

### **DEAR PARENTS!**

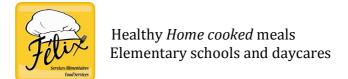
# We are pleased to offer your children healthy and balanced meals.

To fulfill children's need for vitamins, minerals and other nutrients, we follow the recommendations of the Canadian Food Guide and offer all four food groups in each meal. In addition, eating well contributes to the children's welfare, reduces the risk of health problems and increases the mind learning capacity.

As we have at heart the health of your children, the taste and look of our dishes is not altered in any way ... it is our daily challenge!

Something new from Felix Catering that pays off!

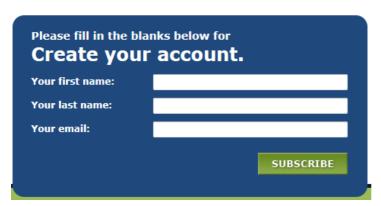




Here is how to access this service directly from our website.

Go to the website www.traiteurfelix.com and click on TAB online order (register).

Step 1: LOGIN



You will be given a temporary password that will grant you acces to the ordering process.

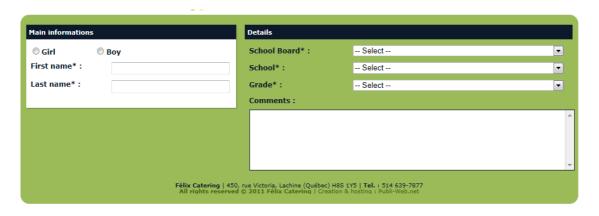
Password can be changed afterward.

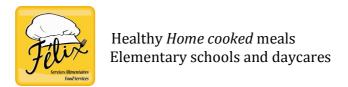


Step 2: MANAGE YOUR FILE



You enter information about your child or children (name, school, group of dinner, comments, your email ...) in order to process the order and enable us to deliver up their hot meal.





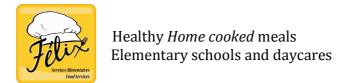
#### Step 3: ORDERING

Select a period for which you want to place an order.



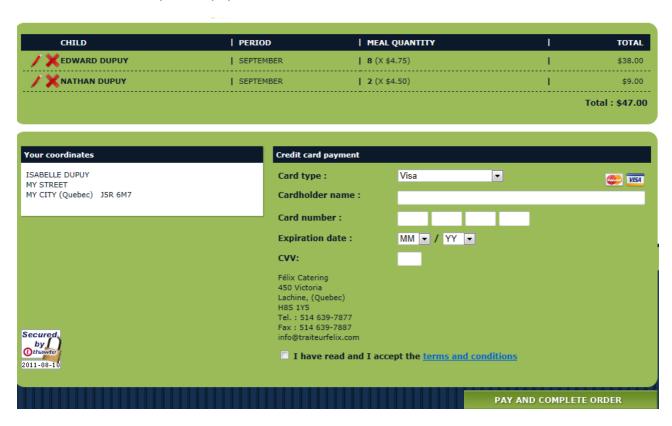
Select a meal for your child. View ingredients by placing the mouse over meal selection.

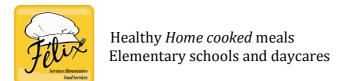




#### Step 4: PAYMENT

Via our secure server, you can pay via credit card with confidence.





## Step 5: PRINT MENU

For the fridge or the agenda, the calendar format will be very handy.



MEALS CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
12	13	14	15	16
12	13	14		10
			BAGEL, POLLOCK SALAD - Crudites	
			Oat and chocolate chip cookie	
			Milk 2% or 3,25%	
19	20	21	22	23
			FREE MEAL!! SPAGHETTI, TOMATOE	
			SAUCE AU GRATIN - Crudites	
			Applesauce with biscuits	
26	27	28	Milk 2% or 3,25% 29	30

HAPPY BACK TO SCHOOL!!