



the Lunch Lady



WELCOME TO THE LUNCH LADY

The Lunch Lady is proud to be serving **Summer Music Camp** with a delicious hot lunch program! We have included lots of kid pleasing favourites with some nutritious sides to make a healthy balanced lunch!

All meals include a Fresh Veggie or Fruit Pack and apple juice.

We've included a selection of extra sides for those Hungry Campers!

Questions? I am always happy to hear from you!

Thank you,

Lunch Lady Stephanie!

905-736-3469

stephanie@thelunchlady.ca

Need to cancel? Meals cancelled by PHONE by 8:00 am on the day of service will be credited

VISIT US @
www.thelunchlady.ca
NOT SURE WHAT TO DO?
CALL US!

Enter the codes that match your choices on the grid on the right and submit to the camp with your payment by the due date. Cash or Cheque accepted.

All meals include a Fresh Veggie/Fruit Pack or Apple Sauce Cup.

- C1. Chicken Nugget Fun Meal \$6.25
- C2. Beef Burrito with side Sour Cream..... \$6.50
- C3. Spaghetti and Meatballs..... \$6.50
- C4. Beef Hamburger..... \$6.50
- C5. Grilled Cheese on Texas Toast..... \$5.00
- C6. Crunchy Chicken Ranch Wrap..... \$6.75
- C7. Cheese & potato Perogies /Sour Cream..... \$5.75
- C8. 3 Whole Wheat Pancakes..... \$5.25

HUNGRY CAMPER – EXTRA SIDES:

- S04. Fresh Apple Slices with dip \$2.00
- S22. Side Garden Salad with Ranch Dressing \$2.00
- S14. Chapman's Frozen Vanilla Yogurt \$1.50
- S12. Fresh Berry Smoothie \$2.25
- S07. Kettle Popcorn \$1.75
- HT1. Garlic Breadstick \$1.25
- Chocolate Milk \$1.50
- S10. 1% White Milk \$1.25
- S26. Yogurt Tube \$1.00
- S24. Orange Juice \$1.25

Summer Music Camp

Camper's Name _____

Allergies or Dietary Restrictions? _____

_____ *Note: Please ensure to obtain an allergen form from us before ordering

Due Dates: On-line Menu: 2 days prior to lunch date.

Parent's name: _____

Phone Number or email: _____

[please call us for help if you miss this due date]

	MON	TUES	WED	THUR	FRI	\$
WK1 July	3	4	5	6	7	
CODE						
WK2	10	11	12	13	14	
CODE						
WK3	17	18	19	20	21	
CODE						
WK 4	24	25	26	27	28	
CODE						
Total to remit						\$

Lunch Lady Stephanie
905-736-3469
 or email us at
stephanie@thelunchlady.ca