



The Lunch Lady is excited to deliver hot, healthy & delicious lunches to DUNDANA Elementary School

Healthy Lunches Delivered Fresh starting Monday December 11th

Please login to check dates for other Lunch Days at Dundana Elementary School

TO ORDER, visit www.thelunchlady.ca

- ✓ Click on ORDER NOW to set up your Lunch Lady account or order with an existing account.
- ✓ Select the December 11th Menu
- ✓ **Order Deadline** is the Thursday 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



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	\$5.10
Baked Chicken Fingers Rice & Corn	\$5.20	Beef Burger, Cheese or Veggie Burger & Fresh Vegetable	From \$5.20
Personal Cheese Pizzette & Fresh Vegetable	\$5.40	Garlic Chicken Penne with Peas & Carrots	\$5.30

MORE ENTREES & FRESH SIDES

More options available online!

Homemade Mac & Cheese	\$5.00	Grilled Cheese Sandwich	\$4.50
Buttery Parmesan Pasta	\$4.50	Spaghetti & Homemade Tomato Sauce	\$4.50
Homemade Chicken Noodle Soup	\$3.25	Crunchy Chicken Ranch Wrap	\$5.00
Crunchy Chicken Caesar Wrap	\$5.00	Caesar/Garden Salad	\$2.50
Apple Slice/Fresh Orange/Carrots	\$1.30	Chunky Monkey/Very Berry Parfait	\$2.90

LUNCH LADY 'SMARTER MEALS'

More options available online!

Potato & Cheese Perogies & Veggies, Sour Cream & Applesauce Cal 465 Sod 610mg Fat 8g Pro 14g	\$5.80	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	\$6.40	Teriyaki Chicken Rice Bowl & Steamed Veggies & Orange Slices Cal 460 Sod 520g Fat 4g Pro 20g	\$6.40

WANT MORE OPTIONS?

*Gluten Free, Vegetarian, Little Lunches & more available online!

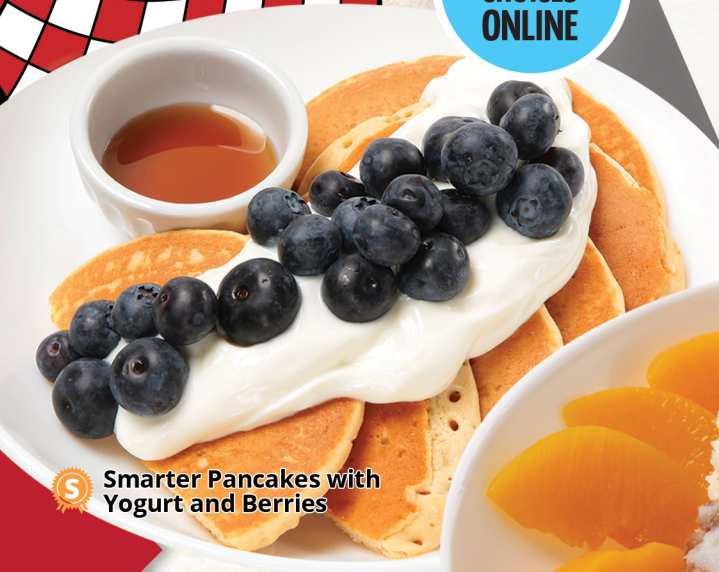
*Online orders only. Visa, Visa Debit, MasterCard or Interac accepted. Prices include all applicable taxes.



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