



SO MANY
**MORE
OPTIONS
ONLINE**

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.

V 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.