

# 2021

chartwells

eat. learn. live.



**Meal price \$6.00 with Milk**      Monday      Tuesday      Wednesday      Thursday      Friday

Meal price \$6.00 with Milk	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> September 7 – 10 October 4 – 8 November 1 – 5 Nov 29 – Dec 3 January 24 – 28 Feb 21 – 25 March 21 – 25 April 18 – 22 May 16 – 20 June 13 – 17	Chicken Snack Wrap with Caesar Salad	Grilled Cheese Sandwich with Chicken Noodle Soup	Chicken Quesadilla with Veggie Sticks	Penne Pasta with Meat Sauce & Caesar Salad	Hamburger & Roasted Potato Wedges
<b>Week 2</b> 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 April 25 – 29 May 23 – 27 June 20 - 24	BBQ Chicken Drumstick, Mashed Potato & Apple Slaw	Lazy Lasagna with Caesar Salad	Baked Beef-a-Roni with Caesar Salad	Shepherds Pie Bowl with Steamed Carrots	Sweet & Sour Meatballs, Stir Fried Veggies & Brown Rice
<b>Week 3</b> September 20 -24 October 18 – 22 November 15 – 19 December 13 – 17 January 10 -14 February 7 – 11 March 7 – 11 April 4 – 8 May 2-6 May 30 – June 3	Cheeseburger & Roasted Sweet Potato Wedges	Grilled Cheese Sandwich with Chicken Noodle Soup	Chicken Quesadilla with Veggie Sticks	Cheesy Tomato Penne Pasta with Caesar Salad	Sloppy Joe with Roasted Potato Wedges
<b>Week 4</b> Sept 27 – Oct 1 October 25 – 29 November 22 – 26 December 20 -24 January 17-21 February 14 – 18 April 11 – 15 May 9 – 13 June 6 – 10	Beef Burrito	Chicken Snack Wrap with Caesar Salad	Sweet & Sour Chicken Rice Bowl with Stir Fried Veggies	Penne Pasta with Meat Sauce & Caesar Salad	Turkey Burger with Parmesan Roasted Cauliflower

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## BREAKFAST

QUICK & EASY

Fresh Fruit Cup	\$2.50
Yogurt & Granola Parfait	\$2.50
Bagel with Butter	\$2.10
Bagel with Cream Cheese	\$2.85
Yogurt Cup 100ml	\$1.50
Fresh Fruit	\$1.25



## GRILL

QUICK & EASY

Daily Special (Includes milk or 114ml juice)	\$6.00
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



## PIZZA

QUICK & EASY

Pizza Slice	\$4.00
Pizza Roll	\$2.00



## SALAD

QUICK & EASY

Garden Salad	\$4.00
Caesar Salad	\$4.00
Tomato Basil Pasta Salad	\$4.00



## SANDWICH

QUICK & EASY

Chicken Caesar Wrap	\$5.50
Tuna Salad Sandwich	\$4.00
Chicken Snack Wrap	\$3.75



## GRAB & GO

QUICK & EASY

Smoothie	\$2.25
Baked Tortillas & Salsa	\$2.75
Veggies & Ranch Dip	\$2.75
Apple Wedges & Dip	\$3.00
Frozen Yogurt	\$1.75
Pudding Cup	\$2.25
Baked Chips	\$2.00



## BAKERY

HAVE A BITE

1 oz Cookie	\$0.75
2 oz Cookies	\$1.25
Small Muffin	\$1.25
Cinnamon Roll	\$1.50



## BEVERAGES

QUICK & EASY

Small White Milk	\$0.45
Large White Milk	\$0.90
Small Chocolate Milk	\$2.00
Large Chocolate Milk	\$3.00
Juice Can	\$2.00
Juice Box	\$1.35
ICEE Slush Cup	\$1.50
Water 500ml	\$1.50
Water 591ml	\$2.00