

2021

chartwells

eat. learn. live.



Meal price \$5.50 with Milk

Monday Tuesday Wednesday Thursday Friday

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

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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

FAST. FRESH. 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