

**Fieldstone Lunch Order: October & November 2023**

**Disclaimer by Kidssentials: The allergens listed below is true to the best of our knowledge at the time this list was made. Manufacturers change ingredients without notice. We cannot guarantee that ingredients will not change. The purchases feed children at their own risk and recommend no ordering for children that may be at risk.**

Name\_\_\_\_\_

Each meal costs \$10.00 and comes with snacks: Mini muffin or Mini scone or Mini brownie or Yogurt tubes or gold fish crackers. Payments can be made by e-transfer to [mpark@fieldstonedayschool.org](mailto:mpark@fieldstonedayschool.org) or cash or payable by cheque made out to Fieldstone Day School.

**To ensure your child's order is processed in time please submit your order form and payment to Front Desk at [frontdesk@fieldstoneschool.org](mailto:frontdesk@fieldstoneschool.org) by Thursday, October 12.**

Monday	Tuesday	Wednesday	Thursday	Friday	Total
16. Mexican rice - Vegetarian	17. Mac & Cheese - Vegetarian - Contains gluten, dairy, soy	18. Chicken teriyaki - Contains chicken, gluten, soy	19. Penne alfredo - Vegetarian - Contains gluten, dairy	20. Sweet and sour chicken - Contains chicken	=
23. Chicken fried rice - Contains chicken, gluten, soy	24. Mac & Cheese - Vegetarian - Contains gluten, dairy, soy	25. Nuggets - Contains chicken, egg, dairy, soy	26. Pasta in rose sauce - Vegetarian - Contains gluten, dairy, soy	27. NO CLASS	=
30. Nuggets - Contains chicken, egg, dairy, soy	31. Italian pasta - Vegetarian - Contains gluten, soy	<b>November 1.</b> Grilled cheese sandwich - Vegetarian - Contains gluten, dairy, soy - May contain sesame	2. Pizza pop - Vegetarian - Contains gluten, dairy, soy	3. Waffles - Vegetarian - Contains gluten, egg, dairy, soy	=
6. Pasta in rose sauce - Vegetarian - Contains gluten, dairy, soy	7. Chicken biryani - Contains chicken	8. Italian pasta - Vegetarian - Contains gluten, soy	9. Turkey and cheese sandwich - Contains chicken, gluten, dairy, soy - May contain sesame	10. NO CLASS	=

13. NO CLASS	14. Pizza pop - Vegetarian - Contains gluten, dairy, soy	15. Pasta and meatballs - Contains beef, gluten, egg, dairy, soy	16. Cheesy pizza pasta - Contains gluten, dairy	17. Pancakes - Vegetarian - Contains gluten, egg, dairy, soy	=
20. Grilled cheese sandwich - Vegetarian - Contains gluten, dairy, soy - May contain sesame	21. Greek rice - Contains chicken	22. Pasta in rose sauce - Vegetarian - Contains gluten, dairy, soy	23. Chicken burger - Contains chicken, gluten, egg, dairy, soy - May contain sesame	24. NO CLASS	=
27. Italian pasta - Vegetarian - Contains gluten, soy	28. Nuggets - Contains chicken, egg, dairy, soy	29. Mac & Cheese - Vegetarian - Contains gluten, dairy, soy	30. Pasta and meatballs - Contains beef, gluten, egg, dairy, soy	<b>December 1.</b> Chicken burger - Contains chicken, gluten, egg, dairy, soy - May contain sesame	=

Lunch Total = \$ \_\_\_\_\_