



Phone: 613-234-9978

www.mazzola.ca

Mazzola is a family owned business that has been serving hot lunches since **1993**. For 25 years, we have been dedicated to the preparation and delivery of meals to young children in the region. We began when our children were in elementary school, and continue to operate with the same passion today.

Making sure that your child eats well is important to us. We also know that every child has different tastes and needs. That is why we offer **five menu options**. Menu 5 is a complete meal. For Menu 1 and Menu 2 we recommend that you supplement with some fruit or a yogurt from home. In addition, although none of our products contain nuts or peanuts, we offer meals specifically tailored for children with allergies. Menu ZZ1 does not contain gluten, and Menu ZZ2 does not contain eggs, milk products or gluten. Menu ZZ4 is vegan. You can find the ZZ menus on our web site at the very bottom of the list of schools we serve.

Our menu complies with the **school food and beverage policy number 150** from the Ontario Ministry of Education. All our meals are prepared and served in **individual containers** on the day of delivery without adding any preservatives! The Parent Council makes a profit from every meal sold.

Placing an order is simple, fast, and safe! It can be done on our website at www.mazzola.ca throughout the month. You can also send us your order by fax and pay by credit card before the beginning of the month. In case you require a **last minute order**, for a small additional charge, we accept orders placed on line up to 7 a.m. of the day of delivery.

If you have ordered a meal, and your child will be absent from school, you can **cancel your order** before 9 a.m. either through our web site, or by leaving us a message stating the name of the child, of the school, the class and the day for which you are cancelling the meal. You will have a credit for a future meal. If you do not cancel the meal, no credit will be possible. It is the parents' responsibility to use their credits.

We are interested in knowing **what you think!** If you have any comment or suggestions, or even just want to send us **your favourite recipe**, please contact us at info@mazzola.ca

Looking forward to serving you!

Mazzola Enterprises

Castlefrank Elementary School

"January - February 2019"



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Fax: 1- 866-450-7828

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	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Tuesday, Jan. 8th	Grilled cheese sandwich* Fresh fruit	Tex-Mex macaroni	Crackers and cheese Shepherd's pie	Chicken burger Raspberry, yogurt muffin	Tabouleh salad Spaghetti with meatballs Raspberry, yogurt muffin
Tuesday, Jan. 15th	Beef lasagne	Chili con carne	Pizza bun* Sweet-sour meatballs, veg., rice	Macaroni and cheese Apple crisp	Mashed potatoes, vegetables, gravy Chicken nuggets Apple crisp
Tuesday, Jan. 22nd	Rice, sautéed veg., meatballs	Shepherd's pie	Vegetable, noodle soup Grilled cheese sandwich*	Chicken burger Oatmeal biscuit	Vegetable croquette Macaroni and cheese au gratin Oatmeal biscuit
Tuesday, Jan. 29th	Chicken nuggets Fresh fruit	Meatball stew, potatoes, veg.	Pasta and vegetable salad Chicken drumsticks, BBQ sauce	Spaghetti, beef sauce Raspberry roll	Crackers and cheese Cheese tortellini, rosé sauce Raspberry roll
Tuesday, Feb. 5th	Grilled cheese sandwich* Apple sauce, biscuits	Macaroni and cheese au gratin	Vegetable croquette Rice, sautéed veg., meatballs	Fusilli, sautéed vegetables, beef Healthy brownies, black beans	Roasted potatoes, vegetables Chicken burger Healthy brownies, black beans
Tuesday, Feb. 12th	Sweet and sour meatballs, rice	Shepherd's pie	Pizza bun* Mini pasta shells, tomato sauce	Chicken burger Blueberry muffin	Tabouleh salad Spaghetti with meatballs Blueberry muffin
Tuesday, Feb. 19th	Chicken nuggets Apple sauce, biscuits	Chili con carne	Vegetable croquette Cheese perogies, rosé sauce	Beef lasagne Carrot cake	Italian wedding soup (meatballs, veg.) English muffin, egg, cheese* V Carrot cake
Tuesday, Feb. 26th	Pasta and vegetable salad Spanish tortilla (potatoes, eggs)	Cheese tortellini, rosé sauce	Pasta and vegetable salad Chicken burger	Rice, sautéed veg., meatballs Oatmeal biscuit	Crackers and cheese Shepherd's pie Oatmeal biscuit

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The meals are served in recyclable or biodegradable containers. *Whole wheat.

If you have ordered a meal, and your child will be absent from school, you can cancel your order before 9:00 A.M. either through the web site, or by phoning us. If we cannot answer your call, leave a message stating the name of the child, of the school, the class and the day for which you are cancelling the meal. This will give you a credit for another meal. If you do not phone and your child is absent no credit will be possible. It is the parents' responsibility to use their credits any time they want. You can check your credits by going into our web site.

Online last minute orders accepted until 7:00 A.M. the same day.

Castlefrank Elementary School

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Child's name: _____

Class: _____

Teacher's name: _____

Parents' name: _____

Telephone number: _____

E-mail address: _____

Payment can be made:

1- on line (using credit card)

2- by fax (using credit card)

The meals are served in recyclable or biodegradable containers.

	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
	\$5.50	\$5.50	\$6.00	\$6.25	\$6.75
Tuesday, Jan. 8th					
Tuesday, Jan. 15th					
Tuesday, Jan. 22nd					
Tuesday, Jan. 29th					
Tuesday, Feb. 5th					
Tuesday, Feb. 12th					
Tuesday, Feb. 19th					
Tuesday, Feb. 26th					

Price: _____ Menu 1 or Menu 2 at \$ 5.50 = \$.....

_____ Menu 3 at \$ 6.00 = \$.....

_____ Menu 4 at \$ 6.25 = \$.....

_____ Menu 5 at \$ 6.75 = \$.....

Total = \$

Castlefrank

Payment by Credit Card N# -----

Name:.....

Visa _____

Expiry Date:.....

Master Card _____

Amount: \$.....

Signature:.....

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