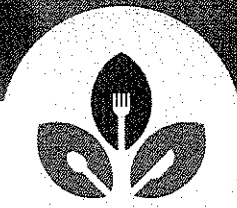
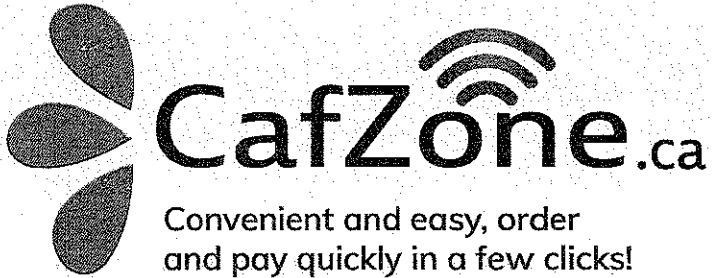


THE BEST HEALTHY, BALANCED MEAL SERVICE.



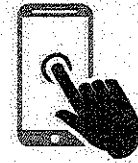
HEALTHY, BALANCED MEALS

Varied and delicious menus that meet provincial healthy eating policies.



EASY

Choose your child's meals for the day, the week or the whole month in just a few clicks.



CONVENIENT

Order from your cellphone, tablet or computer and pay directly online.

NEW

A single transaction for your children attending the same school!

IMPROVED ONLINE EXPERIENCE!

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Elementary/Middle Menu 2019-2020

chartwells
eat. learn. live.



Meals \$5.25	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 03-Sept 06 Sept 16-Sept 20 Sept 30-Oct 04 Oct 14-Oct 18 Oct 28-Nov 01 Nov 11-Nov 15 Nov 25-Nov 29 Dec 09-Dec 13	Spaghetti With Home Made Meatballs Or Marinara Sauce Fruit of the Day Milk	Homemade Pancakes topped with Berries, with or without Ham Slice. Cucumber Slices Milk	Homemade Baked Chicken Strips, Mashed Potatoes, Mixed Vegetables, Fruit of the Day Milk	Home-style Meat or Veggie Lasagna with Salad, Fruit of the Day Milk	Sweet and Sour Meatballs served on Noodles, with Stir-Fried Veggies Fruit of the Day Milk
Sept 09-Sept 13 Sept 23-Sept 27 Oct 07-Oct 11 Oct 21-Oct 25 Nov 04-Nov 08 Nov 18-Nov 22 Dec 02-Dec 06 Dec 16-Dec 20	Home Made Mac & Cheese Veggie Sticks Fruit of the Day Milk	2 Soft Taco Filled With Beef with Tossed Garden Salad Fruit of the Day Milk	Chicken Alfredo on Noodles Side of Hot Veggies Fruit of the Day Milk	Home Made Shepherd's Pie Homemade Roll Fruit of the Day Milk	Hot Chicken Sandwich with Potato Wedges Corn Fruit of the Day Milk
Alternate Meals	Chartwells Lunchables Sliced Ham or Turkey Cheese Stick Crackers Veggie Sticks Cookie bites Fruit of the Day Milk	Chartwells Lunchables Naan Wedges Pizza Sauce Pepperoni Slices Shredded Cheese Mint Brownie Fruit of the Day Milk	Chartwells Lunchables 6 Pinwheel Ham and Cheese Sandwiches Veggie Sticks Mini Rice Krispie Square Fruit of the Day Milk	Chartwells Lunchables Naan Wedges Hummus or Salsa Baby Carrots with Dip Banana Loaf Slice Fruit of the Day Milk	Chartwells Lunchables 4 Garlic Breadsticks Pizza Sauce Cucumber Slices Mini muffin Fruit of the Day Milk
Daily Options	Pizza, Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Veggie Sticks Or Garden Salad and Fruit of the a Slice Day Milk				
All meals made with local meat and produce Pre order all your meals before 7:45 am					

