



Subscription Form



Year 7 - Year 13

Oct 16 - Oct 20

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

Guardian Name: _____ Mobile: _____

N.B:

- 1- The subscription deadline for the below menu is **Friday 13 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**

Lunch Subscription

Full day Subscription

**Select Lunch or Full day Subscription*

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

Lunch Menu - Week 4

	Option 1	Option 2
Monday, Oct 16	Chicken Pineapple Sautéed Potato Shredded carrot & sweet corn salad Fruit Salad	Pesto spaghetti Shredded carrot & sweet corn salad Fruit Salad
Tuesday, Oct 17	Oven-baked Kafta Sautéed Potato Cucumber & tomato salad Cubed watermelon	Mushroom masala Plain rice Cubed watermelon
Wednesday, Oct 18	Chicken Avocado Sandwich	Hummus (chickpea paste) Club sandwich
Thursday, Oct 19	Indian chicken in gravy sauce Plain rice Fruit salad	Oven-baked pasta in white sauce (Hidden veggies) Fruit Salad
Friday, Oct 20	Jollof rice Cubed chicken Mini chopped salad Cubed pineapple	Lentil spinach curry Plain rice Cubed pineapple

Selection

Date	Lunch	
Week 4	Option 1	Option 2
Monday, Oct 16	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday, Oct 17	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday, Oct 18	<input type="checkbox"/>	<input type="checkbox"/>
Thursday, Oct 19	<input type="checkbox"/>	<input type="checkbox"/>
Friday, Oct 20	<input type="checkbox"/>	<input type="checkbox"/>

Kindly Specify below food allergies or other concerns:

**Kindly select your option*

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