

**FREE
REUSABLE
SPORK**

WHEN YOU ORDER A
'BLAST OFF' LUNCH
While quantities last.



**MAY THE
SPORK
BE WITH YOU**



150



**FREE
LUNCHES***

GIANT GALACTIC GIVEAWAY!

Throughout the fall we will be randomly selecting 150 students off our network and treating them to a **FREE lunch!** No purchase is necessary, but you must be registered for an account with the Lunch Lady. Don't have an account? **Go to www.thelunchlady.ca ORDER NOW and sign up to be eligible.**

Healthy Meals. Made Simple.

For 25 years, The Lunch Lady, a Canadian company, has been committed to making lunchtime better for kids at school. Lunches are prepared daily in our local community kitchens.

Menu options include many "kid and parent approved" Smarter Meals, classics and favourites, meeting all nutritional guidelines for a fully balanced meal.

Vegetarian, gluten-free, halal and allergy aware options are also available.

Go to thelunchlady.ca ORDER NOW to set up your account and order online. Select the 'Blast Off' Menu.

Please contact us with any questions.



the
Lunch
Lady.ca

BLAST OFF! LUNCHES

COME WITH A FREE SPORK!
While quantities last.

Wednesday September 13 & 20

R.A. Riddell
Elementary School

\$5.00

- Out of this World Flying Pancakes with Applesauce & side syrup
- Space Dog and & Carrot Rockets
- Galactic Grilled Cheese & Carrot Rockets

SCI-FI SNACKS ADD A SIDE

Freshly Made Smoothies
\$3.50

Wookie Cookies
\$1.20

Sub Zero Frozen Yogurt
\$1.50

...and more online!

Sign up and order at **thelunchlady.ca**

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

*Full rules and conditions online.



Your Lunch Lady is...
Chrissy • 905-648-8282
chrissy@thelunchlady.ca