

Lunch Pre-Order Request

Student Name: _____ Grade: _____ Teacher: _____

All pre-order meals include a drink (milk, soy milk or juice box) and a cookie. Gluten free meals ("GF") are available ONLY when indicated by the Castle Café. All sandwiches will be made with mustard, mayo and lettuce (GF and dairy free options are available).

Week 1:	May 6 - 10	Please Check: <input checked="" type="checkbox"/>	
Monday	Entrée Salad:	Asian Pulled Chicken Salad – Crispy Egg Noodle	\$8.00
	Single Sandwich	Ham & Cheese, Roast Beef & Cheese, Vegetable Cream Cheese (GF available)	\$8.00
	Sandwich w/Soup or Salad	Carrot Ginger Soup or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Pasta Bolognese (all beef) and Garlic Toast	\$8.50
Tuesday	Entrée Salad:	Asian Pulled Chicken Salad – Crispy Egg Noodle	\$8.00
	Single Sandwich:	Ham & Cheese, Roast Beef & Cheese, Vegetable Cream Cheese (GF available)	\$8.00
	Sandwich w/Soup or Salad	Loaded Baked Potato Soup (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Chicken & Black Bean Burritos w/Garden Salad	\$8.50
Thursday	Entrée Salad:	Chicken Taco Salad – Salsa Ranch Dressing – Gluten Free	\$8.00
	Single Sandwich:	Ham & Cheese, Roast Beef & Cheese, Vegetable Cream Cheese (GF available)	\$8.00
	Sandwich w/Soup or Salad	Corn and Thyme Soup or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Pulled Pork Sandwich, Slaw and Roast Potatoes	\$8.50
Friday	Entrée Salad:	Chicken Taco Salad – Salsa Ranch Dressing – Gluten Free	\$8.00
	Single Sandwich:	Ham & Cheese, Roast Beef & Cheese, Vegetable Cream Cheese (GF available)	\$8.00
	Sandwich w/Soup or Salad	Beef, Mushroom, Barley Soup or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Pizza Day! Please circle: CHEESE or PEPPERONI	1 slice: \$7.00 2 slice: \$8.50
Week 2:	May 13 - 17	Please Check: <input checked="" type="checkbox"/>	
Monday	Entrée Salad:	Roast Chicken, Spinach and Quinoa Salad – Balsamic Dressing	\$8.00
	Single Sandwich:	Pastrami & Cheese, Turkey & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Vietnamese Chicken Pho (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Perogies and Ukrainian Smoky with Sour Cream and Cheddar	\$8.50
Tuesday	Entrée Salad:	Roast Chicken, Spinach and Quinoa Salad – Balsamic Dressing	\$8.00
	Single Sandwich:	Pastrami & Cheese, Turkey & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Cheeseburger Soup or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Turkey Meatloaf, Roast Potato, Gravy and Hot Vegetables	\$8.50
Thursday Grade 6 Band Trip Grade 10 - overnight camping	Entrée Salad:	Grilled Chicken Caesar Salad – GF available	\$8.00
	Single Sandwich:	Pastrami & Cheese, Turkey & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Creamy Mushroom Soup or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Ginger Beef and Steamed Rice	\$8.50
Friday Grades 1 – 4 Glenbow Museum Grade 6 Band Trip Grade 10 – overnight camping	Entrée Salad:	Grilled Chicken Caesar Salad – GF available	\$8.00
	Single Sandwich:	Pastrami & Cheese, Turkey & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Chicken, Rice, Vegetable Soup (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Pizza Day! Please circle: CHEESE or PEPPERONI	\$7.00 \$8.50
TOTAL:			\$

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Week 3:	May 21 - 24	Please Check:	✓
Monday		HOLIDAY MONDAY	
		NO SCHOOL	
Tuesday	Entrée Salad:	Sweet Chili Chicken and Snap Pea Salad – Sesame Soy Dressing	\$8.00
	Single Sandwich:	Ham & Cheese, Roast Beef & Cheese, Tuna Pickle (GF available)	\$8.00
	Sandwich w/Soup or Salad	Miso Broth (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Beef and Spinach Lasagna with Garlic Toast	\$8.50
Thursday Physics 30 Field Trip	Entrée Salad:	Sweet Chili Chicken and Snap Pea Salad – Sesame Soy Dressing	\$8.00
	Single Sandwich:	Ham & Cheese, Roast Beef & Cheese, Tuna Pickle (GF available)	\$8.00
	Sandwich w/Soup or Salad	Black Bean and Tortilla Soup (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Vegetarian Thai Coconut Curry with Basmati Rice (GF)	\$8.50
Friday Grade 7 Field Trip Heritage Park Physics 30 Field Trip	Entrée Salad:	Sweet Chili Chicken and Snap Pea Salad – Sesame Soy Dressing	\$8.00
	Single Sandwich:	Ham & Cheese, Roast Beef & Cheese, Tuna Pickle (GF available)	\$8.00
	Sandwich w/Soup or Salad	Cabbage Roll Soup (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Pizza Day! Please circle: CHEESE or PEPPERONI	1 slice: \$7.00 2 slice: \$8.50
Week 4:	May 27 - 31	Please Check:	✓
Monday Grade 11 - 12 overnight camping	Entrée Salad:	Tandoor Chicken Salad – Mango Poppyseed Dressing (GF)	\$8.00
	Single Sandwich:	Pastrami & Cheese, Ham & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Minestrone Soup or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Cheese Tortellini in Tomato Marinara Sauce with Caesar Salad	\$8.50
Tuesday Grade 11 – 12 overnight camping	Entrée Salad:	Tandoor Chicken Salad – Mango Poppyseed Dressing (GF)	\$8.00
	Single Sandwich:	Pastrami & Cheese, Ham & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Squash & Ginger Soup (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Indian Butter Chicken and Rice with Naan	\$8.50
Thursday	Entrée Salad:	Teriyaki Chicken & Rice Noodle Salad (GF)	\$8.00
	Single Sandwich:	Pastrami & Cheese, Ham & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Beef & Barley Broth (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Grill Cheese Hot Dog and Baked Wedge Fries	\$8.50
Friday Grade 8 Field Trip Grad 2019	Entrée Salad:	Teriyaki Chicken & Rice Noodle Salad (GF)	\$8.00
	Single Sandwich:	Pastrami & Cheese, Ham & Cheese, Egg Salad (GF available)	\$8.00
	Sandwich w/Soup or Salad	Vietnamese Chicken Pho (GF) or Salad with Choice of Sandwich	\$8.50
	Hot Special:	Pizza Day! Please circle: CHEESE or PEPPERONI	\$7.00 \$8.50
TOTAL:			\$