



March 2010

**Re : Healthy Eating Meal Card**

Dear Parent/Guardian

Chartwells is pleased to announce a new way for your child to use our cafeteria and for you to ensure they receive great healthy meals.

Chartwells is offering the opportunity to purchase a renewable meal card from the cafeteria providing 10 great meals for only \$39.90. Even better as part of our healthy eating month in March if you purchase a card we will provide your child with an 11<sup>th</sup> meal FREE making that only \$3.60 a day for a great home cooked meal.

The cards would be kept at the Cafeteria to ensure it can't be misplaced and each time your child redeems a meal it will be crossed off and a letter sent home to you when they have almost used all their credit giving you the opportunity to renew it. The meals that can be redeemed are part of our Balanced Choice program and meet the Dieticians of Canada's recommendations for healthy eating but are still tasty and filling.

An example of a 2 week menu would be



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 1	Mexican Tatter Bowl Veggie Sticks Milk/Juice/Water	Lasagna Light Caesar Salad Milk/Juice/Water	Chinese Style Chicken Fried rice Seasonal Fruit cup Milk/Juice/Water	Roast Turkey on Multigrain Vegetable Soup Milk/Juice/Water	Chicken Taco Mixed Green Salad Milk/Juice/Water
Week 2	Chicken & Vegetable Lo Mein Milk/ Juice /Water	Veggie & Cheese Bun Tomato Soup Milk/Juice/Water	Macaroni and Cheese Light Caesar Salad Milk/Juice/Water	Chicken Hoagie With Tzatziki Sauce Veggie Sticks Milk/Juice/Water	Chili Con Carne/Roll Veggie Sticks Milk/Juice/Water

Our menu will be changed weekly and seasonally to keep it fresh and exciting.

A full 4 week menu can be provided in advance on request.

Should an item prove very popular and sell out an alternative healthy option will be provided on that day

To sign your Child up for this deal simply return the form attached below and send in a cheque made payable to Compass Group or cash (exact amount only please) to the cafeteria or main office.

If you have any questions regarding this program please do not hesitate to contact me via the school or on ( 705 ) 264 - 6626

Yours Faithfully

*Lina Guillemette*

Cafeteria Supervisor

Childs Name:

Home Telephone number:

Grade:

Please find attached payment of \$39.90 in Cheque/Cash for the purchase of a Balanced Choice Meal Card from Chartwells.