



Subscription Form



Year 7 - Year 13

Oct 9 - Oct 13

First Name: _____ Last Name: _____ ID Number: _____

Guardian Name: _____ Mobile: _____

N.B:

1- The subscription deadline for the below menu is **Friday 6 October 2017**

2- You can subscribe from a minimum of **1 day** to a maximum of **5 days** per week

3- Option 2 is **Vegetarian**

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Lunch Subscription

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Full day Subscription

**Select Lunch or Full day Subscription*

**Full day: Breakfast + Lunch + Fresh juice + Snack*

Lunch Menu - Week 3

	Option 1	Option 2
Monday, Oct 9	Chicken mushroom Mashed potato Sautéed carrot & zucchini Cubed pineapple	Fettuccini Alfredo without chicken Carrot sticks (lemon dip) Cubed pineapple
Tuesday, Oct 10	Minced meat, mushroom & cubed potato Rice with vermicelli & yogurt Fruit Salad	Mini bean burgers Mixed Veggie salad Fruit Salad
Wednesday, Oct 11	Kafta & Hummus Sandwich	Cheese club sandwich with veggies
Thursday, Oct 12	Spanish omelet Coleslaw in lemon sauce Cubed watermelon	Boiled Yam and stew Coleslaw in lemon sauce Cubed watermelon
Friday, Oct 13	Peas & carrot, cubed meat in tomato sauce Rice with vermicelli Sliced grapes & apple	Indian vegetable rice Cucumber & tomato salad Sliced grapes & apple

Selection

Date	Lunch	
	Option 1	Option 2
Week 3		
Monday, Oct 9	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday, Oct 10	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday, Oct 11	<input type="checkbox"/>	<input type="checkbox"/>
Thursday, Oct 12	<input type="checkbox"/>	<input type="checkbox"/>
Friday, Oct 13	<input type="checkbox"/>	<input type="checkbox"/>

**Kindly select your option*

Kindly Specify below food allergies or other concerns:

Payment

Lunch Subscription			
	Qty.	Price/Day	Amount
Lunch		18.00 GHC	
Wednesday		10.00 GHC	
Total Amount			

Full Day Subscription			
	Qty.	Price/Day	Amount
Full Day		30.00 GHC	
Wednesday		22.00 GHC	
Total Amount			

Grey cells to be filled by customers

Kindly return the envelope with the payment to ARIS canteen