



# Lettuce take care of lunch.

Hot. Simple. Kid Approved.

- ✓ Easy to order. Delivery is free.
- ✓ Options for everyone
- ✓ Sick kids? Field trip? No problem.
- ✓ Nutritionally balanced

## Oodles of Choice at theLunchLady.ca

### Hot & Delicious

Choices include Lunchie's homemade mac & cheese, healthy lunch bowls, shepherd's pie, teriyaki stir fry, spaghetti & meatballs, perogies & more.

### Fork-free Lunch

Put down the fork and pick up a homemade beef taco, grilled cheese, hamburger & more. Served with side vegetables or fruit.

### Breakfast for Lunch

Try our whole grain pancakes, french toast or egg & cheese sandwich with a variety of side options.

### Wraps, Salads & Sushi

Parent & kid approved choices including whole wheat wraps, entree chicken salads, Lunchie's sushi & more.

Lunches  
from  
**\$5.50**

19484 07/2019



### Round up your lunch!

- Assorted Drinks
- Cookies & Smoothies
- Garden/Caesar Side Salads
- and more online!

## Ordering is easy at theLunchLady.ca

Sign up or login to find out your school's Lunch Lady days!

Orders due 2 school days before lunch day.

Gluten Free, Vegetarian, Halal & more options.

theLunchLady.ca  
Healthy Lunches. Made Simple.