

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup Chicken Veggie Noodle	Homemade Soup <i>Chicken Noodle</i>	Homemade Soup Chicken Rice	Homemade Soup <i>Beef Vegetable</i>	Homemade Soup Beef Vegetable
Week 1 →				
<u>HEALTHY CHOICE</u> ☑ ☺ S & S Pineapple Chicken, Veggie Brown Rice, Stir-Fried Veggies, Milk,	<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Garlic Roll, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Roasted Chicken Veggie Rice, Warm flat bread Milk	<u>HEALTHY CHOICE</u> ☑ Mexican Taco Bake Tossed Garden Salad Milk	<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Creamy Chicken Pasta Tossed Garden Salad, Milk
Week 2 →				
<u>HEALTHY CHOICE</u> ☑ ☺ Homemade Meatloaf, Carrots, Smashed Potatoes, gravy Milk	<u>HEALTHY CHOICE</u> ☑ ☺ Grilled Beef Stir-Fry, Steamed Rice Milk	<u>HEALTHY CHOICE</u> ☑ ☺ Glazed Baked Ham, Smashed Potato, Veggies, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ Baked & Seasoned Chicken, Smashed Potato & Veggies Milk
Week 3 →				
<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Roll, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ <i>S + S</i> Chicken, Veggie Brown Rice, Stir-Fried Veggies, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ <i>Beefaroni</i> Fresh Garden Salad, Milk	<u>HEALTHY CHOICE</u> ☑ Mexican Chicken Enchiladas & Rice, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Creamy Chicken Pasta Tossed Garden Salad, Milk
Week 4 →				
<u>HEALTHY CHOICE</u> ☑ ☺ <i>Ham & Cheese Sub</i> Soup Milk	<u>HEALTHY CHOICE</u> ☑ ☺ ⁺ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ Grilled Chicken Stir-Fry, Steamed rice, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ Traditional Shepherd's Pie, Garden Salad, Milk	<u>HEALTHY CHOICE</u> ☑ ☺ Roasted Chicken, Smashed Potato & Veggies Milk
Weekly →				
<u>OPTION MEAL</u> ☺ Every Monday ☑ Chopped Chicken Burger, Potato Wedges & Veggies	<u>OPTION MEAL</u> ☺ Every Tuesday ☑ <i>Soft Beef Taco</i> Fresh Garden Salad	<u>OPTION MEAL</u> ☺ Every Wednesday ☑ <i>Panzorotti</i> <i>Pasta Salad</i>	<u>OPTION MEAL</u> ☺ Every Thursday ☑ Hamburger, Oven-Roasted Potatoes, Veggies	<u>OPTION MEAL</u> ☺ Every Friday ☑ Tex-Mex Chicken Fajitas, Caesar Salad

- ☺ A la carte any smiley-face-meal!
- ☑ Majority of ingredients used to prepare our meals are sourced in Atlantic Canada and/or Canada. Products and ingredients sold exclusively to Chadwick Foods produces a menu that is made up of 70% maximum and 30% moderate food choices as per directives in the Food & Nutrition policy.
- ♥ We Love Local produce and ingredients!
- ☺ Gluten Free Meal. Our soup base and gravy are gluten free too.
- ☺⁺ Gluten Free Meal can be accommodated. Pre-ordering is required. Please talk with our manager to arrange. GF meal price may vary.
- ★ Vegetarian meals are always available, every day! Most menu meals can be veggie-'fied'!

be a LunchGroupie!

- ✓ Sign UP on our email list & get GREAT DEALS on our healthy meals & snacks! All names entered into sweet contests. Great prizes available.
- ✓ Sign IN, buy monthly lunch meals & manage your lunch money better!
- ✓ Convenience: Pay with paypal or credit card - increase your card's loyalty points!
- ✓ Stress-free: No tracking meals or expiration dates! Never worry about sick or snow days again! Use it every day or on your own schedule and always have a hot meal available for your child. Your balance is not meal or date specific, unless you want it to be!
- ✓ Safety: Provide your children with a cashless and no hassle way to pay! No need to go off school grounds where poor food choices may be made & travel is risky.

win FREE LUNCH FOR A MONTH!



Sign UP Today!



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LIKE US!
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Sign UP or Sign IN and buy online at: www.chadwickfoods.com and click the 'Enter' button. Your LunchGroupie balance is valid until the end of the current school year. Menu dates as per meal served, are subject to change. Please contact the cafeteria manager for meal/date confirmation. Healthy Choice Menu: Variations may occur due to differences in suppliers, ingredients substitutions, recipe revisions, meal assembly at the cafeteria, and/or seasons of the year. Certain menu items may not be available at all locations. We encourage anyone with food allergies, sensitivities or special dietary needs to contact/notify the cafeteria manager. We will work with you the very best we can. Chadwick Food Service Management Inc. and its employees do not assume responsibility for a particular allergy or sensitivity to any foods provided in any of our cafeterias.

Week 1	Week 2	Week 3	Week 4
Sept. 10-14, Oct. 8-12, Nov. 5-9, Dec. 3-7, Jan. 7-11, Feb. 4-8, Mar. 4-8, April 1-5, April 29-June 3, June 24-28	Sept. 17-21, Oct. 15-19, Nov. 12-16, Dec. 10-14, Jan. 14-18, Feb. 11-15, Mar. 11-15, April 8-12, May 6-10, June 3-7	Sept. 24-28, Oct. 22-26, Nov. 19-23, Dec. 17-21, Jan. 21-25, Feb. 18-22, Mar. 18-22, April 15-19, May 13-17, June 10-14	Oct. 1-5, Nov. 26-30, Jan. 28-Feb 1, Feb. 25-March 1, Mar. 25-29, April 22-26, May 20-24, June 17-21