



Meals \$5.50 with Milk	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 Sept 27- Oct 1 Oct 11-Oct 15 Oct 25- Oct 29 Nov 8- Nov12 Nov 22-Nov 26 Dec 06-Dec 1	Hamburger With wedges And side of fruit And drink	2 Pancakes 2 oz Ham 2oz Berries (on the side) (WITHOUT HAM 3 Pancakes) and Drink	Lazy Lasagna Caesar Fruit And drink	Chicken finger with Wedges Veggie sticks And Drink	Taco Rice and corn With drink
WEEK 2 Oct 4- Oct- 8 Oct18- Oct 22 Oct 07-Oct 11 Nov1- Nov5 Nov 15- Nov19 Nov 18-Nov 22 Nov29-Dec 03 Dec 13-Dec 17	Snack Wrap With Caesar Salad With Veggies n Dip And drink	Macaroni & Cheese with Veggies and Dip With Drink	Cheeseburger with Wedges Fruit and drink	Spaghetti with Caesar salad Fruit and drink	Cheese Pizza With veggies And Drink

Daily Options

Pizza (4.00),Hamburger (4.00) , Popcorn Chicken (3.50), Wedges(2.50), Chicken Burger (4.50)
 Drinks- Chocolate Milk, White Milk Now .60
 Or Juice Cup .55
 Juice Box 1.35
 Water 1.50

Please contact Brittany Allen at 325-4315 or email at brittany.allen@compass-canada.com for any questions or concerns
 Also you can order online at <https://townsview-nb-aswd.nutrislice.com/>

All meals made with local meat and produce

Pre order all your meals before 7:45 am

2021

chartwells
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GRAB & GO

Fresh Fruit Parfait	\$2.50
Baked Tortillas & Salsa	\$1.50
Veggies & Ranch Dip	\$2.75
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

SANDWICH

Chicken Caesar Wrap	\$5.50
Chicken Snack Wrap	\$3.00

SALAD

Caesar Salad	\$3.00
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PIZZA

Pizza Slice	\$4.00
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GRILL

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

BAKERY

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

BEVERAGES

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