



# See MORE Online

## SMARTER MEALS - [see more online]

3 Whole Grain Pancakes, side syrup, Yogurt and Berries	SM1	\$6.00
Cal: 550   Sod: 710mg   Fat: 4g   Pro: 13g		
Smiling Shepherd's Pie with side sliced peaches	SM2	\$6.00
Cal: 317   Sod: 241mg   Fat: 8g   Pro: 19g		
"Topsy Turvy" Pasta, ground beef, mozz cheese, Fresh Carrots and Dip	SM3	\$6.00
Cal: 473   Sod: 265mg   Fat: 9g   Pro: 26g		
Fruit and Veggie Farm Plate with EGG, crackers, cheddar and dip	SM4	\$5.50
Cal: 280   Sod: 518mg   Fat: 10g   Pro: 12g		
Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	SM5	\$5.50
Cal: 465   Sod: 610mg   Fat: 8g   Pro: 14g		
Teriyaki Chicken Rice Bowl, steamed Veggies & Fresh Orange	SM6	\$6.00
Cal: 460   Sod: 520mg   Fat: 4g   Pro: 20g		
Garlic Chicken Penne, peas & carrots and Apple Slices.	SM7	\$6.00
Cal: 385   Sod: 295mg   Fat: 6g   Pro: 21g		

Want to learn more about SMARTER MEALS or see Nutritional and Meal information? Find it online at [www.thelunchlady.ca/ourfood](http://www.thelunchlady.ca/ourfood)



This year reduce waste! "BRING YOUR OWN" Fork and Spoon from HOME Learn more at [www.thelunchlady.ca](http://www.thelunchlady.ca)

### Need to cancel?

We understand! Just CALL by 8:00 a.m. for a credit to use another time. 48 hours is appreciated for trips and appointments. (Sorry, no refunds – credits only). Uncollected lunches are NOT left at school.

Charles  
[ottawacentral@thelunchlady.ca](mailto:ottawacentral@thelunchlady.ca)  
613-667-9000

## Gluten Free - Vegetarian and MORE of Everything Else at [www.thelunchlady.ca](http://www.thelunchlady.ca) > ORDER NOW

### Most Popular Lunch Entrées [see more online]

Macaroni and Cheese	T01	\$4.50
Baked Chicken Fingers with rice and corn	T02	\$4.75
Spaghetti and Beef Meatballs	T03	\$4.75
Real Cheddar Grilled Cheese Sandwich	T04	\$4.25
Cheeseburger on a whole wheat bun	T05	\$4.75
Just 3 pancakes served with side syrup	T06	\$4.25
Just Buttery Pasta with parmesan	T07	\$4.25
Lightly Breaded Chicken Burger	T08	\$4.50
Beef Burger	T09	\$4.50
Cheese Pizzette, ranch dip and carrots	T10	\$5.00

### Best Loved Salad and Wrap [see more online]

Crunchy Chicken Ranch Wrap	W01	\$4.50
Chicken Caesar Salad and dressing / Bun	W02	\$5.25

### Add a side combo to make any Entrée a Full Meal

Milk and a Bakery Treat	87	\$2.00
Crunchy Carrots and Yogurt	88	\$2.00

### Meals for Little Lunchers [see more online]

Chicken Nuggets, warm bun, fruit, and milk	L01	\$5.50
Mini Meal of Pancake Bites, side syrup, fruit and milk	L02	\$5.50

### All Day Breakfasts and Fun Combos (more online)

Baked Chicken Nuggets, warm bun, fresh veggies, yogurt, a bakery treat	M01	\$6.25
An All Day Breakfast Combo with scrambled EGG, pancakes, turkey sausage, syrup, fruit and yogurt	M02	\$6.50

### Hot & Cold Sides, Fixings & Drinks [see more online]

Side Caesar Salad	S01.	\$2.00	Chunky Monkey Parfait	S14.	\$2.65
Kitchen Baked Cookie	S02.	\$1.25	Orange of the Day	S15.	\$1.00
Low Fat Muffin	S03.	\$1.25	Peach Slices in Juice	S16.	\$1.50
Kettle Popcorn	S04.	\$1.75	Warm Garlic Bread	HT1.	\$1.25
Lunchie Snack Mix	S05.	\$1.50	Chicken Noodle Soup	HT2.	\$3.00
Fresh Berry Smoothie	S06.	\$2.75	2 Chicken Fingers	HT3.	\$2.75
Frozen Vanilla Yogurt	S07.	\$1.50	2 Turkey Sausage Links	HT4.	\$1.75
100% Apple Juice	S08.	\$1.25	Baked Potato Wedges	HT5.	\$1.75
Chocolate Milk	S09.	\$1.50	"Becel" pack	F01.	\$0.25
1% milk	S10.	\$1.25	Lunchie's Ranch Dip	F02.	\$0.50
Fresh Veggie Cup/Dip	S11.	\$2.25	Ketchup packet	F03.	\$0.15
Apple Slices and Cheese	S12.	\$2.25	Mustard packet	F04.	\$0.15
Berry Bottom Parfait	S13.	\$2.65	Lettuce/ Tomato Slice	F05.	\$0.50

## We deliver to Corpus Christie

SPRING 2017

This menu is **Online Order ONLY**. Please do not return any forms to your school.

### How to Order

Go to [www.thelunchlady.ca](http://www.thelunchlady.ca) -> ORDER NOW to set up your Lunch Lady account and order online

Once you have set up your account and accounts for your students, then you can schedule your meals. Pay by Visa, Visa Debit, Mastercard.

You can place, cancel, add or change your order online ANYTIME with 3 school days notice.

You can also email your order [with credit card information] ANYTIME with 3 school days notice.

### As part of our service we are pleased to provide:

Complete Allergy Management - please call us first prior to ordering. We will require you to complete an allergy form.

Automatically generated email copies of all your transactions

Order reminders and advance copies of new menus

Notice of contests and special newsletters

**PLEASE NOTE:** If for any reason Online Ordering is not an option for you, please contact us to make other arrangements. We are always happy to help

