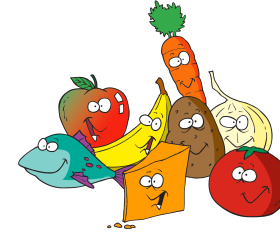
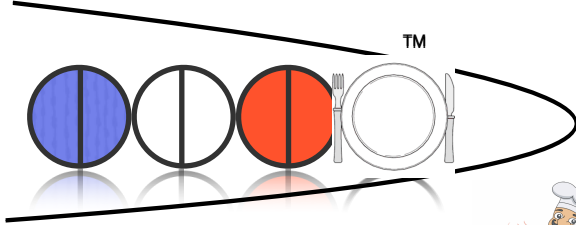


TETIDOCH DISTRIBUTION
514.575.0388

SEPT. 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
LABOR DAY 3	<i>Welcome</i>			Send in lunch orders on or before this Day 7
Meatballs & Veggies In Tomato sauce On a bed of rice Nutri Grain Bar 10	Grilled Cheese Chicken Noodle Soup Cookie 11	Tortellini Rose Sauce Bread/Butter Fresh Fruit 12	Chicken Twister Wrap Couscous Salad Peach Slices 13	Beef Burger on a bun Mixed Coleslaw Choc/Vanilla Delight 14
Filet of Sole Vegetable Rice Lemon Wedge Yogourt 17	Meat Ravioli Tomato Sauce Bread/Butter Fresh Fruit 18	Chicken Cesar Salad Garlic Bread Tropical Fruit Salad 19	Homemade Shepherd's Pie Baby Carrots Granola Bar 20	PED DAY 21
Chinese Vegetable Macaroni Eggroll /Plum sauce Fortune Cookie 24	Original Bagelwich Bacon & Cheese Vegetable Soup Cookie 25	Meatloaf Potatoes & Veggies Gravy Fresh Fruit 26	Penne Pasta Homemade Sauce Bread/Butter Pudding Cup 27	Chicken Burger served with Cucumber Slices Mini Muffin 28