VMES Cafeteria Menu 2017-18

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Macaroni and Cheese & Carrot Sticks  $4.00 | Soup and Grilled Cheese  **(Vegetarian Soup on Tuesdays)**  $4.00 (Soup only $3.00) | Spaghetti & Meatballs with Caesar Salad $4.00 | Soup and Grilled Cheese  $4.00 | Alternate weekly between **Pizza** and **Tacos**  1 for $2.50  1 & salad for $4.00 2 for $4.50 |

A variety of the following menu items will be offered daily:

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| **Salad** | **Sandwiches** | **Snacks** | **Drinks** |
| Caesar Salad $3.00 | Egg Salad $3.00  Ham & Cheese $3.50  Roast Beef $4.00  Grilled Cheese $2.50  \*\*\*\*\*\*\*\*\*  All sandwiches served with a side of veggie sticks. | Cookies (or similar baked snack) $.50  Nachos & Salsa $1.00  Cheese Sticks $.75  Yogurt & Berries $1.00  Cut Fruit & Dip $1.00 | White milk $.45  Choc milk $.50  Water $1.00  Juice Box $1.00 |

Opening Tuesday, Sept 5th!!!

To keep track of special occasion meals and for weekly menu offerings, please follow VMES Cafeteria on Facebook:

https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcRK2XOmVJMuuZjJ5akBD3-Jbstlwv_cELTE8VC3HAYI44mFitUA [www.facebook.com/VMESCafeteria](http://www.facebook.com/VMESCafeteria)

I can be reached via Facebook, by phone or text @ 1-506-467-4709 or email: [crystalpic2003@yahoo.ca](mailto:crystalpic2003@yahoo.ca) .

\*\*Please feel free to contact me to set up a prepaid account for your child to avoid having to send cash.