Menu:

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:

M	T	W	T	F
☐	☐	☐	☐	☐

GF *Gluten Free.*

VG *Vegetarian*

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

Beef	From
Spaghetti & Meatballs Whole grain pasta & beef meatballs tossed in Lunchie's homemade tomato sauce.	
Smiling Shepherd's Pie With peas, carrots, mashed potatoes & side fruit.	
Hamburger Meal 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.	
Whole Grain Pancakes 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
Crunchy Chicken Apple Harvest Salad With a whole wheat bun & maple balsamic dressing.	
Grilled Chicken Caesar Salad 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.	

HELPS YOUR SCHOOL

NUTRITION POLICY APPROVED

LOCALLY OWNED

NUT-FREE ALLERGY AWARE

theLunchLady.ca
Healthy Lunches. Made Simple.

19293 08/2018

Prices for 2018/2019 school year. Subject to change.