

WOK BOX

WOKBOX.CA    

HOT & FRESH SCHOOL HOT LUNCH

Wok Box provides Hot Lunch programs to schools across Canada. Our restaurants serve a variety of flavourful stir-fry noodle and rice boxes from all over Asia, including healthy options that can be vegetarian, or wheat / gluten

friendly. The KIDS love the tastes and the mini take out boxes we serve the meals in! The teachers and staff appreciate the value and healthy option of Wok Box!



BEEF AND BROCCOLI

Mongolian sauce, wok-cooked beef, served with fresh broccoli trees and rice.

Calories	370	Fibre (G)	1
Total Fat (G)	7	Saturated Fat (G)	1
Sodium (MG)	160	Trans Fat (G)	0.1
Protein (G)	17		



JAPANESE DRAGON CHICKEN

Mongolian sauce, wok-cooked chicken, served with fresh broccoli trees and rice.

Calories	200	Fibre (G)	1
Total Fat (G)	1.5	Saturated Fat (G)	0
Sodium (MG)	170	Trans Fat	0.1
Protein (G)	14		



JUNGLE NOODLES

Mongolian sauce, fresh veggies, served with chow mein noodles.

Calories	440	Fibre (G)	1
Total Fat (G)	26	Saturated Fat (G)	1
Sodium (MG)	150	Trans Fat (G)	0.1
Protein (G)	10		



CRISPY CHICKEN

Chicken served with rice and your choice of sauce: Sweet & Sour, Lemon, Plum or Teriyaki.

Calories	240	Fibre (G)	1
Total Fat (G)	1.5	Saturated Fat (G)	0
Sodium (MG)	80	Trans Fat (G)	0.1
Protein (G)	26		



BUTTER CHICKEN

Indian masala spice, chicken

Calories	500	Fibre (G)	0.4
Total Fat (G)	13	Saturated Fat (G)	6
Sodium (MG)	40	Trans Fat (G)	0.1
Protein (G)	26		



Optional: Apple juice or orange juice

IMPORTANT ALLERGY & NUTRITION INFORMATION:

Everything is cooked to order, so there may be some variation in the above numbers. Our foods have no trans fats (except those which occur naturally in beef and dairy). If your child has a food allergy, please be aware that Wok Box products may contain or have come into contact with peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat in our restaurant.

**Nutritional value based on Kids size portion.

***Special requests can be made, to cook meals without nuts or wheat.

your dishes can be



vegan



vegetarian



gluten friendly

If you have any questions or would like to know more about having Wok Box in your school, please contact your local Wok Box store.

WBHL-2023-02

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ORDER FORM



**CONTACT
US FOR
PRICING.**

ITEM	SIZE	QTY	SIZE	QTY
Japanese Dragon Chicken	Kids		Reg	
Crispy Chicken <i>(with side of plum sauce)</i>	Kids		Reg	
Jungle Noodles  	Kids		Reg	
Beef and Broccoli	Kids		Reg	
Butter Chicken 	Kids		Reg	
Apple Juice				
Orange Juice				

NOTE: Crispy Chicken does not come with veggies. Butter Chicken does not come with naan.

SCHOOL CONTACT INFO	
School	
Name	
Phone	
Email	
Order Date & Time	

WOK BOX CONTACT INFO	
Name	
Phone	
Email	

WOK BOX SCHOOL HOT LUNCH ITEMS ARE:

- Cooked FRESH over open flamed woks.
- Made with jasmine rice or chow mein noodles.
- Offered in an individual "lunch box" size take out box.
- Available to be served with apple or orange juice.
- Provided with cutlery and a fortune cookie.

*We are happy to accommodate your school's ordering templates if needed. Contact store for delivery availability. Delivery charges may apply.

ALLERGY & NUTRITION:

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Healthy options:



can be
vegan



can be
vegetarian



can be
gluten friendly