

ISLAND FUSION CAFÉ OCTOBER MENU & ORDER SHEET

Small Lunches - \$17.00 and Large Lunches - \$22.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Chicken with roasted potato & salad \$22	Mild jerk chicken with fry dumpling and salad	Stew beef tomato spinach & salad	Homemade meat balls with spaghetti pasta & homemade spaghetti sauce	BBQ Chicken with garlic bread & salad
or	or	or	or	or
Chicken Burger with fries \$22.00	Fish sandwich with fries \$22	BBQ Chicken wrap with fries \$22	Chicken nuggets with fries & buffalo dipping sauce	Vegetable ragu with spaghetti & salad
or	or	or	or	or
Cherry tomato and pesto fettuccine & green salad	Stew lamb shanks, mashed potato & salad. Small \$20 Large \$25	Curry chicken, spinach rice & salad or Curry veg, white rice & green salad	Chicken & pumpkin soup with potato, dumplings & vegetables	Beef burger and fries -\$22
or	or	or	or	or
Jerk pork with roasted potato & salad	Vegetable ragu in chunky tomato basil sauce spaghetti & salad	Grilled tuna & cheese sandwich \$17.00 with fries \$22.00	Fish & salad wrap with mild spicy mayo & fries	Buffalo wings & fries/ Wings & fries

Orders can also be emailed to ifc@islandacademy.com

Please make cheques out to **Island Fusion**.

Orders must be submitted by the preceding **Friday** of each week.

Portions: Regular EC\$17.00 or Large EC\$22

Circle Week: (WEEK 1) (WEEK 2) (WEEK 3) (WEEK 4) (WEEK 5)

Child(ren) Names: _____ Grade(s): _____

Parent's Name: _____

Allergies/Sensitivities: _____

Cash/Cheque: _____

Signature: _____