

# The Lunch Lady is excited to deliver hot, healthy & delicious lunches to BALACLAVA Elementary School...now every MONDAY & WEDNESDAY!



Healthy Lunches Delivered Fresh starting on Monday September 18<sup>th</sup>

TO ORDER, visit [www.thelunchlady.ca](http://www.thelunchlady.ca)

- ✓ Click on ORDER NOW to set up your Lunch Lady account or order with an existing account.
- ✓ **Order Deadline** is two school days before the scheduled lunch day.
- ✓ Order lunches one week or a month at a time!

## ALLERGIES? WE CARE!

Please call or email us prior to ordering to advise of any allergies & learn more.

## NEED TO CANCEL?

We understand! Just CALL us and let us know by 8:00 a.m. for a **credit** to use another time.

## GREAT JOB! Every Order Helps Your School!

All Lunch Lady entrees include a fundraising contribution back to help your school!

Your Lunch Lady is Chrissy

[chrissy@thelunchlady.ca](mailto:chrissy@thelunchlady.ca) 🍎 905-648-8282

## POPULAR HOT BALANCED MEALS!

\*More options available online!\*

Spaghetti & Beef Meatballs & Lunchie's Homemade Tomato Sauce	\$5.00	Pancakes (3) with side syrup & Unsweetened Applesauce	\$5.00
Baked Chicken Fingers Rice & Corn	\$5.00	Beef Burger, Cheese or Veggie Burger & Fresh Vegetable	From \$5.10
Personal Cheese Pizzette & Fresh Vegetable	\$5.30	Garlic Chicken Penne with Peas & Carrots	\$5.30

## MORE ENTREES & FRESH SIDES

\*More options available online!\*

Homemade Mac & Cheese	\$4.80	Grilled Cheese Sandwich	\$4.50
Buttery Parmesan Pasta	\$4.50	Spaghetti & Homemade Tomato Sauce	\$4.50
<b>NEW!</b> Carrot Cucumber Sushi Roll	\$5.00	Crunchy Chicken Ranch Wrap	\$4.90
Crunchy Chicken Caesar Wrap	\$4.90	Caesar/Garden Salad	\$2.30
Apple Slice/Fresh Orange/Carrots	\$1.30	Chunky Monkey/Very Berry Parfait	\$2.90
Assorted Smoothies	\$3.50	Assorted Bakery Treats	From \$1.20

## LUNCH LADY 'SMARTER MEALS'

\*More options available online!\*

Potato & Cheese Perogies & Veggies, Sour Cream & Applesauce Cal 465 Sod 610mg Fat 8g Pro 14g	\$5.70	3 Whole Grain Pancakes & Yogurt/Berries Parfait Cal 550 Sod 710mg Fat 4g Pro 13g	\$6.30
Smiling Shepherd's Pie & Apple Slices Cal 317 Sod 241mg Fat 9g Pro 19g	\$6.30	Teriyaki Chicken Rice Bowl & Steamed Veggies & Orange Slices Cal 460 Sod 520g Fat 4g Pro 20g	\$6.30



**WANT MORE OPTIONS? \*Gluten Free, Vegetarian, Little Lunches & more available online!**

\*Online orders only. Visa, Visa Debit, MasterCard or Interac accepted. Prices include all applicable taxes.