

# HOT LUNCH PROGRAM - Sept. MENU

	Monday	Tuesday	Wednesday Sept. 6	Thursday Sept. 7	Friday Sept. 8
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday Sept. 6</b>	<b>Thursday Sept. 7</b>	<b>Friday Sept. 8</b>
Regular			Chicken Teriyaki with Whole Grain Rice and California Vegetables	Chicken Fingers with Whole Grain Rice	Macaroni and Cheese
Vegetarian			Tofu Teriyaki with Whole Grain Rice and California Vegetables	Veggie Chicken Fingers with Whole Grain Rice	
<b>Week 2</b>	<b>Monday Sept. 11</b>	<b>Tuesday Sept. 12</b>	<b>Wednesday Sept. 13</b>	<b>Thursday Sept. 14</b>	<b>Friday Sept. 15</b>
Regular	Beef Burger Potato Wedges	Sweet & Sour Chicken Ribs Bowl (Includes California Vegetables)	Beef Meatballs with Mashed Potatoes, Gravy	Garlic Chicken Penne Peas and Carrots	Pancakes with Turkey Sausages (Side Syrup)
Vegetarian	Veggie Burger Potato Wedges	Sweet & Sour Tofu Rice Bowl With Vegetables	Veggie Meatballs with Mashed Potatoes, Gravy	Garlic Power Mix Penne Peas and Carrots	Pancakes (Side Syrup)
<b>Week 3</b>	<b>Monday Sept. 18</b>	<b>Tuesday Sept. 19</b>	<b>Wednesday Sept. 20</b>	<b>Thursday Sept. 21</b>	<b>Friday Sept. 22</b>
Regular	Chicken Parmesan over Rotini Pasta	Beef Burrito Bowl Whole Grain Rice Power Veggie Mix (Edamame, Black Bean & Corn)	Cheese Tortellini with Tomato Sauce	Beef & Chicken Shepherd's Pie (Includes Peas and Corn)	<b>PRO - D-DAY</b>
Vegetarian	Tomato Pasta Parmesan Over Rotini Pasta	Vegetarian Burrito Bowl Whole Grain Rice Power Veggie Mix (Edamame, Black Bean & Corn)	Cheese Tortellini with Tomato Sauce	Veggie Ground Shepherd's Pie (Includes Peas and Corn)	
<b>Week 4</b>	<b>Monday Sept. 25</b>	<b>Tuesday Sept. 26</b>	<b>Wednesday Sept. 27</b>	<b>Thursday Sept. 28</b>	<b>Friday Sept. 29</b>
Regular	Topsy Turvy Pasta with Meat Sauce	Cheese Perogies Sour Cream	Chicken Fried Rice (Includes Peas and Carrots)	Beef and Chicken Burrito Wrap (Side Sour Cream)	Cheese Quesadilla with Side Sour Cream And Salsa
Vegetarian	Veggie Topsy Turvy Pasta with Veggie "Meatless" Sauce	Cheese Perogies Side Sour Cream Power Mix Veggie	Egg Fried Rice (Includes Peas and Carrots)	Veggie Burrito Wrap (Side Sour Cream)	Cheese Quesadilla Side Sour Cream And Salsa

Our Lunch Lady Mission:  Prepared with care in inspected nut free facilities.  Gluten free, dairy free, egg free and any allergy concerns please contact the Lunch Lady as we have other options available.



theLunchLady.ca





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Burnaby BC V5J 5H3

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June 28, 2023

Dear Parents/Guardians:

On the back of this letter is the menu for September 6-29<sup>th</sup>, 2023

~~the~~ *School Meal Program needs your support. The cost of the lunch program for this period is **\$70.00**. The \$70 program cost is the same every month (despite the varying school-days per month) because the cost is averaged over the entire school year. On field trip days, students participating in the School Meal Program will be provided with a bag lunch consisting of a sandwich, apple and a juice box.*

December

New

1. **Pay online.** Go to <https://Burnaby.schoolcashionline.com> -If paying online Check off "paid online" on EACH CHILD'S lunch envelope. NOTE - ENVELOPE MUST STILL BE HANDED IN ON TIME. Online payments can be made until Sunday September 10 2023 **Midnight**
2. **Pay by cheque.** Make payable to South Slope Elementary School and print your child's name and division on the front of the cheque. NO POST-DATED cheques please.
3. **Pay by cash.** Exact change only.

**ALL ENVELOPES MUST BE SIGNED AND SEALED.** Every child must have their own envelope to participate in the lunch program.

Please note: We cannot guarantee that all food prepared for the meal program is done in a "nut free" environment, or that any or all ingredients are free from contact with nuts or nut products. Parents please note that on some occasions Pork and Beef are served. We do not substitute lunch for those days and if for religious reasons the child cannot have our lunches please provide one for them.

Sincerely,

Sonia Maglio  
Principal

Please return the signed and sealed envelope to the school by **noon** on:

**MONDAY September 11, 2023**  
**Noon**

We cannot accept any late orders  
There will be no exceptions.