



THE LUNCH ROOM

brought to you by The Lunch Lady

**School is back
and we are
excited to serve
you!**

Back and Better!

Welcome back! We sure have missed you.

In person learning is back, and we are thrilled to be serving some of our schools again. We are still waiting for the green light from some schools and boards, but are ready to provide safe service again when called upon.

It's been a tough 18 months for everyone and the Lunch Lady wants to say thank you for your patience and understanding as we navigated this situation together.

We spent a significant amount of time planning for our re-opening and redefining ourselves, all with the goal of serving you better. From our menus, to our ordering systems, and overall mission and vision we have reaffirmed our commitment to you, our customers.

As an organization we are committed to creating a sustainable network of caring local businesses, who delivery innovative and wholesome meal programs that both delight and nourish those we serve. We believe that whole and satisfying meals should be available to all Canadians, especially our children. This vision will guide all of our decision making as a company.

During this time, we took the opportunity to reaffirm our commitment to provide wholesome meals to everyone and have broadened our reach to include child cares, community programs that address food insecurity, school nutrition programs, senior services and camps.

Our stringent safety and delivery protocols allowed us to continue serving during Covid. With this experience we are confident that our school delivery programs are safe for our communities and our staff.



**Don't Wait!
Book Your Special Event Now.**



**Ask about our themed menu options
Fundraising opportunities available**

Are you on school council or know someone who is? We can help bring special events to your school. All of our special themed menus come individually package and pre-sorted by classroom, for easy Grab & Go distribution. Delivery is FREE and we do not even have to enter the building. This is a great opportunity for fundraising.

If regular food service has not yet resumed at your school, we can still help by safely delivering some special event day lunches.

Ask your local Lunch Lady for details.



Healthier Options

Picky eating is common among young children. In fact, up to 50 percent of children are reported as picky eaters by their parents or caregivers. At the Lunch Lady we take kid favourite meals and make them in a healthier way, like our top selling Mac & Cheese. It's made with a homemade cheese sauce instead of processed cheese powder and meets school nutrition guidelines. It is so yummy that we have teachers who order it too!



Routine Matters

You know eating right can be as simple as enjoying an apple a day. However, there is something else that affects your eating habits and it has nothing to do with food.

It's SLEEP!

Find out why we consider sleep to be as important as the food our children consume.

Introducing our Kidcutterie

The Lunch Lady is so excited to introduce our NEW Kidcutterie.

This yummy box of wholesome finger foods is sure to delight your kids at lunch time.

With different varieties to choose from, there is something for everyone.

Look for it this Fall at participating locations.



Canadians throw away 3 tonnes of plastic waste each year and about one third of this is single-use plastics.

let's do our part to protect the environment and bring your own fork and spoon from home.