



C.F. SCHOOL SEPTEMBER 2025



Student's Name: \_\_\_\_\_ Student's Contact Number: \_\_\_\_\_  
 Class: \_\_\_\_\_ Parent's Contact Number: \_\_\_\_\_  
 This menu is from **WEDNESDAY 10TH TO FRIDAY 26TH SEPTEMBER**. The cost is **\$7.50** per day for lunch. **TOTAL FOR SEPT (11 DAYS) IS \$82.50** choose between either Main Courses listed or the veggie OR salad option. Return this form to the school office or our offices no later than **1ST SEPT**, together with payment, either by ONLINE WITH BOB KYD# 021010-37369, CASH, CARD OR CHEQUES made payable to FOOD FOR THOUGHT LTD.

		<b>SEPTEMBER WEEK 2</b>			
MON SEPT 15TH	HOT	Spaghetti Bolognese with Garlic toast	MON SEPT 15TH	HOT	Spaghetti Bolognese with Garlic toast
TUES SEPT 16TH	COLD VEG/SALAD	Crispy honey mustard glazed chicken tender wrap with soup	TUES SEPT 16TH	COLD VEG/SALAD	Crispy honey mustard glazed chicken tender wrap with soup
WED SEPT 17TH	HOT	Balsamic roasted veggies with spaghetti OR Chicken salad	WED SEPT 17TH	HOT	Balsamic roasted veggies with spaghetti OR Chicken salad
THURS SEPT 18TH	HOT	West Indian chicken curry with vegetable rice	THURS SEPT 18TH	HOT	West Indian chicken curry with vegetable rice
FRI SEPT 19TH	COLD	Ham & Cheddar on a flour bun with fresh fruits	FRI SEPT 19TH	COLD	Ham & Cheddar on a flour bun with fresh fruits
MON SEPT 22ND	VEG/SALAD	Vegetable Biryani OR Chicken salad	MON SEPT 22ND	VEG/SALAD	Vegetable Biryani OR Chicken salad
TUES SEPT 23RD	HOT	English style fish and chips with green peas and tartar sauce	TUES SEPT 23RD	HOT	English style fish and chips with green peas and tartar sauce
WED SEPT 24TH	COLD	Lean USDA choice burger with cheddar & salad bar	WED SEPT 24TH	COLD	Lean USDA choice burger with cheddar & salad bar
THURS SEPT 25TH	VEG/SALAD	Baked potato with beans and cheddar/OR Chicken salad	THURS SEPT 25TH	VEG/SALAD	Baked potato with beans and cheddar/OR Chicken salad
FRI SEPT 26TH	HOT	Irish beef stew with hearty veg and french baguette	FRI SEPT 26TH	HOT	Irish beef stew with hearty veg and french baguette
		<b>EVERY FRIDAY</b>			
		<b>PIZZA SOLD BY THE SLICE IN THE LUNCHROOM</b>			
		<b>\$2.50 PER SLICE CASH ONLY</b>			
		<b>SEPTEMBER WEEK 3</b>			
MON SEPT 22ND	HOT	Spaghetti Bolognese with garlic toast	MON SEPT 22ND	HOT	Spaghetti Bolognese with garlic toast
TUES SEPT 23RD	COLD	Blackened chicken caesar wrap with veggie crisps & fruit	TUES SEPT 23RD	COLD	Blackened chicken caesar wrap with veggie crisps & fruit
WED SEPT 24TH	VEG/SALAD	Vegetable lasagne & garlic toast	WED SEPT 24TH	VEG/SALAD	Vegetable lasagne & garlic toast
THURS SEPT 25TH	HOT	Roast pork chop mash potato savory tomato gravy veggies	THURS SEPT 25TH	HOT	Roast pork chop mash potato savory tomato gravy veggies
FRI SEPT 26TH	COLD	Philly cheese steak sandwich seved with side caesar salad	FRI SEPT 26TH	COLD	Philly cheese steak sandwich seved with side caesar salad
MON SEPT 29TH	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad	MON SEPT 29TH	VEG/SALAD	Ricotta tortellini with basil tomato sauce OR Chicken salad
TUES SEPT 30TH	HOT	Mexican fish tacos chili lime slaw & mexican rice	TUES SEPT 30TH	HOT	Mexican fish tacos chili lime slaw & mexican rice
WED SEPT 31ST	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw	WED SEPT 31ST	COLD	Pulled slow roasted BBQ pork sliders & fruity coleslaw
THURS SEPT 1ST	VEG/SALAD	Mexican veggie tacos with lime & chili slaw & seasoned rice	THURS SEPT 1ST	VEG/SALAD	Mexican veggie tacos with lime & chili slaw & seasoned rice
FRI SEPT 2ND	HOT	BBQ chicken with mac & cheese local veggies	FRI SEPT 2ND	HOT	BBQ chicken with mac & cheese local veggies
MON SEPT 5TH	COLD	Crispy fish burger with sweet chili mayo and fresh salad	MON SEPT 5TH	COLD	Crispy fish burger with sweet chili mayo and fresh salad
TUES SEPT 6TH	VEG/SALAD	Roasted BBQ veggie with mac and cheese & corn cob	TUES SEPT 6TH	VEG/SALAD	Roasted BBQ veggie with mac and cheese & corn cob
		<b>EVERY FRIDAY</b>			
		<b>PIZZA SOLD BY THE SLICE IN THE LUNCHROOM</b>			
		<b>\$2.50 PER SLICE CASH ONLY</b>			

Number of Lunches Ordered \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_ Signed \_\_\_\_\_