

Menu for Bessborough from 09/09/2019 to 31/10/2019

Cancellation Policy		
CAN	Sick Child? Email before 8am on delivery day for an account credit. For appointments and trips please cancel 48 hours in advance. Many Thanks	0.00
SPECIAL NOTES		
FUN	Information only - THANKS FOR ORDERING. Every Entree Includes FUNDRAISING for your School!	0.00
NFS	NO FORKS OR SPOONS PLEASE - I am supporting the "Bring Your Own" Initiative and will send in cutlery from home	0.00
SNOW DAY POLICY		
SNO	INFORMATION ONLY: If the school is OPEN the Lunch Lady still delivers. Please contact us before 8AM if your child will not attend school to receive a credit in your account.	0.00
SMARTER MEALS/Repas santé		
S01	Smarter Smiling Shepherd's Pie with Beef and Mashed Potato, with fresh Apple Slices	6.95
S02	A Smarter Meal with 3 Whole Grain Pancakes, side syrup and Greek yogurt and berries	6.60
S03	A Smarter Teriyaki Chicken Rice Bowl, Steamed Veggies and fresh orange of the day	6.95
S05	Smarter Potato and Cheese Perogies with Power Veggie Mix, side sour cream and unsweetened Apple Sauce	6.00
S06	Garlic Chicken Penne with peas and carrots and side apple slices.	6.95
S07	Smarter Sunshine Sandwich with EGG and mozzarella on an English muffin, salsa dip and fresh orange of the day	6.00
S08	Simply Buttery Pasta Parmesan, Power Veggie Mix and fresh Apple Slices	6.00
POPULAR HOT BALANCED MEALS		
R01	Our Homemade Mac and Cheese with fresh Veggie of the Day	5.95
R02	Lightly Breaded and Baked Chicken Fingers & Rice with Corn	5.75
R04	Real Cheddar Grilled Cheese Sandwich and Veggie of the Day	5.85
R05	Spaghetti and Beef Meatballs with our own Special Pasta Sauce	5.75
R06	Saucy BBQ Chicken Drumstick (1) with Baked Potato Wedges and Corn	5.85
R09	Cheese Burger (beef burger topped with cheddar cheese) and the Veggie of the Day	6.25

R11	Beef Burger with side Veggie of the Day	5.75
R13	Lightly Breaded and Baked Chicken Burger and Veggie of the Day	6.25
R15	Veggie Burger with Veggie of the Day	6.75
R17	2 Pancakes and 2 Turkey Sausage Links, side syrup, unsweetened Applesauce	6.00
R20	French Toast Wedges with 2 turkey sausages, side syrup and unsweetened Applesauce	6.35
R21	Soft Shell Taco with seasoned ground beef, rice and cheese served with side sour cream and Veggie of the Day	6.25
R22	Vegetarian Burrito with black beans, corn, rice, salsa, and cheese, side sour cream	5.75
R26	Potato "Volcano" with Exploding Beef Meatballs, Gravy Lava and Corn	5.75
R35	Lightly Breaded and Baked Chicken Nuggets (4), a warm whole wheat Dinner Bun, a Fresh Veggie of the Day	6.00
POPULAR COLD BALANCED MEALS		
W01	Chicken Caesar Salad with croutons and parmesan, side dressing and a dinner bun	6.75
W02	Crunchy Chicken Ranch Wrap	5.75
W06	Garden Veggie Wrap with Cheese	5.50
W08	Hand rolled carrot-cucumber sushi roll with side soy sauce and side edamame beans	6.25
W09	Hand Rolled California sushi roll served with side soy sauce (contains imitation crab) and side Edamame	6.50
JUST PLAIN		
P01	Just Homemade Macaroni and Cheese	5.25
P02	Just a Real Cheddar Grilled Cheese Sandwich	5.25
P03	Just Buttery Pasta with parmesan	5.25
P04	Just 3 pancakes served with side syrup	5.00
P05	Just Spaghetti and Tomato Sauce	5.00
P06	Just Plain Pasta with Becel	5.00
GLUTEN FREE/Sans gluten		
GF1	Gluten Free Shepherd's Pie [beef]	6.25
GF2	Gluten Free Waffles with side syrup and unsweetened Applesauce	6.75
GF3	Gluten Free Chicken Fingers with whole grain rice and corn	6.25
GF4	A Gluten Free BBQ Chicken Drumstick (1), potato wedges and corn	6.00

