

More Lunch Options available online at www.thelunchlady.ca
Including Little Lunches –Just Plain - Larger Servings – Gluten Free - Halal



NEW

PREMIUM SMARTER MEALS		POPULAR BALANCED LUNCHES	
NEW Cheese Topped Campfire Chili Macaroni with side Apple Slices (featured) Cal 410 Sod 300mg Fat 9g Pro 11g	\$5.85	Home-made Macaroni and Cheese and steamed Veggies	\$5.15
Topsy Turvy Pasta (ground beef & mozza cheese), Carrots & Homemade Ranch Dip Cal 473 Sod 265 mg Fat 9 g Pro 26 g	\$6.15	Baked Chicken Fingers, Whole Grain Rice and Niblet Corn	\$5.00
Teriyaki Chicken Rice Bowl , steamed Veggies & Orange Slices Cal 460 Sod 520mg Fat 4g Pro 20g	\$6.35	Spaghetti and Mini Beef Meatballs with our kitchen crafted Pasta Sauce	\$5.00
Smiling Shepherd's Pie & side Peach Slices Cal 317 Sod 241mg Fat 9g Pro 19g	\$6.35	NEW Real Cheddar Grilled Cheese Sandwich and Tomato Soup	\$6.30
Harvest Farm Plate with Crisp Apple Slices, Carrots, hard boiled Egg, Crackers, Cheese & Ranch Dip Cal 280 Sod 518mg Fat 10 g Pro 12g	\$5.75	Soft Shell Beef Taco with mozza cheese side sour cream and side fresh veggies	\$5.95
Garlic Chicken Penne, Peas & Carrots & side crunchy Apple Slices Cal 385 Sod 285mg Fat 6g Pro 21g	\$6.25	Pancakes (2) and Turkey Sausage(1), side syrup and Unsweetened Applesauce	\$4.95
Sunshine Sandwich (Egg Pattie and Mozzarella) with side Salsa & Fresh Orange Cal 275 Sod 615mg Fat 9g Pro 16g	\$5.75	Potato "Volcano" exploding with Beef Meatballs, Gravy & Niblet Corn	\$5.25
We are proud to meet PPM150 guidelines and support healthy choices at your school		Cheese Tortellini with Tomato Sauce and steamed Green Beans	\$4.75
		Warm Beef Meatball Sub with tomato sauce, mozza cheese and side fresh veggies	\$6.35
		BBQ Chicken Drumstick, Potato Wedges & Corn	\$5.25

SEE THE WHOLE MENU ONLINE!

Visit www.thelunchlady.ca ORDER NOW
Set up new accounts or use an existing account to login. Select the menu you want from the menu drop down

- **Order Deadline?** – While you can access our site 24/7, please complete your orders or changes 2 school days prior to any delivery date . Contact us if you miss the order deadline and still want to order. Order one lunch or a bunch.
- **Allergies?** – It is really important that you call or email us prior to ordering. We can help
- **Sick Child?** – We understand . Call by 8am to receive a credit to use another time. Sorry no refunds, credits only. Uncollected lunches are not left at school
- **Order Another Way?** – Need an alternate ordering or payment option like e-transfers. Just ask us
- **EVERYONE WINS!** Each individually prepared meal includes a contribution to your school, personalized service and all applicable fees.

Sam Sherratt – Feb to June – We deliver every Thursday!

A WIDE RANGE OF HOT AND COLD SIDES AVAILABLE ONLINE

NEW Warm Soups	Warm Garlic Bread	Smoothies & Yogurt Parfaits
Bakery Treats	Baked Potato Wedges	Milk & Juice
Side Salads	Fresh Fruit & Veggies	Plastic Cutlery
Savoury Snacks	Extra Proteins	Fixings, Dips & Condiments

Order your lunches at thelunchlady.ca



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