



7354 Cote St. Luc Rd
Montreal, Quebec
H4W 1P1

info@sollythecaterer.com

Sign up for Solly's Lunch Program

FINALLY A LUNCH PROGRAM THAT LET'S YOU SPEND YOUR FREE TIME WITH YOUR KIDS, AND NOT IN THE KITCHEN... Let Solly's do the work for you. We already make over 1000 peanut-free meals daily for children all over the island of Montreal and we would love to feed your kids with delicious and healthy meals for as little as \$40 a week.

-----Cut-----cut-----cut-----cut-----

Please fill out this form, PRINT CLEARLY and mail to Solly's at least one week prior to session dates
Explorations 2017

Child's name and age _____
GRADE YOUR CHILD WILL BE IN SEPTEMBER 2017 _____
Parent's name _____
Phone number _____
Allergies _____

I am signing my child up for the lunch program which includes a main meal, a side salad, a dessert, and a drink. Please check off which session you would like to have lunch for your child.

Deadline for submission is one week prior to session commencement.

- Week 1 July 3rd- July 7th
- Week 2 July 10th- July 14th
- Week 3 July 17th- July 21st
- Week 4 July 24th- July 28th

Amount Enclosed – (\$40/week) _____

Payment by cheque only. Make cheque payable to SOLLY'S

No refunds for cancellations.

\$30 fee for all NSF cheques.



7354 Cote St. Luc Rd
Montreal, Quebec
H4W 1P1

info@sollythecaterer.com

EXPLORATIONS menu 2017

Price: \$40 / week

Menu includes: sandwich, veggies, dessert, and a drink

Week #1

Monday	Tuesday	Weds	Thurs	Friday
Grilled chicken sandwich	Tuna in pita	Club sandwich	Cold Italian tomato pizza	Smoked meat on rye bread
veggies	veggies	veggies	veggies	veggies
Mini turnovers	Homemade cookies	Homemade Banana bread	Apple sauce	Chips
Juice box	Juice box	Juice box	Juice box	Juice box

Week #2

Monday	Tuesday	Weds	Thurs	Friday
Turkey on soft sub	Chicken schnitzel sandwich	Chopped egg in pita	Bagel with cream cheese	Roast beef sandwich
veggies	veggies	veggies	veggies	veggies
Rice krispie square	Homemade cookies	Homemade marble loaf	Apple sauce	Chips
Juice box	Juice box	Juice box	Juice box	Juice box

**** A replacement meal will always be a croissant with cheese.**