



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 3 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.

amin@thelunchlady.ca
519-513-9858

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

PREMIUM SMARTER MEALS

NEW Cheese Topped Campfire Chili Macaroni with side Apple Slices (featured) Cal 410 Sod 300mg Fat 9g Pro 11g	\$5.75
3 Whole Grain Pancakes with Yogurt/Berries Cal 550 Sod 710mg Fat 4g Pro 13g	\$6.25
Teriyaki Chicken Rice Bowl, steamed Veggies & Orange Slices Cal 460 Sod 520mg Fat 4g Pro 20g	\$6.25
Smiling Shepherd's Pie & side Peach Slices Cal 1317 Sod 241mg Fat 9g Pro 19g	\$6.25
Potato & Cheese Perogies, Power Mix Veggies, side sour cream & Applesauce Cal 465 Sod 610mg Fat 8g Pro 14g	\$5.75
Garlic Chicken Penne, Peas & Carrots & side crunchy Apple Slices Cal 385 Sod 285mg Fat 6g Pro 21g	\$6.25
Sunshine Sandwich (Egg Pattie and Mozzarella) with side Salsa & Fresh Orange Cal 275 Sod 615mg Fat 9g Pro 16g	\$5.75

We are proud to meet PPM150 guidelines and support healthy choices at your school

POPULAR BALANCED LUNCHES

Home-made Macaroni and Cheese and steamed Veggies	\$5.00
Baked Chicken Fingers, Whole Grain Rice and Niblet Corn (option- Potato Wedges \$5.25)	\$5.00
Spaghetti and Mini Beef Meatballs with our kitchen crafted Pasta Sauce	\$5.00
NEW Real Cheddar Grilled Cheese Sandwich and Tomato Soup (option- Fresh Veggies \$4.75)	\$6.00
Cheddar Cheeseburger and Baked Potato Wedges (option- Fresh Veggies \$5.80)	\$5.95
Pancakes (2) and Turkey Sausage(1), side syrup and Unsweetened Applesauce	\$4.75
Potato "Volcano" exploding with Beef Meatballs, Gravy & Niblet Corn	\$5.00
Cheese Tortellini with Tomato Sauce and steamed Green Beans	\$4.75
NEW Hearty Veggie Chili over Whole Grain Rice	\$4.75
BBQ Chicken Drumstick, Potato Wedges and Niblet Corn	\$5.00

A WIDE RANGE OF HOT AND COLD SIDES AVAILABLE ONLINE

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

