

Spring/Summer 2026

REGULAR MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Homemade Mac and Cheese Power Mix Veggies Fruit	Little Fish Burger on WW Bun Potato Wedges Fruit	Egg Salad Sandwich Carrot Sticks Fruit	Butter Chicken with Whole Grain Rice Steamed Peas&Carrots Fruit	All Day Breakfast with Whole Grain Pancakes, Egg Patty &Syrup Fruit
PM Snack					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Teriyaki Chicken w/Whole Grain Rice California Veggies Fruit	Whole Wheat Grilled Cheese Sandwich Sliced Cucumbers Fruit	Beefaroni Diced Carrots Fruit	Chicken and Cheese Quesadilla w/Salsa Sauce Fruit	Farmer's Plate with Veggies, Hardboiled Egg &Whole Wheat Bun Fruit
PM Snack					

All our meals meet or exceed the requirements of the Early Childhoods Education Act.



info@thelunchlady.ca | /1-800-603-6656

theLunchLady.ca

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REGULAR MENU



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	WW Pasta & Beef Meatballs in Homemade Tomato Sauce w/ Peas Fruit	Perogies with Sour Cream Power Mix Fruit	Cold Chicken & Broccoli Pasta Salad Fruit	Cheese Pita Pizza Caesar Salad Fruit	Turkey&Cheese Sandwich Carrot Sticks Fruit
PM Snack					

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Chicken Strips w/Whole Grain Rice, Corn Fruit	Whole Wheat Sunshine Sandwich Tomato&Cucumber Salad Fruit	Baked Fish Fingers Whole Wheat Dinner Roll Diced Carrots Fruit	Beef Burger with Sliced Cucumbers Fruit	Summer Cold Chicken Ranch Wrap Fruit
PM Snack					

Menu items are subject to change. Substitutions will be made for allergies and dietary restrictions. Water is available at each meal, snack time and throughout the day.



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