

2021

chartwells
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Meal price \$5.50 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 20 - 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	Lozy 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

Fresh Fruit Cup	\$2.50
Baked Tortillas & Salsa	\$1.50
Veggies & Ranch Dip	\$1.80
Apple Wedges & Dip	\$3.00
Frozen Yogurt	\$1.50
Pudding Cup	\$2.25
Baked Chips	\$2.00
Yogurt Parfait	\$2.50
Yogurt Cup 100ml	\$1.25
Fresh Fruit	\$1.25
Bagel with Butter	\$2.10
Bagel with Cream Cheese	\$2.85

SANDWICH

Chicken Caesar Wrap	\$5.50
Egg Salad Sandwich	\$4.00
Chicken Snack Wrap	\$3.75

SALAD

Garden Salad	\$3.00
Caesar Salad	\$3.00

PIZZA

Pizza Slice	\$4.00
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GRILL

Daily Special (includes milk or 114ml juice)	\$5.50
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

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

BEVERAGES

250ml White Milk	\$0.50
250ml Chocolate Milk	\$0.60
Juice Can	\$2.00
Juice Box	\$1.35
ICEE Slush Cup	\$1.50
Water 500ml	\$1.50
Water 591ml	\$2.00

