

SOUP-ER-LUNCH

SOUVENIR 2019-2020



souperlunch@gmail.com	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	Pasta with tomato sauce served with crudité**	Fish sticks served with homemade cheddar mac n' cheese and organic vegetables	Cheese Tortellini served with Caesar salad	Pasta with tomato sauce served with crudité**
TUESDAY	NO HOT MEAL EXTRAS ONLY PIZZA DAY	NO HOT MEAL EXTRAS ONLY PIZZA DAY	NO HOT MEAL EXTRAS ONLY PIZZA DAY	NO HOT MEAL EXTRAS ONLY PIZZA DAY
WEDNESDAY	Beef tacos (Halal) with lettuce, salsa and Mexican rice	Lasagna (Halal) served with garden salad	Boneless BBQ rib served with rice and organic vegetables	Shepherd's pie
THURSDAY	Chicken burger served with garden salad	Cheese croissant served with soup and crudité**	Pancakes and sausages served with fruit and yogurt	BBQ Chicken drumsticks (Halal) served with mashed potatoes and organic vegetables
FRIDAY	Pancakes and sausages served with fruit and yogurt	Chicken brochette (Halal) served with rice and garden salad	Chicken nuggets served with egg noodles and organic corn	Hamburger* OR Veggie burger served with garden salad <small>*Please specify your choice when placing your child's order</small>

Soup \$1.25
Assorted Sandwiches \$2.75
Grilled Cheese \$2.50
Bagel + cream cheese \$2.50
Garden or Greek salad \$2.75
Vegetable plate with dip \$2.75
Quinoa salad \$2.50
Macaroni Salad \$2.00

Cheese string \$1.00
Bambino pizza \$4.00
Spanakopita \$4.00
Chocolate milk \$1.75
Strawberry milk \$1.75
Vanilla milk \$1.75
Milk \$1.00
Juice \$1.00

Water \$1.00
Oatmeal fruit Muffin \$1.00
Oatmeal cookie \$1.00
Fruit plate \$2.75
Jell-O \$1.00
Rice Krispie \$1.00
Yogurt \$1.25
Yogurt tube \$1.00

Croissant \$2.00
Ice cream \$1.00
Hot meal \$5.00 (served with water, juice or milk)

**can be a combination of carrot, celery and/or cucumbers

Chocolats Favoris:
-vegan raspberry sorbet
-vegan vanilla ice cream \$2.00