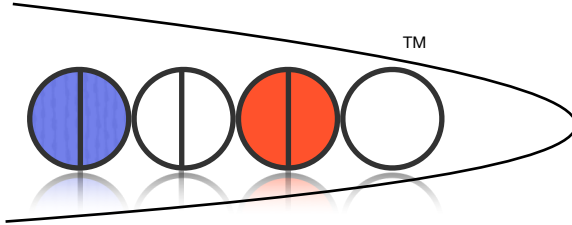


TETIDOCH DISTRIBUTION
514.575.0388

Terry Fox
Elementary School

SEPT MENU 2017



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 Wraps #4-Tuna Wrap #5-Tomato Pizza #6-Sandwich

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 shelters and soup kitchens

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
4 Labor Day	5 Counter items Available	6 Counter items Available	7 Counter items Available	8 Counter items Available
11 Grilled Vegetable Wrap Couscous salad Fruit of the day	12 Meat Ravioli Tomato Sauce Bread and Butter Granola Bar	13 Caesar Salad Grilled Chicken Garlic Bread Tropical Fruit Salad	14 Shephard's Pie (Pate Chinois) Cucumber slices Snack	15 Fresh Chicken Croissant Sandwich Mix veggie Salad Fruit
18 Lasagna Celery Sticks Fresh Fruit of the day	19 Grilled Cheese Sandwich Vegetable Soup Rice Crispy Square	20 Chicken Nugget Meal Vegetables Snack	21 Beef Hamburger Coleslaw Snack	22 PED DAY
25 Beef and Cheese Mexican Burrito Nachos and Salsa Pineapples	26 Tortellini Rose Sauce Bread and Butter Applesauce Cup	27 Bagel Cream Cheese Chicken Noodle Cookie	28 Chicken Patty on a Bun Creamy Potato salad Dessert	29 Filet of Fish served with Vegetable Rice Dessert