

PROUD TO BE SERVING HEALTHY HOT MEALS to Your Children at School!



Featuring Popular Hot and Cold Balanced and Smarter Meals to Provide Lots of Food Energy for Learning.

Individually Served Healthy and Satisfying Meals

BBQ Drumstick & Corn with Rice or Potato **(GF)**
Beef Burger, Plain or with Cheddar w/ Wedges or Veggies
Beef Burrito Rice Bowl **(GF) (V)**
Buttery Pasta Parmesan, Plain or w/Veggies & Fruit **(GF)**
Cheese Quesadilla w/ veggies
Chicken Burger w/ Wedges or Veggies **(H)**
Chicken Fingers & Corn w/ Rice or Potato **(GF) (H)**
Chicken Nuggets & Bun w/ Veggies **(H)**
Chicken Rice or Noodle Bowl w/ Veggies **(GF)**
Crunchy Chicken & Apple Harvest Salad
Crunchy Chicken Ranch Wrap **(H)**
Egg & Cheese Burger w/ Salsa & Fruit
French Toast & Sausage w/Applesauce
Fruit & Veggie Farm Plate with Egg
Garlic Chicken Penne w/ Veggies & Fruit
Grilled Cheese Sandwich Plain or w/ Veggies **(GF)**
Homemade Mac & Cheese - Plain or w/Steamed Veggies
Meatballs, Mashed, Corn & Gravy
Pancakes, Plain or w/Sausage or Egg & Applesauce **(GF)**
Perogies w/ Veggies & Applesauce
Smiling Shepherd's Pie w/Fruit **(GF) (V)**
Soft Shell Beef or Bean Taco w/ Veggies
Spaghetti w/ Meatballs **(H) (GF)**
Sushi – Carrot & Cucumber or Crunchy Chicken
Veggie Burger w/Wedges or Veggies

Condiments and Fixings

Ranch, Caesar, Mayo, Hummus
Plum Sauce, Soy Sauce or Extra Syrup
Pickles, Lettuce or Tomato Slice
Ketchup or mustard
Lunch Lady re-usable Spork
Straw by request



Side Veggies and Fruits

Side Salads (Garden or Caesar) w/ Dressing
Just Carrots or Cucumbers
Just Apple Slices or Orange Slices
Unsweetened Applesauce
Shelled Edamame Beans (Cold)
Peach Slices in own Juice

Hot Additions

Baked Potato Wedges
Extra Steamed Veggies or Whole Grain Rice
Garlic Bread Stick
2 Turkey Sausage Links
Chicken Noodle Soup and Crackers
Veggie Chili
2 Chicken Fingers **(GF)**

Snacks and Desserts

Berry Bottom Yogurt Parfait
Cheddar Cheese w/Apple Slices or Crackers
Kettle Popcorn **(GF)**
Chunky Monkey Yogurt Parfait
Chocolate Brownie Cookie
Lunchie Snack Mix
Banana Chocolate Chip Muffin

Drinks

Milk - Plain or Chocolate
Smoothies - Mango Tango or Berry Bottom
Juice – assorted 100% options where offered

(GF) Gluten Free version available

(H) Halal option available where offered

(V) Vegetarian version available

ORDERING IS EASY - Visit our Website at www.thelunchlady.ca ORDER NOW to set up your account and place your order! Order, make changes or cancel anytime with 2 day's notice

Most Schools also offer Little Lunches for Smaller Appetites, Larger Servings and other options. Find these ONLINE, and watch for FUN SPECIAL EVENT LUNCHES throughout the year.

Contact us at info@thelunchlady.ca with any questions. **We are here to help!**

