



Phone: 613-234-9978

www.mazzola.ca

Mazzola is a family owned business that has been serving hot lunches since **1993**. For twenty five 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**. Although none of our products contain nuts or peanuts, we also 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 (www.mazzola.ca) at the very bottom of the school list.

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. For the 2017-2018 school year the profit was of \$ 443.75

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 pay by credit card or by cheque before the beginning of the month. In case you require a **last minute order**, for a small additional charge, we accept orders 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



	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Thursday, Sept. 20th	Rice, sautéed veg., meatballs GF	Shepherd's pie GF	Veggies and dip Chicken burger	Cobb salad(chicken,lettuce,tom.,egg) Raspberry, yogurt muffin	Mixed bean salad Spaghetti, tomato sauce Raspberry, yogurt muffin V
Thursday, Sept. 27th	Chili con carne GF DF	Macaroni and cheese V	Tabouleh salad Sweet and sour meatballs, orzo	Caesar salad with chicken Oatmeal biscuit	Mashed potatoes, vegetables, gravy Chicken nuggets Oatmeal biscuit
Thursday, Oct. 4th	Polenta, tomato sauce, tofu V DF GF	Beef lasagne	Veggies and dip Chicken burger	Maxi Greek salad, feta cheese Carrot cake V	Lentil salad Vegetarian shepherd's pie Carrot cake V
Thursday, Oct. 11th	Rice, sautéed veggies, chicken GF DF	Spaghetti, tomato sauce V DF	Veggies and dip Mini pancakes with syrup* Fruit yogurt V	Green bean salad, boiled egg Apple sauce, biscuits V DF	Rice with sautéed vegetables Tacos (beef ,salsa, cheese) Apple sauce, biscuits
Thursday, Oct. 18th	Veggies and dip Chicken nuggets V GF	Vegetarian shepherd's pie V GF	Vegetable and noodle soup Grilled cheese sandwich* V	Cobb salad(chicken,lettuce,tom.,egg) Blueberry muffin	Mixed bean salad Fusili, sautéed vegetables, beef Blueberry muffin
Thursday, Oct. 25th	Mini pasta shells, tomato sauce V DF	Shepherd's pie GF	Veggies and dip Chicken burger	Caesar salad with chicken Raspberry roll	Cole slaw Spaghetti, tomato s., meatballs Raspberry roll
Thursday, Nov. 1st	Veggies and dip Grilled cheese sandwich* V	Potato gnocchi, rosé sauce V	Lentil salad Mini penne, rosé sauce V	Maxi Greek salad, feta cheese Oatmeal biscuit V	Italian wedding soup (meatballs, veg) Chicken burger Oatmeal biscuit DF
Thursday, Nov. 8th	Fettuccini, Alfredo sauce V	Veggies and dip Chicken nuggets	Veggies and dip English muffin egg,ham,cheese*	Green bean salad, boiled egg Banana bread V	Garden salad Beef lasagne Banana bread
Thursday, Nov. 15th	Sweet and sour meatballs, orzo GF	Shepherd's pie GF	Veggies and dip Chicken burger	Cobb salad(chicken,lettuce,tom.,egg) Raspberry, yogurt muffin	Mixed bean salad Macaroni with cheese au gratin Raspberry, yogurt muffin V
Thursday, Nov. 22nd	Chili con carne GF DF	Cheese tortellini, rosée sauce V	Green bean salad Spaghetti, tomato s., meatballs	Caesar salad with chicken Apple sauce, biscuits	Mashed potatoes, vegetables, gravy Chicken nuggets Apple sauce, biscuits
Thursday, Nov. 29th	Mini pasta shells, tomato sauce V DF	Polenta, vegetables, beef sauce GF	Veggies and dip Chicken burger	Maxi Greek salad, feta cheese Carrot cake V	Lentil salad Rice, sautéed vegetables, meatballs Carrot cake
Thursday, Dec. 6th	Rice, sautéed veggies, chicken GF DF	Spaghetti, tomato sauce V DF	Vegetable and noodle soup Grilled cheese sandwich* V	Green bean salad, boiled egg Oatmeal biscuit V DF	Vegetable and noodle soup Tacos (beef ,salsa, cheese) Oatmeal biscuit
Thursday, Dec. 13th	Beef lasagne	Veggies and dip Vegetarian wrap*(veg, black beans) V	Veggies and dip Mini pancakes with syrup* Fruit yogurt V	Cobb salad(chicken,lettuce,tom.,egg) Blueberry muffin	Chicken noodle soup Tex-mex macaroni Blueberry muffin
Thursday, Dec. 20th	Mini pasta shells, tomato sauce V DF	Shepherd's pie GF	Veggies and dip Turkey sub, lettuce, cheese*	Caesar salad with chicken Raspberry roll	Cole slaw Spaghetti, tomato sauce, meatballs Raspberry roll
Thursday, Jan. 10th	Veggies and dip Grilled cheese sandwich* V	Potato gnocchi, rosé sauce V	Veggies and dip Rice, sautéed veg., meatballs	Maxi Greek salad, feta cheese Banana bread V	Roasted potatoes, vegetables Chicken burger Banana bread DF
Thursday, Jan. 17th	Macaroni with cheese au gratin V	Shepherd's pie GF	Veggies and dip Chicken burger	Cobb salad(chicken,lettuce,tom.,egg) Raspberry, yogurt muffin	Beef and barley soup English muffin egg,ham,cheese* Raspberry, yogurt muffin V
Thursday, Jan. 24th	Chili con carne GF DF	Cheese tortellini, rosé sauce V	Quinoa salad Fettuccini, Alfredo sauce V	Caesar salad with chicken Oatmeal biscuit	Mashed potatoes, vegetables, gravy Chicken nuggets Oatmeal biscuit
Thursday, Jan. 31st	Mini pasta shells, tomato sauce V DF	Beef lasagne	Veggies and dip Chicken burger	Green bean salad, boiled egg Carrot cake V	Veggies and dip Rice, sautéed vegetables, meatballs Carrot cake
Thursday, Feb. 7th	Veggies and dip Chicken nuggets	Spaghetti, tomato s., meatballs	Tabouleh salad Vegetarian wrap* (veg, black beans) V	Maxi Greek salad, feta cheese Apple sauce, biscuits V	Rice with sautéed vegetables Chicken drumsticks, BBQ sauce Apple sauce, biscuits GF

