



July 7-11, July 21-25, August 18-22

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken Caesar Wrap	Chicken Vegetable Noodle Stir fry	Beef Ziti with Diced Carrots & Garlic Bread	Turkey Cheese Sub	Baked Chicken Fingers with Potato Hash Browns & Carrot Coins
Veg Option (Includes dairy & eggs)	Veggie Caesar Wrap (tofu strips)	Tofu Vegetable Noodle Stir-fry	Vegetarian Ziti with Diced Carrots & Garlic Bread (minced soy or chickpeas)	Grilled Veggie Sub	Baked Veggie Fingers with Potato Hash Browns & Carrot Coins
Halal Option	Halal Chicken Caesar Wrap	Halal Chicken Vegetable Noodle Stir-fry	Vegetarian Ziti with Diced Carrots & Garlic Bread (minced soy or chickpeas)	Grilled Veggie Sub	Halal Baked Chicken Fingers with Potato Hash Browns & Carrot Coins

July 14-18, August 11-15

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Beef Burger with Baked Potato Wedges	Chicken Vegetable Fried Rice	Chicken Parmesan Pasta & Carrots (chicken pieces with cheese over pasta in tomato sauce)	Chicken Shawarma Wrap	Homemade Macaroni & Cheese
Veg Option (Includes dairy & eggs)	Veggie Burger with Baked Potato Wedges	Tofu Vegetable Fried Rice	Veggie Parmesan Pasta	Falafel Wrap	Homemade Macaroni & Cheese
Halal Option	Halal Chicken Burger with Baked Potato Wedges	Halal Chicken Vegetable Fried Rice	Halal Chicken Parmesan Pasta & Carrots	Halal Chicken Shawarma Wrap	Homemade Macaroni & Cheese

Snacks will vary and may be any of the following: chocolate chip cookie, oatmeal cookie, chocolate pudding, rice krispie square, granola bar or muffin. Fruit = Fruit will vary, based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Please note this menu is subject to change, due to supply challenges. Substitutions may be made for the major allergens ie. gluten, dairy & egg or dietary restrictions ie. halal & vegetarian.

ADD A LUNCH PLAN FOR ONLY \$85/WEEK ~ Contact Ms. Sophie or Ms. Katherine!
 Lunch plan covers 4 days each week and is not provided on the day of a scheduled field trip or workshop.
 Lunch fee must be paid one week in advance. Lunch plan is only available at Elgin Mills Campus.

