

2021

chartwells

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Meal price \$6.00 with Milk	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 September 13 – 17 October 11 – 15 November 8 – 12 December 6 – 10 January 3 – 7 Jan 31 – Feb 4 Feb 28 – March 4 March 28 – April 1	Chicken Snack Wrap with Caesar Salad	Grilled Cheese Sandwich with Chicken Noodle Soup	Chicken Quesadilla with Veggie Sticks	Penne Pasta with Meat Sauce & Caesar Salad	Hamburger & Roasted Potato Wedges
Week 2 September 20 -24 October 18 – 22 November 15 – 19 December 13 – 17 January 10 -14 February 7 – 11 March 7 – 11	BBQ Chicken Drumstick, Mashed Potato & Apple Slaw	Lazy Lasagna with Caesar Salad	Baked Beef-a-Roni with Caesar Salad	Shepherds Pie Bowl with Steamed Carrots	Sweet & Sour Meatballs, Stir Fried Veggies & Brown Rice
Week 3 Sept 27 – Oct 1 October 25 – 29 November 22 – 26 December 20 -24 January 17-21 February 14 – 18	Cheeseburger & Roasted Sweet Potato Wedges	Grilled Cheese Sandwich with Chicken Noodle Soup	Chicken Quesadilla with Veggie Sticks	Cheesy Tomato Penne Pasta with Caesar Salad	Sloppy Joe with Roasted Potato Wedges
Week 4 October 4 – 8 November 1 – 5 Nov 29 – Dec 3 January 24 – 28 Feb 21 – 25 March 21 – 25	Beef Burrito	Chicken Snack Wrap with Caesar Salad	Sweet & Sour Chicken Rice Bowl with Stir Fried Veggies	Penne Pasta with Meat Sauce & Caesar Salad	Turkey Burger with Parmesan Roasted Cauliflower
Weekly Feature	Macaroni & Cheese with Veggies & Dip	Soft Tacos, Mexi Rice and Corn	Cheese Pizza Slice & Cucumber Slices	Chicken Fingers, with Potato Wedges and Veggies & Dip	Pancakes with Grilled Ham and Fruit

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GRAB & GO

QUICK & EASY

Fresh Fruit Parfait	\$2.50
Baked Tortillas & Salsa	\$2.85
Veggies & Ranch Dip	\$2.75
Apple Wedges & Dip	\$3.25
Frozen Yogurt	\$1.50
Pudding Cup	\$2.25
Baked Chips	\$2.00
Yogurt Parfait	\$2.25
Yogurt Cup 100ml	\$1.50
Fresh Fruit	\$1.25
Bagel with Butter	\$2.35
Bagel with Cream Cheese	\$3.35

SANDWICH

DELICIOUS

Chicken Caesar Wrap	\$5.75
Tuna Salad Sandwich	\$4.00
Chicken Snack Wrap	\$3.00

SALAD

FRESH WITH LOVE

Garden Salad	\$4.25
Caesar Salad	\$3.00
Tomato Basil Pasta Salad	\$4.00

PIZZA

FANTASTIC DELICIOUS

Pizza Slice	\$4.00
Pizza Roll	\$1.75

GRILL

HEALTHY WITH LOVE

Daily Special	\$5.75
Grilled Cheese Sandwich	\$4.00
Popcorn Chicken with Sauce	\$3.50
Hamburger	\$4.00
Cheeseburger	\$4.60
Grilled Chicken Sandwich	\$4.50
Roasted Potato Wedges	\$2.50

BAKERY

HAVE A BITE

1oz Cookie	\$0.75
2 x 1oz Cookies	\$1.50
Small Muffin	\$1.25
Cinnamon Roll	\$1.50

BEVERAGES

QUICK & EASY

250ml White Milk	\$0.55
250ml Chocolate Milk	\$0.55
Juice Can	\$2.00
Juice Box	\$1.35
ICEE Slush Cup	\$1.50
Water 500ml	\$1.50
Water 591ml	\$2.00