

New for this year

The Lunch Lady Café

This premium, prix-fixe menu is ideal for teachers, older students and adventurous lunch enthusiasts

Asian Delight

7\]WYb'BccXY'6ck`k]h`hYbXYf'cf]YbHU'j Y[YHUV'Yg]b U;]b[Yf; UF]WgU W

A UbXUF]b' CfUb[Y'GYW]cbg

G\U'G\U'c'f[Ub]W@a cb'GbUdg

; fYYb'W'HYU

Item CA1 \$7.50

A Mediterranean Getaway

Ga c_YX'Hi f_YmUbX'Dfcj c'cbY k]h`<cbYm8]cb'cb K \c'Y; fU]b'6U]i YHY

A] YX; fYYbg'k]h; fYY'_J]bU] [fYHY

: fi]h6c]hca 'Mc[i fh

:]Y'XVYffm]i]W

Item CA2 \$7.50

The Farmer's Market Box

Supporting local Canadian farmers

9b'cmU'gY'W]cb'cZgYUgcbU'Zi]hg] Y[[]Yg'WY'Yg'UbX k \c'Y [fU]b'VFYUX'gYfj YX'k]h`Vz'X'%'\$S' '4]W

Item FMB \$5.50

Mci f'gW'cc`]g'gYfj YX'Vm Gi Y

D\ . - \$) ! -) (! \$ & & +

: U! . - \$) ! -) (! \$ & ' -

gi Yj 4 h\Y'i bW\UXm'WU

=Znci 'k]'VY Uk Unz`_]bX'mVU`nci f`_]hWYb'VYZcFY 'Ua 'hc'fYW]j Y'U'VYX]h'cb'nci f'UW'ci bh'GeffmE'bc fYZ bXg'EVYX]hg'cb'mrc'i gY'Ubch.Yf'hja Y''D'YUgY'i gY nci f'VYX]hg'k]h]b '&gYfj]b['a cbhlg

www.thelunchlady.ca

Clearmeadow Fall 2009

H Y @ bW `@XmcZZfg'UXX]hcbU'a Ybi]hYa g'jBWi X]b[JY[YHUF]Ub'cdh]cbg'hc'a YYhH Y'bYYXg'cZnci f'gW'cc` W@a a i b]m' J]Yk 'h YgYcb'jBYcf'V@bH]Wii g'Uh - \$) ! -) (! \$ & & + Z'f'a cfY]bZ'fa U]cb"

Most Popular Hot and Cold Entrees

- A. Grilled Cheese Sandwich \$3.85
- B. Chicken Fingers, with whole grain rice and corn \$4.00
- C. Macaroni and Cheese with extra cheese on top * \$4.00
- D. Chicken Caesar Salad * \$4.00
- E. Meatballs (beef) with mashed potato, gravy and side vegetable \$4.00
- F. Chicken Nuggets with fresh raw veggies * \$4.00
- G. Hamburger [beef] \$4.00
- GC. Lightly Breaded Chicken Burger \$4.00
- H. Crunchy Chicken Ranch Wrap \$4.00
- I. Spaghetti and Meatballs [beef] * \$4.00
- IP. Buttery Spaghetti with parmesan cheese * \$4.00
- IT. Spaghetti and Tomato Sauce * \$4.00
- J. 3 Whole Grain Pancakes with side syrup * \$4.00

* A larger size is available. Add X as in BX and \$1.50 more per order

Create a Lunch Combo with any Entree

- 99. Fresh cut carrots, apples and 100% apple juice \$1.50

Sides – individually priced

- | | |
|------------------------------------|--------------------------------------|
| 1. Fresh Pick Veggies \$1.00 | 10. Cheese and Crackers \$1.00 |
| 2. Garden Salad \$1.00 | 11. Warm Garlic Breadstick \$1.00 |
| 3. Fresh Cut Apple \$1.00 | 12. Probiotic Yogurt Smoothie \$1.75 |
| 4. Fixins (let,tom,pic,chs) \$1.00 | 13. 100% Apple Juice \$0.75 |
| 5. Peaches in light syrup \$1.00 | 14. 100% Orange Juice \$0.75 |
| 6. Whole Grain Apple Crisps \$1.25 | 15. Cold Bottled Water \$0.75 |
| 7. Chunky Monkey \$1.00 | 16. 2% Milk \$1.00 |
| 8. Banana Chip Loaf \$1.00 | 17. Chocolate Milk \$1.00 |
| 9. Ginger Bread Man \$1.00 | 18. Chocolate Soy Milk \$1.25 |

Special Treats

- 83. After School Snack (Apple juice and Goldfish) \$1.50
- 93. Fun Day Lunch - Chickenburger - not available on-line \$4.00

Our prices include all applicable taxes

Clearmeadow [Newmarket]

Student Name _____

Food Allergy? _____

Teacher _____ Rm# _____ Gr _____

Home Phone _____

Account Holder [parent] Name: _____

Email: [print clearly] _____

Pay by Visa MC cheque exact cash

signed _____ exp[mm/yy] _____

H]g'D5 D9F'A9BI 'Xi Y.'Acb''GYdH'&%cf'd'UW' nci f'cfXYf'cb'jBY'Ubnt]a Y'k]h '' gW'cc`XUn]g bcl]W'7 cb]W]i g'- \$) ! -) (! \$ & & +

Sep	item	item	item	item	item	\$
Th 17						
Tu 22						
Th 24						
Tu 29						
Oct	item	item	item	item	item	\$
Th 1						
Tu 6						
Th 8						
Tu 13						
Th 15						
Tu 20						
Th 22						
Tu 27						
Th 29						
Nov	item	item	item	item	item	\$
Tu 3						
Th 5						
Tu 10						
Th 12						
Tu 17						
Th 19						
Tu 24						
Th 26						
Total to remit						\$