

## PCHS Cafeteria Service

Cafeteria service will be available at lunchtimes only from Monday September 14<sup>th</sup>.

The cafeteria will be offering a cold sandwich lunch bag only, served with choice of milk or juice. We will keep you posted as to when additional items such as hot meals, salads and a la carte items like drinks, cookies or other desserts will be available.

Meal cards may be purchased or reloaded online at [www.cafzone.ca](http://www.cafzone.ca) . If this is your first time purchasing a meal card or you are loading the card using cash, create the account online and your child will need to come to the cafeteria to pick up their card. This can be done at **recess time only**.

### Menu

#### **September 14<sup>th</sup> – 18<sup>th</sup>**

**\$7.02** served on a rotation of whole wheat breads, such as baguette, wraps, flat bread, hoagie roll, croissant, pretzel, etc.

Monday Crispy Chicken Strip with Spicy Mayo, Raw Vegetables, Small Muffin

Tuesday Crab Roll, Corn Salad, Fresh Fruit

Wednesday Tofu & Cheese Vegetable, Spinach Salad, Pudding

Thursday Grilled chicken Caesar, Raw Vegetables, Yogurt

Friday Club, Coleslaw, Fruit Salad

**\$5.56** served on sliced whole wheat bread

Monday Chicken Salad, Raw Vegetables, Yogurt

Tuesday Smoked Turkey, Chef Salad, Fresh Fruit

Wednesday Tuna Salad, Caesar Salad, Chocolate Chip Cookie

Thursday Ham & Cheese, Raw Vegetable, Fruit Salad

Friday Egg Salad, Kale Salad, Pudding

#### **September 21<sup>st</sup> – 25<sup>th</sup>**

**\$7.02** served on a rotation of whole wheat breads, such as baguette, wraps, flat bread, hoagie roll, croissant, pretzel, etc.

Monday BLT with Cheese, Raw Vegetables, Yogurt

Tuesday Smoked Turkey, Kale Salad, Jello

Wednesday Tuna Salad, Corn Salad, Small Muffin

Thursday Ham & Cheese, Raw Vegetables, Fresh Fruit

Friday, Egg Salad, Spinach Salad, Cookie

PCHS Cafeteria Service

**\$5.56** served on sliced whole wheat bread

Monday Chicken Salad, Raw Vegetables, Small Muffin

Tuesday Smoked Turkey, Coleslaw, Jello

Wednesday Tuna Salad, Green Salad, Apple Sauce

Thursday Ham & Cheese, Raw Vegetables, Yogurt

Friday Egg Salad, Caesar Salad, Cookie