

A la Carte - Build your own meal

Kitchen Favourite		
K1	Holiday Roast Chicken Drumstick Dinner	\$4.50
Around the World		
A1	Teriyaki Chicken Rice Bowl	\$4.25
A2	Perogies with sour cream and veggie medley	\$4.00
A3	Soft Beef Tacos	\$4.00
Open-Face "Toasty" Sandwiches		
B1	Toasty Meatball Sub with Cheese	\$4.25
B2	Toasty Cheesy Pizza Melt	\$4.00
Pasta		
C1	Macaroni and Cheese	\$4.00
C2	Spaghetti and Meatballs	\$4.00
C3	Chicken Parmesan Pasta	\$4.50
Traditional Dinners		
D1	Chicken Fingers with rice and corn	\$4.00
D2	Shepherd's Pie	\$4.25
Salads and Wraps		
E1	Taco Salad [vegetarian]	\$4.25
E2	Crunchy Chicken Ranch Wrap	\$4.00
Burger Bar		
G1	Beef Hamburger	\$4.00
G2	Cheeseburger	\$4.25
G3	Chicken Burger	\$4.00
G4	Sunshine Burger [egg & cheese]	\$4.00
29	Add side lettuce, tomato and pickles	\$0.75
Wholesome Additions		
1.	Warm Garlic Breadstick	\$1.00
2.	Fresh veggies	\$1.25
3.	Caesar Salad	\$1.50
4.	Fresh Clementine	\$0.75
5.	Fresh Apple Slices	\$1.00
6.	NEW! Oasis all natural "good for you" RED juice	\$1.00
7.	Banana Chip Loaf	\$1.00
8.	Ginger Bread Boy	\$1.00
9.	Berry Bottom Yogurt	\$1.00
10.	Chicken Noodle Soup	\$1.25
11.	Kettle Popcorn	\$1.25
12.	RUPS! Slushie	\$1.75
13.	Yogurt Drink	\$1.50
14.	Apple Juice or 31. Orange Juice	\$0.75
15.	Fruit 66 All Natural Sparkling Juice	\$1.50
16.	1% Milk	\$1.00
17.	Chocolate Milk	\$1.00

Winter Menu 2010

[These menu choices are available until Feb. 18, 2011.]

Our Features include everything for a Well Balanced Lunch

Our BEST VALUE Combos - Eat right.

Great Price

V1	Grilled Cheese Sandwich, fresh veggies and 100% juice	\$4.75
V2	Buttery Parmesan Pasta, fresh veggies and 100% juice	\$5.00
V3	Whole grain pancakes, side syrup, yogurt and 100% juice	\$5.00

Our most POPULAR fun packed meals include fresh veggies, 100% juice and a bakery treat.

F1	Chicken Nuggets	\$5.95
F2	Beef Hamburger	\$5.95

The ALL DAY Breakfast is back!

P1	Pancakes, scrambled egg, turkey sausage, apple sauce, side syrup and 100% juice	\$5.95
P2	Pancakes and turkey sausages, apple sauce, side syrup and 100% juice	\$5.95

SUPPORT our Farmers and get your Fruits and Veggies too!

M1	Warm Cheese Pizza Bread Wedges, marinara dipping sauce, apples, veggies and 100% juice [suitable for Halal]	\$5.50
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Just for Fun

Have any questions? Need to cancel? Meals cancelled before 8 AM on the day of service will receive a credit for another time. Trip? 3 days notice is appreciated. Keep my details handy!

marcia@thelunchlady.ca
 Ph: 905-623-2420
 Fax: 905-419-2425

I am always glad to hear from you

www.thelunchlady.ca

Mother Teresa [Courtice]

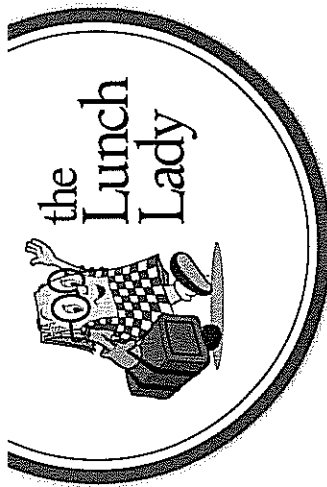
IMPORTANT! Please fill out the back of this form