GF6	Gluten Free Grilled Cheddar Cheese Sandwich with Veggie of the Day	6.25
GF7	Just Gluten Free Buttery Rice Pasta with Parmesan	5.25
GF8	Gluten Free Rice Pasta & Gluten Free Meat Tomato Sauce [beef]	5.75
HALAL/Halal		
HL2	Halal Chicken Burger and Veggie of the Day	6.25
HL3	Spaghetti and Halal Beef Meatballs	6.75
HL4	Halal Chicken Fingers, rice and corn	6.50
HL5	Baked Halal Chicken Nuggets (4) with a warm Dinner Bun, and fresh Veggie of the Day	6.25
HL6	Crunchy Halal Chicken Ranch Wrap	6.00
LARGER SERVINGS		
B02	Larger Serving of Teriyaki Chicken over Steamed Brown Rice with Steamed Veggies	7.00
B03	Larger Serving of Buttery Pasta Parmesan with Power Mix Veggies [corn, black beans and edamame]	6.75
B04	Larger Serving of Garlic Chicken Penne with Peas and Carrots.	6.95
B05	Saucy BBQ Chicken Drumsticks (2) with Baked Potato Wedges and Corn	7.00
B06	Larger Serving of Spaghetti and Meatballs in Our Special Pasta Sauce	6.95
B07	Larger Serving of Chicken Fingers (3), brown rice and corn niblets	7.00
B08	A Big Breakfast for Lunch with 3 Pancakes, 2 Turkey Sausage Links, side Syrup and unsweetened Applesauce	6.95
LITTLE LUNCHES/Petits repas		
L01	Baked Chicken Nuggets (3), warm bun, fruit, and milk	6.25
L02	Little Pancake Bites, side syrup, fruit and milk	5.95
L03	Little Mac and Cheese, fruit and milk	6.10
L04	Little Pasta and Beef Meatballs, fruit and milk	6.25
L05	Little Buttery Parmesan Pasta, fruit and milk	5.95
L06	Little Real Cheddar Grilled Cheese Wedges, fruit and milk	6.00
LH1	Halal Baked Chicken Nuggets (3), warm bun, fruit and milk	6.70
LH2	Little Pasta and Halal Beef Meatballs, fruit and milk	6.70
SMOOTHIES and FROZEN TREATS		
SM1	Our Own Mango Tango Smoothie with Mango, Yogurt and Honey	4.00

SM2	Berry Blast Smoothie with Berries, Yogurt and Apple Juice	4.00
COLD SIDES/Collations froides		
C01	Side Caesar Salad with dressing	3.00
C04	Just Carrots	1.50
C05	Just cucumbers	1.50
C06	Cold Edamame Beans [shelled]	1.50
C08	Regular white milk (237ml or 250ml)	1.75
C09	Chocolate Milk (237ml or 250ml)	1.75
C12	Cookie	1.50
C13	Lunchie Mix with Goldfish, Cheerios, and Craisins, and chocolate chips	1.75
C15	Orange of the Day	1.50
C17	Just Fresh Apple Slices	1.65
C18	Unsweetened Applesauce	1.35
C20	Mini Yogurt and Banana Parfait sprinkled with chocolate chips	2.75
C21	Mini Berry Bottom Yogurt Parfait	2.75
C25	NEW Apple Slices and Cheddar Cheese	3.25
HOT SIDES/Collations chaudes		
H01	Warm Garlic Bread Stick	1.50
H02	Hearty Chicken Noodle Soup and Crackers	3.25
H03	2 Chicken Fingers	4.00
H04	Two Turkey breakfast sausages	2.50
H05	Baked Potato Wedges with sea salt [GF]	1.85
H06	2 Gluten Free Chicken Fingers	4.25
H07	A serving of Power Mix (edamame, corn and black beans)	1.50
H08	A Serving of Corn Niblets	1.50
FIXINGS/ Condiments		
F02	Drinking Straw	0.00
F03	Purchase a Red Lunch Lady Re-usable Spork	1.00
F04	Ketchup packet	0.00
F05	Mustard packet	0.00
F06	Mayo packet	0.50
F08	Hummus Dip [GF]	0.75
F10	1 more Side Syrup	0.35
F11	Plum Sauce packet	0.15
F12	Pickle Slices	0.50
F13	Tomato Slice	0.50
F14	Lettuce	0.50
F15	Ranch Dressing Packet (16ml)	0.50
F16	Soy Sauce packet	0.25