



## The Elmwood Bistro

**W**hat we eat has a profound effect on our mood, behaviour, health, growth and even our ability to concentrate. It's not surprising that research has shown that healthy, balanced meals improve students' concentration, attention, energy levels and academic performance. We kept this top-of-mind when developing our new and improved food service program at Elmwood.

### Our Team

Our team includes Creative Consultant, Michael Moffatt and Executive Chef, Livia de Oliveira. Mr. Moffatt, of Beckta Dining and Wine and Play Food and Wine, is well known throughout the Capital Region for food that is consistently inventive and delicious. He is also very passionate about children's nutrition.

Ms. de Oliveira is a Specialist in Nutritional Therapy and has an MA in Pediatric Medicine. She has also trained at Le Cordon Bleu Ottawa, completing her Cuisine, Superior and Patisserie, Intermediate qualifications.

Together they have a range of menus planned for Elmwood that are both delicious and healthy. With their experience, enthusiasm and creativity, the Elmwood Bistro is sure to become a place where taste and nutrition converge!

Details on reverse.

### Our Guiding Principles

#### Taste:

Our philosophy is that if you start with good, wholesome ingredients—locally sourced, seasonal and organic whenever possible—the results are sure to be delicious.

#### Health:

Healthy snacks and meals ideal for growing children are prepared to the standards outlined in Canada's Food Guide. We have eliminated 'junk food' from our menu in favour of choices that will promote health and wellbeing.

#### Value:

Pricing at the Elmwood Bistro has been adjusted to provide better value to our families. We also offer an affordable meal plan option for those who wish to participate.

#### Choice:

Though the Elmwood Bistro will offer a range of options every day, we are also happy to cater to the needs of particular dietary and nutritional requirements whenever possible.

#### Convenience:

Running late in the morning? No time to make lunches? Knowing your daughter has delicious and nutritious options awaiting her at the Elmwood Bistro means less hassle for you!

#### Eco-friendly:

Using reusable plates, cutlery and glasses is an important first step in our commitment to reducing our impact on the environment. If we do have to use disposable items, we will use compostable or recyclable ones.

# Participating in the Elmwood Bistro Program

## There are three ways to participate in the program:

- Meal Plan:** \$1000 per year  
Put your mind at ease by knowing that your daughter is getting a healthy lunch all year long.
- Meal Plan Plus:** \$1000 + \$25 or \$50 or \$100 or unlimited  
Add a dollar amount to your daughter's meal plan each month to account for occasional snacks or additional meals such as breakfast.
- À la carte:** \$25 or \$50 or \$100 or unlimited  
Simply pay as you go. Choose a monthly dollar amount and your daughter is free to choose what she likes.

The **Junior School Meal Plan** will include a main meal and drink (choice of 100% fruit juice or milk) as well as morning and afternoon healthy snacks.

The **Middle and Senior School Meal Plan** will be slightly larger portions than the Junior School one (to account for the age of the students) and will include a main meal, drink (100% fruit juice or milk) and dessert (choice of fruit or once a week baked treat). Please see the attached sample menu for further details.

The average cost of this meal, if purchased separately would be \$7.00. The meal plan saves parents over \$200 over the course of the year or the cost of almost seven weeks of lunches.

If a student wishes to withdraw from the program, the remaining balance will be credited to her school account.

Students can join the plan in September. We will offer another opportunity to join the program in January.

We hope your daughter will participate in this exciting new program. If you have any questions please contact Chef Livia at [loliveira@elmwood.ca](mailto:loliveira@elmwood.ca).

## Security Swipe Card System

Your money is secure with a swipe card—there is no need to carry cash for meals or snacks.

### What if my daughter loses her card?

Please report lost or misplaced cards to the Front Office. Misplaced cards will be deactivated.

### Can I track my daughter's usage?

Your daughter's transactions are confidential but are available to you any time you wish to see a detailed report.

## Rules and Regulations

- The swipe card is not transferable and is intended for use only by the individual named on the card.
- Lost or stolen swipe cards will be replaced at a cost of \$10 and will contain the last balance recorded at the time of reporting the loss.
- Students must show the swipe card to be served.

The swipe card is an inclining balance system. Monthly transactions will be charged to your school account.



## Yes, I would like to enroll in the Elmwood Bistro Meal Plan

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

I, \_\_\_\_\_ *please print*

authorize Elmwood School to charge my account for the following:

### MEAL PLAN

- Meal Plan: \$1,000/year
- Meal Plan Plus: \$1,000/year (please choose additional monthly amount)
  - \$25/month
  - \$50/month
  - \$100/month
  - Unlimited

### À LA CARTE

- \$25/month
- \$50/month
- \$100/month
- Unlimited

Signature \_\_\_\_\_

Date \_\_\_\_\_

Please return to Homeroom/SLG teacher on Wednesday, September 8, 2010.