Student Name _____ Rm# _____ Gr _____
 Teacher _____

This paper menu due: **Mon Nov 22nd**

Dec	Item	Item	Item	Item	Item	Item	Item	Item	Item	\$
Fr 10										
Fr 17										
Jan	Item	Item	Item	Item	Item	Item	Item	Item	Item	\$
Fr 7										
Fr 14										
Fr 21										
Fr 28										
Feb	Item	Item	Item	Item	Item	Item	Item	Item	Item	\$
Fr 4										
Fr 11										
Fr 18										
Total to remit										\$

Thank you for ordering. Enjoy your lunch



Your Lunch Lady Order Menu

Proudly Serving Canadian Students Since 1993.

Welcome

This is your first Lunch Lady menu for the 2010 — 2011 school year! **Flip over this page to view the full menu.**

With over 17 years of experience, the Lunch Lady is Canada's largest and most reliable school lunch provider. We're dedicated to making lunch time better for busy families and school communities. Each of our menus runs for multiple months and the order schedule is completely customizable to your needs. You can order all at once, month by month, or even one lunch at a time!

How to Order



Order Online - www.thelunchlady.ca

Ordering online lets you control your order from start to finish and lets you access your account 24/7. Online payment can be made by Visa or MasterCard.

Need an account?

To setup a Lunch Lady account online, go to "Order Now" at www.thelunchlady.ca.

Forgot your password? Go online to "Order Now" and select *send me my password*.



Order With Our Paper Menu

On the order grid, choose the days you want to order and fill in the form using the codes provided. Return the form and payment to your school by the due date. You can also order by the month and attach post-dated cheques. Contact your kitchen with any questions.

Frequently Asked Questions

What if I need extra menus?

Call us and we will email you another copy.

What if I want to change or cancel my order?

If your child is ill we will accept cancellations up to 8am on the day of service. For changes or to cancel for other reasons [like a school tip] 3 days notice is appreciated. Any cancelled meals will be credited to your account for use another time.

What do I do if my child has allergies or special food preferences?

Please contact your Lunch Lady kitchen. Often we can make modifications to accommodate your child's needs. Nutritional information is also available upon request.



How can I get involved in the Lunch Lady franchise network?

We have a number of franchise opportunities available across Canada. Visit our website or email us at franchise@thelunchlady.ca for more information.

Interested in employment opportunities?

Please contact your local Lunch Lady kitchen.

Contacting Your Lunch Lady

Your Lunch Lady kitchen's contact information can be found on the reverse side of this page. You can also access this information at any time on the "Find Your School" page of our website.

We care. Our menu covers are...

Printed with
Forestry Sustained Initiative paper,
Chemical Free printing plates,
& Vegetable based inks.



bullfrogpower™

The Lunch Lady Group
www.thelunchlady.ca

Join the conversation!
Find Lunch Lady Group On Facebook
Twitter: twitter.com/LunchLadyGroup

Paper Ordering Information Form

Please flip over to make your menu selections

Student Information

Student Name _____
 Teacher _____
 Rm # _____ Grade _____
 Parent Name _____
 Home Phone _____
 Parent E-Mail _____
 May we contact you by E-Mail? Yes No
 Special Food Needs? _____

Severe Food Allergy/Anaphylaxis?

Please contact your Lunch Lady or allergymanagement@thelunchlady.ca to obtain a Student Allergy Information Form.

Payment Information

Cheques: Please make all cheques payable to "The Lunch Lady". If paying for more than one child, keep menus together and send 1 cheque only.

Cash: Please send exact cash in a sealed envelope with your child's name and teacher on the envelope. We regret that we cannot be responsible for lost cash.

Visa/MasterCard:

VISA MasterCard
 # _____ Exp _____

Signed _____

If you miss the deadline or have questions about our program please call your Lunch Lady kitchen.