

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

Try our
AWESOME
new
Smoothie and
Wrap
Specials.



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.

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PREMIUM SMARTER MEALS

Smiling Shepherd's Pie & side Apple Slices Cal 317 Sod 241mg Fat 9g Pro 19g	\$6.00
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 520g Fat 4g Pro 20g	\$6.00
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 10g Pro 12g	\$5.85
Potato & Cheese Perogies, Power Mix Veggies, side sour cream & Applesauce Cal 465 Sod 610mg Fat 8g Pro 14g	\$6.00
Garlic Chicken Penne, Peas & Carrots & side crunchy Apple Slices Cal 385 Sod 285mg Fat 6g Pro 21g	\$6.00
Sunshine Sandwich (Scrambled Egg and Mozzarella) with side Salsa & Fresh Orange Cal 275 Sod 615mg Fat 9g Pro 16g	\$5.75
We are proud to support healthy choices at your school	

POPULAR BALANCED LUNCHES

Home-made Macaroni and Cheese with side steamed Veggies	\$5.00
Baked Chicken Fingers, Whole Grain Rice with side Corn	From \$5.00
Spaghetti and Mini Beef Meatballs with our kitchen crafted Pasta Sauce	\$5.00
Real Cheddar Grilled Cheese Sandwich on Whole Wheat with side Fresh Veggies	\$4.75
Cheeseburger on a Whole Wheat Bun side Fresh Veggies or Baked Potato Wedges	\$5.65
Pancakes (2) and Turkey Sausage(1), side syrup and Applesauce	\$5.25
Potato "Volcano" exploding with Beef Meatballs, Gravy & side Corn	\$4.95
Meal Size Chicken Caesar Salad & Bun	\$6.15
Fresh Made Smoothie & Wrap Specials	From \$6.95
Cheese Quesadilla with salsa, side sour cream and fresh Veggie of the Day	\$5.75

Webster's Corner – Sept to Jan – We deliver every Friday

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 if needed
Savoury Snacks	Extra Proteins	Fixings, Dips & Condiments

Order your lunches at **thelunchlady.ca**

