

Daily Meal Price **\$5.10**

Sandwiches (Pre order)

Egg Salad Sandwich	\$3.00
Chicken Sandwich	\$3.35
Ham & Cheese Sandwich	\$3.35
6" Turkey Sub	\$4.25
6" Ham or Deli Sub	\$3.75
Chicken Snack Wrap	\$3.00
Sandwich Wraps	\$3.50-\$5.00

Drinks (Daily):

White Milk 250ml/500ml	\$0.40/\$0.80
Chocolate Milk 250ml/500ml	\$1.80/\$2.85
Juice 200ml/340ml	\$1.25/\$1.75
Water 500ml/591ml	\$1.50/\$2.00

Salads:

Caesar Salad	\$3.25
Garden Salad	\$3.25
Pasta Salad	\$3.25

Hot Items Daily:

Soup	\$3.00
Pizza Slice (Cut in 8)	\$3.25
2oz Hamburger WW bun	\$3.00
Mashed/Baked Potato/Rice	\$1.50
Grilled Cheese	\$2.85

Twice a week assortment:

7" Garlic Fingers w. Sauce	\$4.00
Turkey Pepperoni Calzone	\$4.75
Chicken Parmesan Wrap	\$4.50
Chicken Burger /WW Bun	\$3.75
4oz Chicken Fingers w/Dip	\$4.00
Small Baked Fries/Wedges	\$2.25

Snacks:

Veggie sticks w. Dip	\$1.50
Fruit Kebob	\$2.25
Low Fat Cookie	\$0.65
Breadsticks	\$1.50
Cinnamon Bun	\$1.50
Rice Krispy Square	\$0.80
Reduced Fat Banana Loaf	\$1.30
Small Low Fat Muffins	\$1.00
Yogurt 100g	\$1.25
Fruit Cup (3oz)	\$1.75
Yogurt and Berry Cup	\$2.00
Pudding Cup (180ml)	\$1.75
Fruit Smoothie (8oz)	\$2.25
Frozen Yogurt cup (115ml)	\$1.25

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	January 9-13 January 23-27 February 6-10 February 20-24 March 6-10 March 27-31 April 10 - 14 April 24-28 May 8 - 12 May 22 - 26 June 5 - 9 June 19 - 23	Hot Chicken Bowl with Mashed Potatoes and Veggies	Soft Beef Tacos served with Mexican Rice and Corn	Spaghetti and Meat Sauce with Caesar Salad and Garlic Breadstick	Chicken Teriyaki Served with Rice and Side Veggies	BBQ Pizza Slice with a Side Caesar Salad and Low fat Cookie Today also Pacific Rim Meal \$6.00
	January 2-6 January 16-20 Jan 30-Fe3 February 13-17 Fe 27 - March 3 March 20-24 April 3 - 7 April 17- 21 May 1 - 5 May 15 - 19 May 29 - June 2 June 12 - 16	Burger Bar (Chicken or Beef). Served with Coleslaw	2 Soft Chicken Tacos with Lettuce, Tomato and Cheese	Homemade Lasagna Garlic Breadstick And Side Salad	THURSDAY THEME DAY! Special will be advertised ahead by Supervisor	Mexican Pizza Slice with a Side Caesar Salad and Low fat Cookie Today also Pacific Rim Meal \$6.00

Every Day Favourites!

Pizza Slice \$3.25, Grilled Cheese \$2.85, Hamburgers \$3.00, Whole Fruit Slush Cups \$1.25

Each Week	Daily Combo (Includes Milk or 114ml Juice) \$4.50	Chicken Snack Wrap with Carrots & Dip	Caesar Salad served with a Garlic Breadstick	Homemade Corn Chowder served with half Turkey, Cheddar, lettuce and tomato Wrap	Macaroni served with WW Breadstick	Nuggets with Baked Potato Wedges
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