

# HOT LUNCH PROGRAM



## Welcome to our hot lunch program.

Rocky Mountain Flatbread offers pizzas and pastas with are healthy, nutritious and prepared in a nut free environment.

All of our pizza bases and macaroni pastas are 100% organic. Our organic tomato sauce is made in house and is loaded with fresh veggies and herbs. Our cheese is 100% Canadian mozzarella.

Additionally, our pizzas meet the **Choose Most and Choose Sometimes** guidelines as described by the Ministry of Health and the Ministry of Education.

FLAVOURS	DESCRIPTION	PRICES
<b>THE MOZZA</b>	Organic tomato sauce topped with lots of Canadian mozzarella cheese.	14 inch cut into 6 slices \$11 each
<b>PEPPERONI</b>	Organic tomato sauce topped with lots of Canadian mozzarella cheese & nitrate free organic beef pepperoni.	14 inch cut into 6 slices \$11 each
<b>HAM &amp; MANGO</b>	Organic tomato sauce topped with lots of Canadian mozzarella cheese, nitrate free ham & freshly diced mango	14 inch cut into 6 slices \$11 each
<b>MACARONI WITH TOMATO SAUCE &amp; MOZZA</b>	Organic macaroni topped with our house made tomato sauce and topped with mozzarella cheese	\$4.50 a bowl (one serving)
<b>MACARONI CHEESE</b>	Organic macaroni topped with our famous house made cheese sauce	\$4.50 a bowl (one serving)
<b>GLUTEN FREE</b>	Our gluten free base (created with egg, buckwheat flour, potato flour, rice flour & flax seeds). Choose your favorite topping.	8 inches (one serving) \$5.50

To request a hot lunch simply contact Suzanne Fielden at Rocky Mountain Flatbread Co.

### Contact Details:

Ph: 604 730 0321. Fax: 604 730 0351. E Mail: [suzanne@rockymountainflatbread.ca](mailto:suzanne@rockymountainflatbread.ca)  
Address: Rocky Mountain Flatbread Co., 1876 W 1st Avenue, Vancouver, BC, V6J 1G5

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## HOT LUNCH FACTS:

**Fact 1:** Our dough is made fresh daily with a blend of organic unbleached white and whole wheat local flours and sweetened with a touch of maple syrup. No sugar, no salt & no oils. Our pastas are also made with organic unbleached white flour.

**Fact 2:** Our house made tomato sauce is loaded with tomatoes, veggies and fresh herbs. One 14 inch pizza contains 2 servings of veggies just in the sauce!

**Fact 3:** Our pizzas are topped with gluten free & nitrate free beef pepperoni and ham.

**Fact 4:** We use real rennet free cheese from Quebec.

**Fact 5:** Our pizzas & pastas are made in our PEANUT FREE restaurant.

**Fact 6:** Dominic or Suzanne (co-founders of Rocky Mountain Flatbread) will personally deliver your nutritious hot pizzas to your school.

**Fact 7:** Our restaurant operations are carbon neutral.

**Fact 8:** We have a team of nutrition and urban agriculture educators teaching kids in local school how to grow their own food, create seasonal nutritious snacks and how to run their own pocket markets

**Fact 9:** Rocky Mountain Flatbread offers other ways for schools to fundraise through our monthly Evening Fundraisers at our restaurant (where 10% of evening sales can go to your school) and through selling frozen Rocky Mountain Flatbread Artisan Flatbread Pizzas (\$3 for every pizza sold could go directly to your school).



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