

Healthy Lunches Delivered
Fresh starting Friday October 20th
at Tiffany Hills!

TO ORDER, visit 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 🍎 905-648-8282



the
Lunch
Lady

The Lunch Lady will be at
Tiffany Hills Elementary School
every Friday!

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
NEW! 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

Plus! New
Fun Lunch
Events
every
Month!

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

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

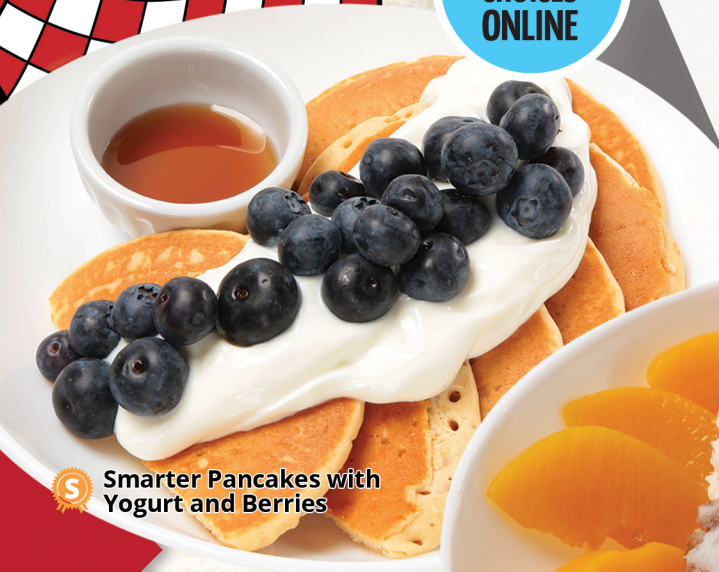




JOIN OUR **NOT SO** SECRET MISSION

Say **YES** to good food wherever you learn, eat and play!

MORE CHOICES ONLINE



S Smarter Pancakes with Yogurt and Berries



S Smarter Smiling Shepherd's Pie

So Good!
SO SMOOTHIE!
NEW FLAVOURS!

Mango Tango
Very Berry

Green Power
Choco-Nana



- ✓ Kid-approved
- ✓ Properly portioned
- ✓ Quality ingredients
- ✓ Freshly prepared daily
- ✓ Made in your community



Our school meals are served in delivery-friendly packaging. Interested in the Lunch Lady as a business opportunity or a great place to work? Go to thelunchlady.ca

Order your lunches at thelunchlady.ca