

**EWG FOOD SERVICES LTD.
SCHOOL MENU 2013-2014**

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
SPECIAL Sweet & Sour Chicken Balls Rice, Egg roll Milk or Fruit Juice	SPECIAL Spaghetti Cheese Garlic Bread Milk or Fruit Juice	SPECIAL Lasagna Ceasar Salad or roll Milk or Fruit Juice	SPECIAL Taco Casserole And a roll Milk or Fruit Juice	SPECIAL BBQ Chicken Calizone & Ceasar Salad Milk or Fruit Juice
Cheese PIZZA	Oven Baked CHICKEN BURGERS	GARLIC FINGERS	PEPPERONI PIZZA	Oven Baked CHICKEN BURGERS

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
SPECIAL Chili, Roll or Nacho Chips Milk or Fruit Juice	SPECIAL Chicken leg-potatoes or rice, veggies Milk or Fruit Juice	SPECIAL Chicken Fingers Mashed Potatoes or Rice And Veggies Milk or Fruit Juice	SPECIAL Macaroni With Beef And Tomato Sauce Side salad or Roll Milk or Fruit Juice	SPECIAL Chicken Caesar Salad Milk or Juice
Cheese Pizza	Oven Baked Chicken Burgers	Garlic Fingers	Pepperoni Pizza	Oven Baked Chicken Burgers

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
SPECIAL Sweet – Sour Meat Balls Rice and Egg Roll Milk or Fruit Juice	SPECIAL Cheeseburger Calizone, Ceasar Salad Milk or Fruit Juice	SPECIAL Shepherd’s Pie Roll Milk or Fruit Juice	SPECIAL Lasagna – Roll Milk or Fruit Juice	SPECIAL Taco’s and Rice Milk or Fruit Juice
Cheese Pizza	Oven Baked Chicken Burgers	Garlic Fingers	Pepperoni Pizza	Oven Baked Chicken Burgers

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
SPECIAL Spaghetti Roll Milk or Fruit Juice	SPECIAL BBQ Chicken, Rice or Potatoes Veggies Milk or Fruit Juice	SPECIAL Chicken Parmesan Roll or Salad Milk & Fruit Juice	SPECIAL Beef and macaroni with tomato sauce - roll Milk or Fruit Juice	SPECIAL Chicken quesadilla and Caesar salad Milk or Fruit Juice
Cheese Pizza	Oven Baked Chicken Burgers	Garlic Fingers	Pepperoni Pizza	Oven Baked Chicken Burgers

Homemade soup is available daily.

Menu subject to change in January

Healthy Choice –	
with milk or juice	5.50
with milk or juice plus dessert	5.75

Sandwich Special	3.75 – 4.00
Soup & Roll	4.00

Chicken Burger (all white meat)	3.50
Hamburger 2 oz.	3.00
Cheeseburger 2 oz.	3.50
Hot Pizza Slice	3.50
Garlic Fingers	3.50

*****Sandwiches and Wraps*****

B.L.T	3.25
Ham	2.50
Ham & Cheese	2.75
Egg Salad	2.75
Tuna Salad	2.75
Chicken Salad	3.00
Crispy Chicken Caesar Wrap	3.00
Crispy Turkey Caesar Wrap	3.00
Homemade Donair-meat wrap	3.00

*******Snacks*******

Assorted Fruit Sticks	1.00
Sweet Cinnamon Bun	1.00
Cookie – Small	.75
Cookie – Large	1.00
Rice Krispie Square	1.00
Muffins	1.00
Assorted Baked Chips	1.50
“Smartpop” Popcorn	1.50
Frozen Fruit Dessert	1.00

******Fresh Salads******

Garden – Small	2.20
Garden – Large	3.50
Chef – Large	4.00
Cesar Salad	4.00
Chicken Caesar Salad	4.50
Veggies & Dip	2.50

******Drinks******

Bottled Water (500ml)	1.00
Apple Juice (4oz plastic)	.50
Orange Juice (4oz plastic)	.50
Apple Juice (300ml glass)	1.50
Orange Juice (300ml glass)	1.50
Milk 2% (250ml)	.50