



Welcome to the all-new Green Meadow
Waldorf School Hot Lunch Menu, presented
by Chef Anthony LoPinto's Threefold Café!

All lunches include a seasonal vegetable, fruit and/or cookie, so only the main course is listed below. All lunches are made from scratch, using seasonal, sustainably grown and organic ingredients wherever possible.

To order, fill out the coupon below and drop it off at Threefold Café or in the box at Green Meadow by **TUESDAY, SEPTEMBER 29**. The price is \$5.00 per lunch (including tax); sorry, no substitutions or special orders. **LATE FEE: Orders submitted after September 29 must include a \$10 late fee; your child's lunch will begin the Monday after your late order is received.**

See lunch menus and download order forms at www.threefold.org/cafe.

Green Meadow Waldorf School Lunch Menu, October 5-October 30

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <u>5</u> Stir Fry of Veggies with Brown Rice | <u>6</u> Pearl Barley and Sweet Corn Stew | <u>7</u> Grilled Mild Cheddar on Wheat Bread | <u>8</u> Magic Pasta: Whole Wheat Fusilli Pasta, San Marzano Tomato Sauce Infused with Carrot and Pecorino Cheese | <u>9</u> Lentil and Vegetable Soup with Cheddar Biscuits |
| <u>12</u> COLUMBUS DAY | <u>13</u> Roast Chicken Thighs with Mashed Potato and Veggies | <u>14</u> Macaroni and Cheese | <u>15</u> Potato Latkes with Fuji Apple Sauce and Candy Carrots | <u>16</u> Lentil and Vegetable Soup with Cheddar Biscuits |
| <u>19</u> Stir Fry of Veggies with Brown Rice | <u>20</u> Pearl Barley and Sweet Corn Stew | <u>21</u> Grilled Mild Cheddar on Wheat Bread | <u>22</u> Magic Pasta: Whole Wheat Fusilli Pasta, San Marzano Tomato Sauce Infused with Carrot and Pecorino Cheese | <u>23</u> Lentil and Vegetable Soup with Cheddar Biscuits |
| <u>26</u> Burrito with B.B.Q. Beans, Cheese and Rice | <u>27</u> Roast Chicken Thighs with Mashed Potato and Veggies | <u>28</u> Macaroni and Cheese | <u>29</u> Potato Latkes with Fuji Apple Sauce and Candy Carrots | <u>30</u> Lentil and Vegetable Soup with Cheddar Biscuits |

ORDER FORM

1. Circle the dates for which you want to order a delicious hot lunch for your child:

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| 5 | 6 | 7 | 8 | 9 | | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 | 26 | 27 | 28 | 29 | 30 |

2. Calculate your tab, and give us your information:

Number of meals ordered _____ x \$5.00 = _____ Late fee (see above) _____

Child's name _____ Grade _____

Parent's name _____ Phone _____

3. Make your check payable to: "Threefold Café" (sorry, no credit cards).

4. Tell us what lunch your child likes or loathes: _____

5. Drop off your order and payment at Threefold Café (285 Hungry Hollow Road) or the box conveniently located in Green Meadow by Tuesday, September 29.

Questions? Call Jessica Oswald: 845-352-5020 x22. Thank you!