

<b>Week 1: MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
From the Kettle... Chicken Veggie Noodle	From the Kettle... Tomato Vegetable	From the Kettle... Chicken Rice	From the Kettle... Corn Chowder	From the Kettle... Beef Vegetable
<b>HEALTHY CHOICE</b> ✓ Pineapple Chicken, Veggie Brown Rice, Stir-Fried Veggies, Milk, Sm. Oatmeal Cookie	<b>HEALTHY CHOICE</b> ☺ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Garlic Roll, Milk, Orange Wedges	<b>HEALTHY CHOICE</b> 2 Pancakes, ½ Sliced Ham, Cucumber Slices, Milk, Chocolate Pudding	<b>HEALTHY CHOICE</b> ☺ Mexican Taco Bake Tossed Garden Salad Milk, Low-fat Yogurt	<b>HEALTHY CHOICE</b> ☺ Creamy Chicken Pasta Tossed Garden Salad, Milk, Fresh Fruit Salad
<b>Week 2:</b>				
<b>HEALTHY CHOICE</b> Homemade Meatloaf, Carrots, Smashed Potatoes, gravy Milk, ½ Banana	<b>HEALTHY CHOICE</b> ✓ Turkey Pepperoni Panzaroti, Garden Salad, Milk, Low-fat Yogurt	<b>HEALTHY CHOICE</b> ✓ Glazed Baked Ham, Smashed Potato, Veggies, Milk, Grapes	<b>HEALTHY CHOICE</b> ✓ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk, Blueberry Oatmeal Muffin	<b>HEALTHY CHOICE</b> ✓ Roasted Chicken, Smashed Potato & Veggies Milk, Orange Wedges
<b>Week 3:</b>				
<b>HEALTHY CHOICE</b> ✓ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Roll, Milk, Apple Crisp	<b>HEALTHY CHOICE</b> 2 Pancakes, ½ Sliced Ham, Cucumber Slices, Milk, Chocolate Pudding	<b>HEALTHY CHOICE</b> Homemade Goulash, Fresh Garden Salad, Milk, Low-fat Yogurt	<b>HEALTHY CHOICE</b> Mexican Chicken Enchiladas & Rice, Milk, Banana Oatmeal Muffin	<b>HEALTHY CHOICE</b> ☺✓ Roasted Chicken, Smashed Potato & Veggies Milk, Orange Wedges
<b>Week 4:</b>				
<b>HEALTHY CHOICE</b> Homemade Chicken Pot Pie, Milk, Grapes	<b>HEALTHY CHOICE</b> ☺ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk, Blueberry Oatmeal Muffin	<b>HEALTHY CHOICE</b> Grilled Chicken Stir-Fry, Steamed rice, Milk, Apple Sauce	<b>HEALTHY CHOICE</b> ☺ Traditional Shepherd's Pie, Garden Salad, Milk, Fresh Fruit Salad	<b>HEALTHY CHOICE</b> Creamy Chicken Pasta Tossed Garden Salad, Milk, Fresh Fruit Salad
<b>OPTION MEAL</b> <b>Every Monday</b>	<b>OPTION MEAL</b> <b>Every Tuesday</b>	<b>OPTION MEAL</b> <b>Every Wednesday</b>	<b>OPTION MEAL</b> <b>Every Thursday</b>	<b>OPTION MEAL</b> <b>Every Friday</b>
Chopped Chicken Burger, Roasted Potatoes & Veggies, Milk & Dessert	Cheesy Pizza, Veggies & Dip, Milk & Dessert	Soft Beef Taco, Mexican Rice, Milk & Dessert	Pepperoni Pizza, Caesar Salad, Milk & Dessert	Oven-Baked Chicken Nuggets, Potatoes Wedges, Milk & Dessert

☺ = A la carte any smiley-face-meal! ✓ = Ingredients used are sourced within/in 100 miles of Atlantic Canada

\* Vegetarian meals are always available, please ask the cafeteria manager.

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Sept. 1-4, Oct. 5-9, Nov. 2-6, Nov.30-Dec4, Jan. 4-7, Feb. 1-5, Mar. 1-5, April 26-30, May 24-28, June21-25	Sept. 1-4, Oct. 12-16, Nov.9-13, Dec. 7-11, Jan. 11-14, Feb. 8-12, Mar.8- 12, April5-9, May 3-7, May 31- June 4	Sept. 1-4, Oct. 19-23, Nov. 16-20, Dec. 14-18, Jan. 18-22, Feb. 15-19, Mar. 15-19, April 12-16, May 10-14, June 7-11	Sept. 1-4, Oct. 26-30, Nov. 23-27, Dec. 21-25, Jan. 25-29, Feb. 22-26, Mar. 22-26, April 19-23, May 17-21, June 14-18



be a

go to: [chadwickfoods.com](http://chadwickfoods.com)






## LunchGroupie!

- ✓ Join our email list & get GREAT COUPONS on our healthy meals and snacks!
- ✓ Buy your meal plans online & manage your lunch money!
- ✓ All names entered into wicked contests. Great prizes available. 100% opt-in.

**win FREE LUNCH FOR A MONTH!**  
 Sign-up today! :-))

If you have a great coupon idea or comment, please let us know! Email us at: [Lunchgroupie@chadwickfoods.com](mailto:Lunchgroupie@chadwickfoods.com)

Follow us and be fed well!

@lunchgroupie on 

**Healthy Meal Plan:** Buy online at: [www.chadwickfoods.com](http://www.chadwickfoods.com), or by cheque. The meal plan may be purchased weekly or monthly. Please make cheque payable to: Chadwick Food Service. See the Cafeteria Manager for details on meal plan purchase. Unused tickets/meals are valid until the end of the current school year. Non-consecutive days are allowed. *Purchase 5 or more meals and receive a 20 cent discount per meal, when the plan is purchased weekly / monthly.* Menu dates as per meal served, are subject to change. Please contact 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.