W. O. Mitchell School

"September 2018 to February 2019"



Mazzola Enterprises

Phone: 613-234-9978

Fax: 1-866-450-7828

www.mazzola.ca

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)

3- by cheque sent to school before due date

	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
	\$5.50	\$5.50	\$6.00	\$6.75	\$6.75
Thursday, Sept. 20th					
Thursday, Sept. 27th					
Thursday, Oct. 4th					
Thursday, Oct. 11th					
Thursday, Oct. 18th					
Thursday, Oct. 25th					
Thursday, Nov. 1st					
Thursday, Nov. 8th					
Thursday, Nov. 15th					
Thursday, Nov. 22nd					
Thursday, Nov. 29th					
Thursday, Dec. 6th					
Thursday, Dec. 13th					
Thursday, Dec. 20th					
Thursday, Jan. 10th					
Thursday, Jan. 17th					
Thursday, Jan. 24th					
Thursday, Jan. 31st					
Thursday, Feb. 7th					

The meals are served in recyclable or biodegradable containers.

Price: _____ Menu 1 or Menu 2 at \$ 5.50 = \$.....
 _____ Menu 3 at \$ 6.00 = \$.....
 _____ Menu 4 or Menu 5 at \$ 6.75 = \$.....
 Total = \$

Please make your cheque payable to "Mazzola Enterprises"
 Unfortunately we cannot accept post-dated cheques.
 Note: Fee for NSF cheque: \$ 20.00

W.O.Mitchell

Payment by Credit Card N# _____
 Name:..... Visa _____
 Expiry Date:..... Master Card _____
 Amount: \$.....
 Signature:.....

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. In case you require a last minute order, for a small additional charge, we accept orders placed on line up to 7 a.m. the day of delivery.

Please check (X) Menu 1, 2, 3, 4 or Menu 5 and return by fax (1-866-450-7828) or through the school by **September 17th** if ordering using the paper form.

The meals are served in recyclable or biodegradable containers. *whole wheat. V: vegetarian GF: gluten free DF: dairy free

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.

"While we are happy to accept paper order forms, we encourage you to use our convenient on-line ordering tool as this saves in administration time and protects against the risk of lost forms and cheques."