VMES Cafeteria Menu 2017-18

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| **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**  1 for $2.50 1 & salad for $4.00 2 for $4.50  |

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

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

Opening Tuesday, Sept 5th!!!

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

 [www.facebook.com/VMESCafeteria](http://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.