

VMES Cafeteria Menu 2016-17

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cheese & Carrot Sticks \$4.00	Soup and Grilled Cheese (Vegetarian Soup on Tuesdays) \$4.00 (Soup only \$3.00)	Spaghetti & Meatballs with Caesar Salad \$4.00	Soup and Grilled Cheese \$4.00	Alternate weekly between Pizza and Tacos \$4.00

A variety of the following menu items will be offered daily:

Soup & Salad	Sandwiches	Snacks	Drinks
Caesar Salad \$3.00	Egg Salad \$3.00 Ham & Cheese \$3.50 Roast Beef \$4.00 Grilled Cheese \$2.50 ***** All sandwiches served with a side of veggie sticks.	Cookies (or similar baked snack) \$.50 Nachos & Salsa \$1.00 Cheese Sticks \$.75 Yogurt & Berries \$1.00 Cut Fruit & Dip \$1.00	White milk \$.45 Choc milk \$.50 Water \$1.00 Juice Box \$1.00

Opening Tuesday, Sept 6th!!!

To keep track of special occasion meals and for weekly menu offerings, please follow VMES Cafeteria on Facebook:



www.facebook.com/VMESCafeteria

I can be reached via Facebook, by phone or text @ 1-506-467-4709 or email: crystalpic2003@yahoo.ca.

****Please feel free to contact me to set up a prepaid account for your child to avoid having to send cash.**