checkbox"/>	
	21 <sup>st</sup>	Hot Dogs	8.00	<input type="checkbox"/>	
			<b>December Total:</b>		

**Food provided by Babi's – All food is nut free BUT Babi's Café is not a nut free facility.  
All meals come with fruit and veggies.**

Notes:

- Orders cannot be accepted after the due date listed below
- ONE form per child.  
Please remember to print your child's NAME and HOME ROOM on this form
- CIRCLE the day on the calendar for each meal you would like and **keep for your records**
- All CHEQUES payable to "OJCS PTA"
  - Post dated cheques accepted (DATED – FIRST OF EACH MONTH, on order form)
  - One cheque per family is accepted

Child's Name: \_\_\_\_\_ Grade & Class: \_\_\_\_\_

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