

TETIDOCH DISTRIBUTION
514.575.0388

DEC. MENU 2018



Terry Fox
Elementary School



LUNCH MENU CHOICE GUIDE

We offer students additional choices apart from Full Meal indicated on the Menu below. You may choose a Meal replacement from the following items below, indicate corresponding no.# on the order sheet provided. Please review menu for items below that are subject to change monthly. Thank you

#1-Main Meal #2-Chicken Salad #3-Chicken Wrap #4-Tuna Wrap #5-Tomato Pizza #6-Sandwich
7 Grilled Cheese Please be advised that all meals must be ordered in advance



All meals are counted and registered before so therefore please be advised if student is absent you may contact us before meal day or unforeseen absents before 9am so that the meal is not prepared. We need to be advised 2 weeks before any school outing concerning replacement meal or cancellation.

We would like to inform you that we do not honour unscheduled, unforeseen school closures. We distribute what we can to soup kitchens & shelters

Thank you

Munchies

Assorted snacks will be available everyday, Yogurt, Fruit, milk, muffins etc... a price list is posted at the lunch counter, prices will vary from .50 cts - 1.50

Small Cesar/Green salad \$2.25
Large Cesar/Green Salad \$3.75
Chicken/Tuna Salad w/Drink \$5.25
Assorted Sandwiches \$2.75
Soup \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Chicken Croissant Sandwich Cucumber Slices Mini Muffin	27 Rigatoni Meat sauce Bread/Butter Nutri Grain	28 All Beef Patty Coleslaw Salad Slice of Cake	29 Hot Slice Cheese Pizza Vegetable Salad Tropical Fruit Salad	30 PED DAY
3 Chicken Fajita Meal Corn/Broccoli salad Peach Slices	4 Tortellini Homemade Sauce Bread/Butter Fruit	5 Grilled Cheese Sandwich Soup of the day Cookie	6 Meatball & Veggies Tomato Sauce over Vermicelli Rice Applesauce Cup	7 Golden Chicken Nugget & Granola Bar
10 Filet of Sole Vegetables/potatoes Lemon Slice Yogourt Cup	11 Penne Rose Served with Bread/Butter Fruit	12 Bagelwich Bacon & Cheese Soup Of the Day Granola Bar	13 Chinese Vegetable Macaroni Eggroll /Plumsauce Fortune Cookie	14 Chicken Burger Balsamic Pasta Salad Dessert
17 Meat (Tourtiere) Pie Tossed Green Salad Dessert	18 Chicken Caesar Wrap Carrot Salad Dessert	19 Xmas Brunch Lunch	20 Hot Bagel Cream Cheese Chicken Noodle Soup Cookie	21 Freshly Cut Tomato Pizza Carrots/Cucumbers Dessert Delight