

### Purchasing and Cooking Procedures for Hot Lunch 2009-2010

Paul's Bakery 847-9742  
BC Wholesale 847-3313  
Safeway 847-2622  
Extra Foods 847-9737  
Sausage Factory 847-2861

We would like to welcome back all previous hot lunch team members, we couldn't make this happen without you. To all new team members welcome and thank you all for making this commitment.

**\*Angie Bizarro will be phoning the team for each week for a reminder.**

**\*All hot lunch orders should be in by Wednesdays at noon.**

**Please try to buy certificates to purchase your groceries for hot lunch from Arlene, it does help with the school's fundraiser.**

If you have any questions or concerns don't hesitate to ask.

Ranjit Kerr 847-2623  
Angie Bizarro 847-5570  
Antonella Scott 847-5261  
Tracy Fowler 847-4856

### Beverages

We will be serving juice only (grape or apple) and it is located in the hot lunch cupboard. If you notice we are running low call Antonella Scott at 847-5261 or Ranjit Kerr at 847-2623.

### Desserts

#### **JUST A REMINDER, WE ARE A NUT-FREE SCHOOL SO NO DESSERTS WITH NUTS PLEASE. REMEMBER SOME CHOCOLATE CONTAINS NUT-OIL**

Because the Ministry of Education has implemented regulations regarding Food and Beverage Sales in BC Schools there are new Nutrition Criteria Guidelines that must be followed. To give you some examples we have provided several recipes for desserts that fit the guidelines. If you are thinking of something else you can either call Tracy, Angie, Ranjit or Antonella at the above phone numbers regarding any questions you may have regarding desserts.

**SERVE ALL ENTRÉES WITH FRESH CUT UP VEGGIES OR PICKLES - YOUR CHOICE.**

### Hamburgers

Purchase @ BV Wholesale, Frozen burgers there are usually 66 in a box. Order buns a day a head from Paul's Bakery, ask them to slice them and deliver them to the school in the morning (9:30am). **The buns must be whole wheat.** Condiments will be in the hot lunch fridge or cupboard.

### Chicken and Potato

**Ranjit or Antonella are going to check for sales on Chicken drumsticks and will be buying them and putting them in the freezer in the kitchen. Check there first before purchasing any.**

One drumstick per entre. Check hot lunch cupboard for Shake N' Bake. If none, purchase at BV Wholesale. You can try bbq sauce as well. If chicken is frozen, thaw out the day ahead. Bake chicken at 400 for 45 minutes to 1 hour (depending on oven). Serve with mash potatoes. Buy a bag of frozen corn to go with it. It has worked well in the past. Plates are in hot lunch cupboard or in the back kitchen cupboard.

### Grilled Cheese

Order sandwich loaves from Paul's Bakery the day ahead. **Sandwich loaves must be whole wheat. You must purchase real cheddar cheese.** You can try Sausage Factory, Extra Foods or BV Wholesale which ever is cheaper and have them slice it for you.

### Sloppy Joes

Buy hamburger from whatever place is cheapest that week and try to purchase lean hamburger. Pre-order sliced hamburger buns (**they must be whole wheat**) from Paul's Bakery and buy Sloppy Joe Mix and Tomato Paste in large cans at BV Wholesale (check hot lunch cupboard first). Plates will be in Hot Lunch cupboard or in the back of the kitchen.

### Spaghetti and Sauce

Noodles can be regular, whole wheat or vegetable based and purchasing spaghetti sauce is fine or you can make home made. Try to make sure the sauce is vegetable based. You can add lean hamburger is you want. If you are confused with amounts when purchasing give one of us a call. We will use Styrofoam bowls for serving, which will be in the back of the kitchen.

### Housekeeping notes

Please make sure that the kitchen is clean when you leave and all dishes are done and put away. Make sure spills on stove tops or overflows in ovens are cleaned up. We want to keep our kitchen as clean as possible.

If you think we are running out of supplies or need something specific please write it on the board in the kitchen or let one of us know. If you have any ideas on how we can run hot lunch smoother let us know.

When ordering for hot lunch make sure you add about 10 extra hot lunches, depending how popular you think it will be. We often have kids coming and buying hot lunch at the last minute.

### FOR NEW HOTLUNCH TEAMS

1. Pick up hot lunch bag from Arlene in the office by Wednesday after school.
2. Total each classes entrees, desserts and juice. Remember double and triple orders receive 1 juice and 1 dessert
3. Make sure the money matches the total entrees.
4. Fill out each class sheet (should be provided in hot lunch bag) and the totals sheet that is also provided.
5. Before shopping buy your gift certificates from Arlene in the office. Do your shopping Thursday for your hot lunch using your entrée totals. Always remember to add at least 10 hot lunches to your entrée total for the last minute hot lunch purchasers.
6. Friday or if you are doing hot lunch on Thursday make sure you are at the school by 10:00 am to prepare hot lunch. Get the key for the hot lunch cupboard from Arlene in the office.
7. Class bins should be in cupboard, use trolleys to deliver food, put juice in class bins. Use red trays or trays from back of kitchen for desserts and entrees.
8. Divide up desserts by class numbers and put on trolleys. Desserts will be made by the designated person on the schedule. If there is nobody listed for that week then the desserts are to be made by that

hot lunch team. Normally the total of desserts to be made is divided up so that each team member

makes the same amount. The desserts need to be homemade rather than bought. If you just don't have the time and have tried to switch with another dessert maker call Tracy, Angie, Ranjit or Antonella and we will try to make them for you.

9. Make the entrees.
10. Deliver hot lunches at 12:00pm.
11. Clean up.
12. Give hot lunch bag, money and key back to Arlene in the office.

Any questions or if you find this confusing please call

Tracy 847-4856  
Angie 847-5570  
Ranjit 847-2623  
Antonella 847-5261

**If you are unable to do your scheduled day please try switching with someone or call one of the spares on the list, if you have any problems call one of us.**

**If you are interested in learning about the new guidelines for BC Schools you can go to this website to find more information.**

[www.bced.gov.ca/health/health\\_publications.htm](http://www.bced.gov.ca/health/health_publications.htm)

**If anyone has any menu item ideas please call one of us at the above numbers.**

**THANKS TO ALL OF YOU FOR VOLUNTEERING.**