



The Real Food Catering Company

Real Food, Created Slowly St. John F.I. Catholic School Lunch Order

Menu for Wednesday June 9th

Main Items	Small		Regular	
	cost	code	cost	code
Penne Pasta in a creamy tomato sauce	\$ 4.00	A	\$ 5.50	B
Broccoli and cheddar soup with fresh baked bread	\$ 3.75	C	\$ 5.00	D
Grilled chicken & bacon wrap - with lettuce and cheese	\$ 4.00	E	\$ 5.50	F

Meal Additons	cost	code
Add, veggie sticks, dip, fresh cut fruit and apple juice	\$ 1.50	1
Add, veggie sticks, dip, fresh cut fruit and cupcake	\$ 1.50	2
Add, veggie sticks, dip, fresh cut fruit and muffin	\$ 1.50	3

On The Side	cost	code
100 % Apple Juice	\$ 0.75	R
100 % Orange Juice	\$ 0.75	S
Devil's Food Cupcake	\$ 1.00	T
Whole grain, carrot & oatmeal muffin	\$ 1.00	V
Strawberry & Banana Smoothie	\$ 1.50	X

Menu for Tuesday June 22nd

Main Items	Small		Regular	
	cost	code	cost	code
Giant Italian Meatballs in a chunky tomato sauce - with garlic bread	\$ 4.00	A	\$ 5.50	B
Goey Grilled Cheese with side ketchup	\$ 4.00	C	\$ 5.50	D
Grilled Chicken Caesar Salad	\$ 4.00	E	\$ 5.50	F

Meal Additions	cost	code
Add, veggie sticks, dip, fresh cut fruit and apple juice	\$ 1.50	1
Add, veggie sticks, dip, fresh cut fruit and mini apple crisp	\$ 1.50	2
Add, veggie sticks, dip, fresh cut fruit and muffin	\$ 1.50	3

On The Side	cost	code
100 % Apple Juice	\$ 0.75	R
100 % Orange Juice	\$ 0.75	S
Apple crisp	\$ 1.00	T
Double chocolate muffin	\$ 1.00	V
Mixed Berry & Banana Smoothie	\$ 1.50	X

* Pricing includes all applicable sales taxes *

**To order please visit our website at www.therealfoodcateringcompany.ca
or contact the school office for a paper copy**

