



Sushi



What's For LUNCH?

"Fresh, Authentic, Healthy Food!"

Semester TWO Lunch options

at Mount Douglas Every WEDNESDAY and FRIDAY

Wednesday: 15 Weeks of Fresh Sushi ~ 4 choices!

8 pieces/
Tray!

\$4.00 California Roll and Yam/Avocado Roll (\$60)

(6 pce California and 2 pce Yam/Avocado Roll) ~So Fresh, So Delicious.Try It!

\$4.00 Vegetarian Roll ~Fresh and Crisp! (\$60)

(4 pce. Cucumber roll and 4 pce Yam/Avocado roll)

\$4.00 Combo~Teriyaki Chicken Roll/California Roll(\$60)

4 Terriyaki Chicken roll and 4 California Roll) ~Very tasty

#1Choice

\$5.00 Bento Box~ Large 12 pce (6 California Roll, 2 Chicken

Terriyaki Roll, 2 Cucumber Roll, 2 Veg Gyoza (dumplings)) ~ delicious value**(\$75)**

Friday: 11 Weeks Wrap 'n' Roll Pita ~ 6 choices



Large 9" Fresh Authentic Mediterranean Pita

School Special: only \$6.00 each (\$66)

You can order with or without tomatoes. ☺

Mediterranean Greek Chicken: (served warm) Seasoned Chicken, tomato, cucumber, green pepper, sweet red onion, feta cheese, lettuce and tzatziki . ~ Amazing!

Original Gyro Pita: Served Warm. Seasoned lamb, tomato, cucumber, lettuce, parsley, tzatziki sauce. ~ Authentic!

Zesty Chicken Caesar: Seasoned Chicken, Caesar dressing, romaine lettuce, croutons, parmesan ~ Mouth watering!

SouthWestChicken: Seasoned Cajun Chicken, Chipotle sauce, tomatoes, lettuce, cucumber.

Turkey BLT: "BLT" with turkey bacon, lettuce, tomato and mayonnaise. ~ Comfort food!

Vegetarian Mediterranean: Tzatziki sauce, lettuce, green pepper, red pepper, tomato, cucumber, parsley, feta cheese. ~ light and tasty!

Pre-Order Online

Convenient Payment Plan for Parents/Students:

No Need To Make Lunch OR Carry CASH!

Guarantee Your Lunch ~ It's EASY!

Click **ONLINE FEE PAYMENTS**

at <https://mountdoug.sd61.bc.ca>

to order Fresh and Tasty Lunch today.

Online payment closes midnight on

Thursday, Feb 8th

Pre-order lunches begin on **Wed, Feb 14**

Sushi Pre-Orders Feb 14-June 6. No sushi Mar 21, 28

Pita Pre-Orders Feb 16 - June 8. No Pita Feb 23, Mar 16, 23, 30,
April 20, May 18

Healthy Food Order Questions?

Contact Mrs. Parkinson at dparkinson@sd61.bc.ca

Payment Questions?

Contact Mrs. Parkinson at dparkinson@sd61.bc.ca

If you are unable to pay on line then email Mrs. Parkinson to arrange cash or cheque payment.