



See MORE Online

SMARTER MEALS - [see more online]

3 Whole Grain Pancakes, side syrup, Yogurt and Berries	SM1	\$6.00
Cal: 550 Sod: 710mg Fat: 4g Pro: 13g		
Crunchy Chicken & Apple Salad, maple/balsamic dressing and Bun	SM2	\$6.00
Cal: 366 Sod: 610mg Fat: 10g Pro: 17g		
Garlic Chicken Penne, peas & carrots and Apple Slices.	SM3	\$6.00
Cal: 385 Sod: 295mg Fat: 6g Pro: 21g		
Sunshine Sandwich (EGG & mozzarella), salsa dip and Fresh Orange	SM4	\$5.50
Cal: 275 Sod: 615mg Fat: 9g Pro: 16g		
Farm Plate with EGG, veggies and fruit, wheat crackers, cheddar and house dip	SM5	\$5.50
Cal: 280 Sod: 518mg Fat: 10g Pro: 12g		
Teriyaki Chicken Rice Bowl, steamed Veggies & Fresh Orange	SM6	\$6.00
Cal: 460 Sod: 520mg Fat: 4g Pro: 20g		
Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	SM7	\$5.50
Cal: 465 Sod: 610mg Fat: 8g Pro: 14g		

Want to learn more about SMARTER MEALS or see Nutritional and Meal information? Find it online at www.thelunchlady.ca/ourfood



This year reduce waste! "BRING YOUR OWN" Fork and Spoon from HOME Learn more at www.thelunchlady.ca

Need to cancel?

We understand! Just CALL by 8:00 a.m. for a credit to use another time. 48 hours is appreciated for trips and appointments. (Sorry, no refunds – credits only). Uncollected lunches are NOT left at school.

Amin
amin@thelunchlady.ca
519-513-9858

Gluten Free - Vegetarian - Halal and MORE of Everything Else at www.thelunchlady.ca >ORDER NOW

Most Popular Lunch Entrées [see more online]

Macaroni and Cheese	T01	\$4.50
Baked Chicken Fingers with rice and corn	T02	\$4.75
Spaghetti and Beef Meatballs	T03	\$4.75
Real Cheddar Grilled Cheese Sandwich	T04	\$4.25
Cheeseburger	T05	\$4.75
Just 3 pancakes served with side syrup	T06	\$4.25
Just Buttery Pasta with parmesan	T07	\$4.25
Lightly Breaded Chicken Burger	T08	\$4.50
Beef Burger	T09	\$4.50
Cheese Pizzette, ranch dip and carrots	T10	\$4.75

Best Loved Salad and Wrap [see more online]

Crunchy Chicken Ranch Wrap	W01	\$4.50
Chicken Caesar Salad and dressing / Bun	W02	\$5.25

Add a side combo to make any Entrée a Full Meal

Milk and a Bakery Treat	87	\$2.00
Crunchy Carrots and Yogurt	88	\$2.00

Meals for Little Lunchers [see more online]

Chicken Nuggets, warm bun, fruit, and milk	L01	\$5.50
Mini Meal of Pancake Bites, side syrup, fruit and milk	L02	\$5.50

Support "BREAKFAST FOR LEARNING" [see more online]

Baked Chicken Nuggets, warm bun, fresh veggies, yogurt, a bakery treat, and a donation to "BFL"	M01	\$6.25
An All Day Breakfast Combo with scrambled EGG, pancakes, turkey sausage, syrup, fruit and yogurt and a donation to "BFL"	M02	\$6.50

Hot & Cold Sides, Fixings & Drinks [see more online]

Side Caesar Salad	S01.	\$2.00	Chunky Monkey Parfait	S14.	\$2.25
Kitchen Baked Cookie	S02.	\$1.25	Orange of the Day	S15.	\$1.00
Low Fat Muffin	S03.	\$1.25	Peach Slices in Juice	S16.	\$1.50
Kettle Popcorn	S04.	\$1.75	Warm Garlic Bread	HT1.	\$1.25
Lunchie Snack Mix	S05.	\$1.50	Chicken Noodle Soup	HT2.	\$3.00
Fresh Berry Smoothie	S06.	\$2.50	2 Chicken Fingers	HT3.	\$2.75
Frozen Vanilla Yogurt	S07.	\$1.50	2 Turkey Sausage Links	HT4.	\$1.75
100% Apple Juice	S08.	\$1.25	Baked Potato Wedges	HT5.	\$1.75
Chocolate Milk	S09.	\$1.50	"Becel" pack	F01.	\$0.25
1% milk	S10.	\$1.25	Lunchie's Ranch Dip	F02.	\$0.50
Fresh Veggie Cup/Dip	S11.	\$2.00	Ketchup packet	F03.	\$0.05
Apple Slices and Cheese	S12.	\$2.25	Mustard packet	F04.	\$0.05
Berry Bottom Parfait	S13.	\$2.25	Lettuce/ Tomato Slice	F05.	\$0.50

J. W. Gerth

The paper menu is due: **Wed, Sep 14** or order online anytime with **3** school days notice.

Food Allergy - Please contact us before placing your order to complete an allergy assessment form.

NAME: _____
 TEACHER: _____
 RM# _____ Gr _____
 PARENT: _____
 PHONE: _____
 EMAIL: _____

Providing your email guarantees receipt of an order confirmation, reminders, and information about our service including Snow Day Policy and upcoming events. PLEASE PRINT CLEARLY

Sep	Code	Code	Code	Code	Code	\$
Th 15	Online Only Ordering for Today's Delivery					
Th 22						
Th 29						
Oct	Code	Code	Code	Code	Code	\$
Th 6						
Th 13						
Th 20						
Th 27						
Nov	Code	Code	Code	Code	Code	\$
Th 3						
Th 10						
Th 17						
Th 24						
Dec	Code	Code	Code	Code	Code	\$
Th 1						
Th 8						
Th 15						
Th 22						
Jan	Code	Code	Code	Code	Code	\$
Th 12						
Th 19						
Th 26						
Total to remit					\$	

Cheque (Payable to The Lunch Lady)
 Visa Mastercard
 (Interac available online)

CARD #: _____

EXP[MM/YY]: / _____

SIGNED: _____

Our meals include any applicable taxes and a contribution to your school