

# The Elmwood Bistro

What 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 food service program at Elmwood.

Our experienced and creative Bistro staff have a range of menus planned that are delicious, healthy, and all made from scratch. Many of our ingredients are supplied by local farmers and our own organic garden. In addition to hot meals, the Bistro also offers a variety of freshly prepared snacks and à la carte items, with gluten free and vegetarian options available every day.

The **Junior School Meal Plan** includes 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** has slightly larger portions and includes a main meal with salad, drink (100% fruit juice or milk) and dessert (choice of fruit or once-a-week baked treat). Daily soup and salad is also an option if the main meal does not suit your daughter's taste.



A typical lunch at the Elmwood Bistro

## MENU SAMPLES

\*Daily specials listed on Schoology each week

### SENIOR SCHOOL

#### MONDAY

Panko-crusted sustainable wild cod cakes with citrus dill sauce and green peas

#### TUESDAY

Broccoli and cheddar quiche made with local eggs and cheese

#### WEDNESDAY

Gluten-free pasta with mixed vegetable tomato sauce

#### THURSDAY

Triple protein salad with quinoa, organic chickpeas and feta cheese

#### FRIDAY

Sweet potato and black bean enchiladas with avocado and cilantro sauce

### JUNIOR SCHOOL

#### MONDAY

Pan-seared chicken breast with roasted potatoes and local green beans

#### TUESDAY

Wow butter and jam sandwiches with fresh fruit salad

#### WEDNESDAY

Whole wheat spaghetti with homemade tomato sauce and Caesar salad

#### THURSDAY

Beef stew made with local beef, creamy mashed potatoes and peas

#### FRIDAY

Sustainable roasted salmon with rice pilaf and vegetables

## Participating in the Elmwood Bistro Program

- Meal Plan:** \$1350 (+ \$50 or \$100 or unlimited per month)  
Relax knowing that your daughter is getting a healthy lunch all year long. You can also add a monthly dollar amount to the meal plan for occasional snacks or extra meals.
- À la carte:** \$50 or \$100 or unlimited per month  
Simply pay as you go. Choose a monthly dollar amount and your daughter is free to choose what she likes. Your account is only charged for the purchases made.

Any changes to the meal plan can be made on the first day of any month. You can also increase your à la carte limit at any time by contacting [csproule@elmwood.ca](mailto:csproule@elmwood.ca).

If you have any questions please contact Chef Candice at [cbutler@elmwood.ca](mailto:cbutler@elmwood.ca).

**A high value:** The average cost of this meal purchased separately is \$10.00. The meal plan **saves over \$300** over the year, or the cost of almost **six weeks of lunches!**



## 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 or forgets her card?

Please report lost cards to the Front Office so that they can be deactivated. Lost swipe cards will be replaced at a cost of \$10. Students are entitled to three temporary cards a year if their cards have been forgotten. After the third temporary card, each additional replacement card will be issued at a cost of \$10.

### 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

1. Students must show the swipe card to be served.
2. The swipe card is not transferable and is intended for use only by the individual named on the card.

The Bistro is supplied by many **local producers**, including: O'Brien Beef Farm, Mariposa Farms, Jambican Farm, Beking Eggs, The Whalesbone Sustainable Fish, Crerar's Honey, Ålska Maple Syrup, Upper Canada Cranberry Farm and Hall's Apple Orchard.

## Yes, I would like to enroll in the Elmwood Bistro Program!

Student Name

Grade

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

authorize Elmwood School to charge my account for the following:

- ☐ **Meal Plan: \$1350/year** (plus additional monthly amount indicated below)
- ☐ \$50/month      ☐ Unlimited
- ☐ \$100/month      ☐ I do not wish to add any additional amount
- ☐ **À la carte** (monthly amount indicated below)
- ☐ \$50/month      ☐ \$100/month      ☐ Unlimited

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return to Homeroom/SLG teacher on Wednesday, September 5, 2018.

# Elmwood Bistro

2018 – 2019

*"One cannot think well, love well,  
sleep well, if one has not dined well."*

– Virginia Woolf

