



Try our
AWESOME new
Smoothie and
Wrap.

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.

nicole@thelunchlady.ca
905-812-5592

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

PREMIUM SMARTER MEALS		POPULAR BALANCED LUNCHES	
Smiling Shepherd's Pie & side Peach Slices Cal 317 Sod 241mg Fat 9g Pro 19g	\$6.25	Home-made Macaroni and Cheese with side steamed Veggies	\$5.00
Topsy Turvy Pasta (ground beef & mozza cheese), Carrots & Homemade Ranch Dip Cal 473 Sod 265 mg Fat 9 g Pro 26 g	\$6.00	Baked Chicken Fingers, Whole Grain Rice and side Corn	\$4.95
Teriyaki Chicken Rice Bowl , steamed Veggies & Orange Slices Cal 460 Sod 520g Fat 4g Pro 20g	\$6.25	Spaghetti and Mini Beef Meatballs with our kitchen crafted Pasta Sauce	\$4.85
Harvest Farm Plate with Crisp Apple Slices, Crunchy Carrots, a hard boiled Egg, Crackers, Cheese and our yummy Ranch Dip Cal 280 Sod 518mg Fat 10 g Pro 12g	\$5.75	Beef Meatball Sub with mozza cheese and side of Veggies	\$6.05
Potato & Cheese Perogies, Power Mix Veggies, side sour cream & Applesauce Cal 465 Sod 610mg Fat 8g Pro 14g	\$5.50	Cheeseburger on a Whole Wheat Bun with side Fresh Veggies	\$5.75
Garlic Chicken Penne, Peas & Carrots & side crunchy Apple Slices Cal 385 Sod 285mg Fat 6g Pro 21g	\$6.15	Pancakes (2) and Turkey Sausage(1), side syrup and Applesauce	\$4.85
Sunshine Sandwich (Scrambled Egg and Mozzarella) with side Salsa & Fresh Orange Cal 275 Sod 615mg Fat 9g Pro 16g	\$5.60	Potato "Volcano" exploding with Beef Meatballs, Gravy & side Corn	\$5.25
We are proud to meet PPM150 guidelines and support		Meal Size Chicken Caesar Salad & Bun	\$5.50
		Fresh Made Smoothies in 4 flavours – Berry, Mango, Choc-Banana, Green Power	From \$3.45
		Personal Cheese Pizzette with side Fresh Veggies	\$5.25

Sam Sherratt – (Sept 21 to Jan) – We deliver every Thur

A WIDE RANGE OF HOT AND COLD SIDES AVAILABLE ONLINE

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

Order your lunches at thelunchlady.ca

