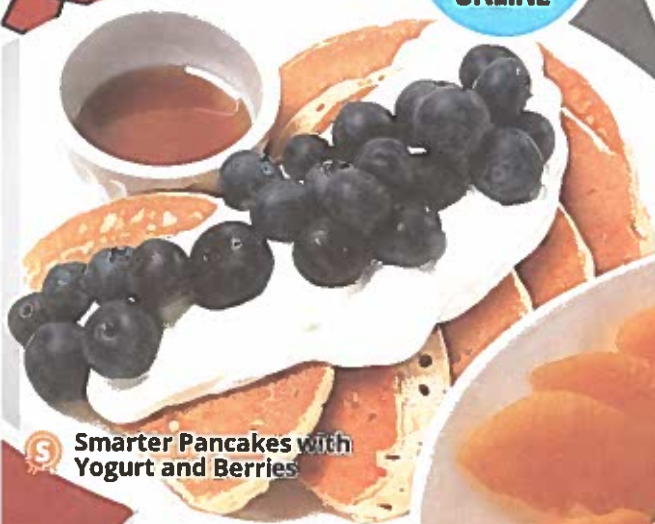


JOIN OUR **NOT SO** SECRET MISSION

Say **YES** to good food wherever you learn, eat and play!

MORE CHOICES ONLINE



Smarter Pancakes with Yogurt and Berries



Smarter Smiling Shepherd's Pie



**So Good!
SO SMOOTHIE!
NEW FLAVOURS!**

- Mango Tango
- Green Power
- Very Berry
- Choco-Nana



- ✓ Kid-approved
- ✓ Properly portioned
- ✓ Quality ingredients
- ✓ Freshly prepared daily
- ✓ Made in your community



Our school meals are served in delivery-friendly packaging. Interested in the Lunch Lady as a business opportunity or a great place to work? Go to thelunchlady.ca

Order your lunches at thelunchlady.ca



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.

chantelle@thelunchlady.ca
905-623-2420

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

PREMIUM SMARTER MEALS		POPULAR BALANCED LUNCHES	
Smiling Shepherd's Pie & side Peach Slices Cal 317 Sod 241mg Fat 9g Pro 19g	\$6.00	Home-made Macaroni and Cheese with side steamed Veggies	\$5.00
3 Whole Grain Pancakes with Yogurt/Berries Cal 550 Sod 710mg Fat 4g Pro 13g	\$6.00	Baked Chicken Fingers, Whole Grain Rice or Baked Potato Wedges with side Corn	From \$5.00
Teriyaki Chicken Rice Bowl , steamed Veggies & Orange Slices Cal 460 Sod 520g Fat 4g Pro 20g	\$6.00	Spaghetti and Mini Beef Meatballs with our kitchen crafted Pasta Sauce	\$5.00
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	\$5.75	Real Cheddar Grilled Cheese Sandwich on Whole Wheat with side Fresh Veggies	\$4.75
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 side Fresh Veggies or Baked Potato Wedges	\$5.75
Garlic Chicken Penne, Peas & Carrots & side crunchy Apple Slices Cal 385 Sod 285mg Fat 6g Pro 21g	\$6.00	Pancakes (2) and Turkey Sausage(1), side syrup and Applesauce	\$4.75
Sunshine Sandwich (Scrambled Egg and Mozzarella) with side Salsa & Fresh Orange Cal 275 Sod 615mg Fat 9g Pro 16g	\$5.50	Potato "Volcano" exploding with Beef Meatballs, Gravy & side Corn	\$5.25
We are proud to meet PPM150 guidelines and support healthy choices at your school		Meal Size Chicken Caesar Salad & Bun	\$5.50
		Fresh Made Smoothie & Wrap Specials	From \$6.75
		Personal Pizzettes – assorted toppings with side Fresh Veggies	From \$5.25

MILLBROOK SOUTH CAVAN PS - (Sept to Jan) - We deliver every other TUESDAY

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

