



2020

Give Us a Try

Meal price \$5.75 with
Milk or 114ml Juice

Monday

Tuesday

Wednesday

Thursday

Friday

September 8 – 11
September 21 – 25
October 5 – 9
October 19-23
November 2 – 6
November 16 – 20
November 30 – December 4
December 14 – 18
January 11 – 15
January 25 – 29
February 8 – 12
February 22 – 26
March 8 – 12
March 22 – 26
April 5 – 9
April 19 – 23
May 3 – 7
May 17 – 21
May 31 – June 4
June 14 – 18

Spaghetti with Lean
Meat Sauce and
Caesar Salad or
Breadsticks

Grilled Cheese
Sandwich with
Chicken Noodle Soup

Soft Chicken Taco
Mexican Rice
Corn

Homemade
Hamburger
Home cut Baked
Potato sticks or
Veggie Sticks & Dip

Lunchables
Ham Slices
Cheddar Cheese
Crackers
Grapes
Mini cookies

Chicken Nuggets,
Rice OR Mashed Potato
&
Hot Vegetables

½ - 6 oz Baked Chicken
Breast
Mashed Potato
Hot Veggies

6" Pizza Round
Fresh Fruit Salad

Homemade Shepherd
Pie
Side Salad or
Breadstick

Chicken Snack Wrap
Veggie Sticks & Dip

September 14 – 18
September 28 – October 2
October 12 – 16
October 26 – 30
November 9 – 13
November 23 – 27
December 7 – 11
December 21 -22
January 4 – 8
January 18 – 22
February 1 – 5
February 15 – 19
March 1 – 5
March 29 – April 2
April 12 – 16
April 26 – 30
May 10 – 14
May 24 – 28

Macaroni and Cheese
Veggies and Dip or
Garlic Bread stick

Grilled Cheese Sandwich
with Caesar Salad

1 Soft Taco Filled With
Beef, Lettuce, Tomato
and Cheese. Served
with Rice and Corn

Baked Chicken Burger,
Veggie Sticks & Dip

Homemade Pancakes
topped with Berries
Ham Slices

Chicken Nuggets,
Rice OR Mashed Potato
&
Hot Vegetable

Chicken Tater Bowl
Served with Side Fruit or
1ozl Low fat cookie

6" Pizza Round
Fresh Fruit Salad

Sloppy Joe
Mashed Potato
Hot Vegetable

6" Ham & Cheese Sub
Veggie Sticks & Dip



morning editions

Sunrise Sandwich with Egg & Cheese	\$3.50
Fresh Fruit Cup	\$2.25
Breakfast Yogurt Parfait with Granola	\$2.50
Bagel with Butter	\$2.00
Yogurt 100ml	\$1.25
Fresh Fruit, Banana, Apple or Orange	\$1.25



italiano

Cheese Pizza Slice	\$3.85
Pizza Pockets	\$3.75
Pizza Rolls	\$1.75
Small Caesar Salad	\$4.00



four seasons

Hot Daily Meal (includes a Milk or 115ml Juice)	\$5.75
Grilled Cheese Sandwich	\$3.50
Chicken Snack Wrap	\$3.75
VALUE COMBO! 2 Snack Wraps	\$5.00
Popcorn Chicken with Sauce	\$3.50
Baked Potato Wedges, small	\$3.00
Mashed Potato	\$2.00
Home Made Hamburger	\$3.75



chartwells
eat. learn. live.

Start Up Menu



sweet temptations

Cinnamon Bun	\$1.50
Homemade Muffins	\$1.00
Assorted 1oz Cookies	\$0.75
Frozen Yogurt 115ml	\$1.50
Green Apples Slices & Caramel	\$3.00



deli

Egg Salad Sandwich	\$3.80
Tuna, Ham & Cheese, Chicken Salad	\$3.80
Veggies & Dip	\$1.50
Baked Tortilla Chips & Salsa	\$2.50
Garden Salad Deluxe	\$4.00
Cheese, Crackers and Grapes	\$4.75



drinks

White Milk 237ml/500ml	\$0.40/0.80
Chocolate Milk 237ml/500ml	\$2.00/3.00
Can Juice /300ml Juice	\$1.75
Box Juice (200ml)	\$1.25
Frozen Juice Cup	\$1.50
Water 500ml/591ml	\$1.50/\$2.00