

# Narayan's Hot Lunches

Our custodian is not just one of the world's nicest people, he's a master cook!

Flavored to children's taste, he has created 2 dishes: Super Spaghetti and Super Rice. We will alternate between these 2 dishes each hot lunch date.

Both contain a mixture of freshly cooked vegetables with beans, soya chunks, and mixed with either rice or spaghetti. All natural, no animal products, super healthy and delicious. Secret Ingredient...made with love!

Best of all, we only charge you our cost...\$85 for 13 meals.

**NEW STUDENTS WILL GET A FREE SAMPLE ON THE FIRST HOT LUNCH DAY BEFORE YOU HAVE TO ENROLL!!**

Hot Lunch Days are  
Wednesdays-- alternating with  
pizza days, and skipping only  
ONE week of the year!

October 11, 25

November 8

December 6, 20

January 10, 24

February 7

March 6, 20

April 10

May 8, 22

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FEED my Child! name: \_\_\_\_\_

\_\_\_\_\_ (send \$85 for the year)

parent signature

