



the  
Lunch  
Lady

## Your Lunch Lady Menu

Proudly Serving Canadian Students Since 1993

### Paper Order Information Form

Please fill out and then 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 prior to ordering.

#### 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:** We recommend that you pay for your order by cheque or credit card as regrettably, we cannot be responsible for cash lost at school.

#### Visa/MasterCard:

VISA  MasterCard

# \_\_\_\_\_ Exp \_\_\_\_\_

Signed \_\_\_\_\_

Paper menus must be submitted by the due date listed for your school. If you miss the deadline or have questions about our program please contact your Lunch Lady kitchen.

### Making Healthy Food Fun

This is your Lunch Lady order guide. With over 18 years of experience, the Lunch Lady is Canada's largest and most reliable school lunch provider. We're dedicated to making lunchtime better for busy families and school communities.

**Flip over this page to view the full menu.**

#### How to Order

|||||

**A**

##### Order Online - TheLunchLady.ca

Our online site is always open! Pay by Visa or MasterCard. Interac is coming soon!

##### New to the Lunch Lady Online?

Visit [www.thelunchlady.ca](http://www.thelunchlady.ca) and click on ORDER HERE to access the login page and register for an online account. You will receive your password and start up details within 24 hrs.



**B**

##### Order With Our Paper Menu

Simply fill out the information form on the left panel of this page and complete the order grid on the back of the menu. Return the form and payment (see payment information to the left) to your school by the due date. You can also order by the month and attach post-dated cheques.

*We support Breakfast for Learning.*

*Donate online when you place your next order.*



Featuring lunch menus throughout the day

### Frequently Asked Questions

**What if I need extra menus?**

Contact us and we will email you another copy.

**What if I want to change or cancel my order?**

If your child is ill, cancellations made by phone up to 8AM on the day of service. Your account will be credited for future use. For other changes and cancellations [like a school trip], 3 days notice is appreciated. Sorry no refunds. Credits ONLY.

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

Our kitchens are nut-free and we take food safety very seriously. Please contact your Lunch Lady kitchen to obtain a Student Allergen Information Form. Often we can make modifications to accommodate your child's needs. Nutritional information is available upon request.

**How can I get involved in the Lunch Lady?**

In addition to a number of franchise opportunities across Canada [see our website for more information], Lunch Lady kitchens are a great place to work! Please contact your local Lunch Lady to see if they are hiring.

### 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 your Lunch Lady's contact information at any time on the "Find Your School" page of our website.

**Did you know...**

Last year Lunch Lady programs across Canada helped raise \$579,185.79 for Canadian schools!



The Lunch Lady Group  
[www.thelunchlady.ca](http://www.thelunchlady.ca)

Join the conversation!

Find Lunch Lady Group On Facebook  
Twitter: [twitter.com/LunchLadyGroup](https://twitter.com/LunchLadyGroup)



## A la Carte - Build your own meal

<b>Kitchen Favourite</b>	
O Cheese Tortellini with Tomato Sauce	\$4.00
<b>Around the World</b>	
B Soft Beef and Cheese Tacos	\$4.75
Q Teriyaki Chicken Rice Bowl	\$4.50
<b>Pasta</b>	
A Macaroni and Cheese	\$4.00
D Spaghetti and Meatballs	\$4.00
<b>Traditional Dinners</b>	
F Meatballs and Gravy with Homemade Mashed Potatoes and peas & carrots	\$4.50
G Chicken Fingers with Rice and Corn	\$4.00
GH Chicken Fingers with Rice and Corn - Halal	\$5.00
<b>Sandwiches, Salads and Wraps</b>	
H Chicken Caesar Salad	\$5.00
I Hummus and Veggie Wrap	\$4.50
J Crunchy Chicken Ranch Wrap	\$4.25
P Warm BBQ Crunchy Chicken Wrap	\$4.25
<b>Burger Bar</b>	
K Beef Hamburger	\$4.00
L Real Cheddar Cheese Burger	\$4.25
M Chicken Burger	\$4.00
MH Breaded Chicken on a Bun - Halal	\$5.00
N Sunshine Burger [Egg & Cheese]	\$4.00
<b>Wholesome Additions</b>	
1. Fresh Veggie Pack	\$1.00
2. Fresh Apple Slices	\$1.25
3. Fresh Clementine	\$1.00
4. Caesar Salad	\$1.50
5. Toppings- lettuce,tomato,pickle	\$1.00
6. Fresh Baby Carrot Pack	\$1.00
7. Hummus and Pita	\$1.50
8. Banana Chocolate Chip Loaf	\$1.00
9. Oatmeal Chocolate Chip Cookie Bar	\$1.00
10. Gingerbread Lunchie Cookie	\$1.00
11. Chocolate Brownie Loaf	\$1.00
12. Chunky Monkey Yogurt Parfait	\$1.50
13. Kettle Popcorn	\$1.25
14. Warm Garlic Breadstick	\$1.00
15. Chicken Noodle Soup	\$1.50
20. 100% Apple Juice or 31. 100% Orange Juice	\$1.00
21. RIPS! Frozen Slushie	\$2.00
22. Fruit 66 Sparkling Fruit Juice	\$1.75

## Vineland - Winter 2011/12

**Our Features include everything for a Well Balanced Lunch**

### Our BEST VALUE Combos - Eat right. Great Price

- V1** Real Cheddar Grilled Cheese sandwich, fresh veggies and 100% juice \$4.75
- V3** Whole grain pancakes, side syrup, Coolision Yogurt and 100% juice \$5.00
- V4** Potato and Cheese Perogies, side sour cream, fresh veggies and 100% juice \$5.25

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

- FN1** Chicken Nuggets! ..and a dinner bun \$5.95
- FN2** Pepperoni Pizza Smasher! Everything you love about pizza in a sandwich bun [turkey pepperoni] \$5.95
- FN3** Cheese Pizza Smasher! \$5.95

### ALL DAY Breakfast for Lunch!

- P1** Pancakes, scrambled egg, turkey sausage, fresh clementine and 100% juice \$5.95
- P2** Pancakes and turkey sausages, fresh clementine and 100% juice \$5.95

### Just for Fun

- 83** A special Lunch Lady Magic Mood graphite Pencil - the outside changes colour when you hold it! \$1.00

**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!**

natasha@thelunchlady.ca  
Ph: 905-664-1400

I am always glad to hear from you

[www.thelunchlady.ca](http://www.thelunchlady.ca)

## Vineland

**IMPORTANT!** Please fill out the back of this form

Student Name \_\_\_\_\_ Rm# \_\_\_\_\_ Gr \_\_\_\_\_  
Teacher \_\_\_\_\_

This paper menu due: **Wed Nov 30th**

Dec	item	item	item	item	item	\$
We 7						
We 14						
We 21						
We 28						
Jan	item	item	item	item	item	\$
We 4						
We 11						
We 18						
We 25						
Feb	item	item	item	item	item	\$
We 1						
We 8						
We 15						
We 22						
We 29						
<b>Total to remit</b>						<b>\$</b>

**Snow Day? If school is open - We deliver! Please call us to cancel lunch if your child will be away**