

The Lunch Lady is excited to deliver hot, healthy & delicious lunches to the students at **Holland Road Elementary** every **Tuesday & Thursday**

Our Regular Lunch Service begins
December 5th, 2017

LOGIN to check online for our start date

TO ORDER, visit
www.thelunchlady.ca

- CLICK on ORDER NOW to set up your account and accounts for your children and Login to order and schedule a meal
- Use our drop down to select the MENU you want to order from.
- Order Deadline is 2 school days prior to the delivery date
- Order one lunch or a bunch.

Allergies? – Please call or email us prior to ordering. We are here to help

Sick Child? – We understand . Call by 8am to receive a credit to use another time. Sorry no refunds, credits only. Uncollected lunches are not left at school

Order Another Way?– Need an alternate ordering or payment option? Just ask

laurie@thelunchlady.ca

902-329-5239



MOST POPULAR HOT BALANCED MEALS*

*always more options to choose from online

Home-made Macaroni and Cheese with steamed veggies	\$5.05	Cheeseburger on a whole wheat bun with side veggies or baked potato wedges	\$5.75
Chicken Fingers with whole grain Rice and corn niblets	\$4.75	Pancakes (2) and Sausage (1) , side syrup and unsweetened Applesauce	\$4.75
Spaghetti and Meatballs (beef) with our Secret Pasta Sauce	\$4.95	Real Cheddar Grilled Cheese Sandwich and side veggies	\$4.55

LUNCH LADY “SMARTER MEALS”*

*always more options to choose from online

Potato and Cheese Perogies , Power Mix veggies, sour cream & Applesauce Cal 465 Sod 610mg Fat 8g Pro 14g	\$5.55	Smiling Shepherd’s Pie with side peaches Cal 317 Sod 241mg Fat 9g Pro 19g	\$5.95
Garlic Chicken Penne , side peas and carrots and apple slices Cal 385 Sod 285mg Fat 6g Pro 21g	\$5.95	Pancakes with Greek Yogurt/Berries Cal 550 Sod 710mg Fat 4g Pro 13g	\$6.05

MORE OPTIONS AND FRESH SIDES ONLINE

“JUST PLAIN” Options	Warm Garlic Bread	Bakery Treats and Savoury Snacks
GLUTEN FREE and HALAL	Baked Potato Wedges	Smoothies and Yogurt Parfaits
LITTLE LUNCHES	Fresh Fruits and Veggies	Milk and Juice
Fixings and Condiments	Side Salads and Warm Soup	Plastic Cutlery if needed

Online Orders ONLY please. Payment by Visa, Visa Debit, Master Card and Interac

Every delicious hot meal respects our provincial guidelines and helps your school