

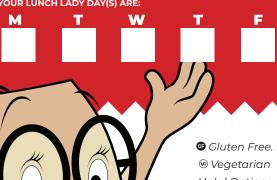
For 25 years, The Lunch Lady has provided hot lunches to thousands of children across Canada.

Schools love us because we take care of everything. Parents love us because our service is easy, affordable and, best of all, healthy.

Kids love us because we make lunch fun and our food tastes great!

YOUR LUNCH LADY DAY(S) ARE:

19293 08/2018



Halal Options Available

## Allergies?

We care! Please contact us to learn more.

## Need to cancel?

Simply call us by 8 a.m. the day of the scheduled lunch.

Chicken	From
<b>Baked Chicken Fingers</b> Served with steamed brown rice and corn.	
Chicken Teriyaki Bowl With steamed vegetables over brown rice or whole grain noodles & sweet teriyaki sauce.	
<b>BBQ Chicken Drumsticks</b> With potato wedges or rice and corn.	
Crunchy Chicken Sushi Roll With edamame beans & side soy sauce	

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<b>Spaghetti &amp; Meatballs</b> Whole grain pasta & beef meatballs tossed in Lunchie's homemade tomato sauce.	
<b>Smiling Shepherd's Pie</b> With peas, carrots, mashed potatoes & side fruit.	
Hamburger Meal	

**From** 

Served with homestyle baked potato wedges or side fruit or vegetable.

Vegetarian	From
Homemade Macaroni & Cheese Made with real cheddar cheese & served with your choice of fruit or vegetables.	
<b>Whole Grain Pancakes</b> Kid approved! Served with syrup & optional sides.	
Black Bean Burrito Bowl  Veggie ground round, black beans, edamame & corn	

## over brown rice with mozzarella. Served with side sour cream and fruit.

**Grilled Cheese Meal** On whole wheat with real cheddar cheese & your choice of fruit or vegetables.

Salads, Wraps & More	From
<b>Crunchy Chicken Apple Harvest Salad</b> With a whole wheat bun & maple balsamic dressing.	
<b>Grilled Chicken Caesar Salad</b> With a whole wheat bun & caesar dressing	
Assorted Wraps Made fresh daily on a whole wheat wrap.	
Farm & Field Plate Hard boiled egg, fresh veggies, fruit, real cheddar, crackers & homemade ranch dip.	









