

EVERYTHING is available EVERY serving day. From Little Lunches to our NEW "Hot Top Ups", we deliver AMAZING!

The kids at
YOUR SCHOOL
are served by



Tammy
tammym@thelunchlady.ca
778-574-2111

www.thelunchlady.ca



Little Lunch Combos — for smaller appetites
Each meal includes today's fruit and chocolate milk

3 Baked Chicken Nuggets & Bun	LL1	\$4.95
Grilled Cheese Triangles	LL2	\$4.95
Mini Spaghetti & Beef Meatballs	LL3	\$4.95
Pancake Bites and side Syrup	LL4	\$4.95
Mini Pasta with Tomato Sauce	LL5	\$4.95
Mini Mac and Cheese	LL6	\$4.95

Meals for the Cause — thanks for helping us support Canadian Kids thru Breakfast for Learning!

Baked Chicken Nuggets , side plum sauce, warm bun, fresh veggies, apple juice, and a bakery treat.	M1	\$6.50
All Day Breakfast with Pancakes, sausage link, scrambled egg, today's fruit, and apple juice	M2	\$6.50
Hamburger , fresh veggies, apple juice, and a bakery treat.	M3	\$6.50

Gluten Free Entrees

GF Waffles/ side syrup	GF1	\$5.00
Rice Pasta with tomato sauce	GF2	\$5.00
Rice Pasta with Butter and Parmesan	GF3	\$5.00
BBQ chicken drumstick, rice & corn	GF4	\$5.00

Regular Entrees

Beef Burger	R1	\$4.50
Cheeseburger	R2	\$4.75
Lightly Breaded Chicken Burger	R3	\$4.75
Veggie Burger	R4	\$4.75

Each meal and entree includes a contribution to your school.

More Regular Entrees

Grilled Cheddar Cheese Sandwich	R5	\$4.25
Mozzarella Personal Pizzette	R6	\$4.75
Chicken Fingers, with rice & corn	R7	\$4.75
BBQ Chicken Drumstick, with rice & corn	R8	\$4.75
Macaroni & Cheese with Niblet Corn	R9	\$4.50
Meatballs, Mashed Potato & Gravy	R10	\$4.50
Perogies, peas & carrots & sour cream	R11	\$4.50
Teriyaki Chicken Rice Bowl	R12	\$4.95
Meatball/Potato Wedge Poutine	R13	\$4.75
Meal Size Chicken Caesar Salad /bun	R14	\$5.25
NEW! Meal Size Greek Salad & Feta/bun	R15	\$4.95
NEW! Salad Bar Favourites & Cheese/bun	R16	\$5.25
Warm Sub with Meatballs & Cheese	R18	\$4.75
3 Pancakes with side syrup	R19	\$4.25
Buttery Pasta Parmesan	R20	\$4.25
Cheeseburger Pasta	R21	\$4.50
NEW! Garlic Chicken Penne	R22	\$4.50
Spaghetti & Meatballs	R23	\$4.50
Spaghetti & Sauce	R24	\$4.25
Beef & Cheese Soft Taco/ sour cream	R26	\$4.75
Crunchy Chicken Ranch Wrap	R27	\$4.75
Crunchy Sweet Plum Chicken Wrap	R28	\$4.75
Carrot and Cucumber Sushi	R30	\$4.50
California Sushi	R31	\$4.75

Fixings

Lettuce and Tomato Slice	F1	\$0.50
Pickles	F2	\$0.25
Ketchup	F3	free
Hot Sauce	F4	free
Mustard	F5	free
Ranch	F6	\$0.25
Plum	F7	\$0.25
Mayo	F8	\$0.25

To set up your Lunch Lady account and order online go to www.thelunchlady.ca > ORDER HERE

If you order by paper, you can also enter any code from this Guide on the grid found on your school "Monthly Specials" menu. Call if you need assistance.

"Hot Top Ups" Add to Any Order

Classic Garlic Bread	U1	\$1.25
NEW! 5 Beef Meatballs	U2	\$2.00
NEW! 2 Chicken Fingers	U3	\$2.50
2 sausage links	U4	\$1.50
NEW! Oven Potato Wedges with sea salt	U5	\$1.75
Chicken Noodle Soup and Crackers	U6	\$3.00
NEW! Single Beef Slider	U7	\$2.00

Gold Sides and Cool Snacks

Garden salad	S1	\$2.00
Caesar salad	S2	\$2.00
NEW! Organic Field Greens	S3	\$2.00
Baby Carrots	S4	\$1.00
Cucumber Slices	S5	\$1.00
Apple Slices	S5	\$1.25
Unsweetened Apple Sauce	S6	\$1.00
Orange of the Day	S7	\$1.00
Sliced Peaches [in juice]	S9	\$1.00
Banana chocolate chip loaf	S10	\$1.00
Brownie loaf	S11	\$1.25
Cookie	S12	\$1.00
Twin Fortune Cookies	S13	\$1.00
Kettle Popcorn	S14	\$2.00
NEW! BBQ Pop Chips	S15	\$1.50
Chunky Monkey Yogurt Parfait	S17	\$2.00
Chocolate Pudding with Marshmallows	S18	\$1.50

Chill Out [yummy, FROZEN and gluten free too]

NEW! Arthur's Crush [grape slushie]	Z1	\$2.25
Frozen Yogurt Tube	Z3	\$1.25

Drink Up

Apple Juice	D1	\$1.00
Orange Juice	D2	\$1.00
NEW! Fieldberry Juice	D3	\$1.25
2% Milk	D4	\$1.25
Chocolate Milk	D5	\$1.50
Arthur's Banana Strawberry Smoothie	D6	\$2.50
Sparkling Mango Juice	D7	\$1.75

Our meals meet or exceed your provincial guidelines for healthy schools