

MAY 2024

NEW WESTMINSTER MENU



Week 1	Monday	Tuesday	Wednesday 05/01	Thursday 05/02	Friday 05/03
Regular			Shepherd's Pie with Peas and Corn	Macaroni and Cheese Cucumbers & Dip	Beef Burrito Rice Bowl Power Veggies Sour Cream
2nd Choice			Grilled Cheese Fresh Veggies and Dip	Turkey Hot Dog Cucumbers & Dip	Pancakes Yogurt Apple Sauce
Vegetarian			Grilled Cheese Fresh Veggies and Dip	Macaroni and Cheese Cucumbers and Dip	Pancakes Yogurt Apple Saue
Halal Friendly			Grilled Cheese Fresh Veggies and Dip	Halal Chicken Hot Dog Cucumbers & Dip	Vegetarian Burrito Rice Bowl Power Veggies Sour Cream
Week 2	Monday 05/06	Tuesday 05/07	Wednesday 05/08	Thursday 05/09	Friday 05/10
Regular	Panwich (Pancakes, Egg, Cheese) Syrup	Turkey BLT with Lettuce, Tomato and Cheese (NEW!)	Chicken Fried Rice with Mini Spring Roll	Spaghetti and Beef Meatballs	Cheese Tortellini with Cheese Sauce Veggies and Dip
2nd Choice	Chicken Fingers, Whole Grain Rice, Corn Plum Sauce	Buttery Parmesan Pasta Power Mix	Cheese Mini Pizza Sub Fresh Veggies and Dip	Bagel and Cream Cheese Cucumbers & Dip	Chicken Burger Veggies and Dip
Vegetarian	Veggie Chick'n Fingers, Whole Grain Rice, Corn Plum Sauce	Buttery Parmesan Pasta Power Mix	Veggie Fried Rice with Egg and Mini Spring Roll	Spaghetti and Tomato Sauce	Cheese Tortellini with Cheese Sauce Veggies and Dip
Halal Friendly	Halal Chicken Fingers, Whole Grain Rice, Corn Plum Sauce	Halal Chicken Club Sandwich with Lettuce and Tomato (NEW!)	Cheese Mini Pizza Sub Fresh Veggies and Dip	Spaghetti and Halal Beef Meatballs	Halal Chicken Burger Veggies and Dip



Order.lunchlady.ca

theLunchLady.ca

MAY 2024

NEW WESTMINSTER MENU



Week 3	Monday 05/13	Tuesday 05/14	Wednesday 05/15	Thursday 05/16	Friday 05/17
Regular	Sweet and Sour Chicken Rice Bowl California Veggies	Mac and Dogs Cucumbers and Dip	Chicken Caesar Salad Side Dressing Garlic Bread (NEW!)	Pancakes Turkey Sausage Apple Sauce	Beef Meatball Sub Veggies and Dip
2nd Choice	French Toast Apple Sauce Yogurt	Grilled Cheese Cucumbers and Dip	Scoobi Doo Pasta and Tomato Sauce Garlic Bread (NEW!)	Chicken Breast Ranch Wrap with Lettuce and Cucumber	Perogies Peas and Carrots Sour Cream
Vegetarian	French Toast Apple Sauce Yogurt	Macaroni and Cheese Cucumbers and Dip	Scoobi Doo Pasta and Tomato Sauce Garlic Bread	Pancakes Apple Sauce Yogurt	Perogies Peas and Carrots Sour Cream
Halal Friendly	Halal Sweet and Sour Rice Bowl California Vegetable	Grilled Cheese Cucumbers and Dip	Chicken Ranch Salad Side Dressing Garlic Bread (NEW!)	Halal Chicken Breast Ranch Wrap with Lettuce and Cucumber	Halal Meatball Sub Veggies and Dip
Week 4	Monday 05/20	Tuesday 05/21	Wednesday 05/22	Thursday 05/23	Friday 05/24
Regular	No School	Sunshine Sandwich (Egg & Cheddar) Fresh Veggies and Dip	Teriyaki Chicken Noodle Bowl California Veggies	Beefaroni	Chicken Breast Plum Wrap
2nd Choice	No School	BBQ Meatballs, Potato Wedges and Corn	Garden Veggie Wrap with Cheese, Lettuce & Cucumber	Chicken Nuggets, Dinner Bun, Plum Sauce Fresh Veggies and Dip	Pancakes Yogurt Apple Sauce
Vegetarian	No School	BBQ Veggie Meatballs, Potato Wedges and Corn	Garden Veggie Wrap with Cheese, Lettuce & Cucumber	"Veggieroni"	Pancakes Yogurt Apple Sauce
Halal Friendly	No School	BBQ Halal Meatballs, Potato Wedges and Corn	Halal Chicken Teriyaki Noodle Bowl California Vegetables	Halal Chicken Nuggets, Dinner Bun, Plum Sauce Fresh Veggies and DPlum	Halal Chicken Breast Plum Wrap



Order.lunchlady.ca

theLunchLady.ca

MAY 2024

NEW WESTMINSTER MENU



Week 5	Monday 05/27	Tuesday 05/28	Wednesday 05/29	Thursday 05/30	Friday 05/31
Regular	Spaghetti and Meat Sauce	Turkey and Cheese Bagel Melt (NEW!) Cucumbers and Dip	Beef Meatballs, Mashed Potatoes, Corn and Gravy	French Toast Yogurt Apple Sauce	Cheeseburger Pasta (NEW!) Veggies and Dip
2nd Choice	Chicken Breast Caesar Wrap	Macaroni and Cheese Cucumbers and Dip	Chicken Pasta Salad with Veggies (NEW!)	Butter Chicken Rice Pilaf	Egg Salad Sandwich Veggies and Dip
Vegetarian	Spaghetti and Tomato Sauce	Tomato and Cheese Bagel Melt (NEW!) Cucumbers and Dip	Veggie Meatballs, Mashed Potatoes, Corn and Gravy	Butter Chickpeas Rice Pilaf	Veggie Ground Cheeseburger Veggies and Dip
Halal Friendly	Spaghetti and Tomato Sauce	Tomato and Cheese Bagel Melt (NEW!) Cucumbers and Dip	Halal Beef Meatballs, Mashed Potatoes, Corn and Gravy	French Toast Apple Sauce Yogurt	Egg Salad Sandwich Veggies and Dip

You will notice each day in May has a 'Field Trip' Lunch item. These are to be ordered **ONLY** on days when your student's class is participating in an all-day, off-campus field trip where the student won't be at the school during lunch.

- The "Field Trip" lunch includes a meal that is convenient for students to take along and will be delivered to the school prior to classes departing for the field trip.
- Please note the regular lunch options are not available for classes that have a designated field trip day. If you order a lunch other than the "Field Trip" lunch on those dates, you will be contacted by the Lunch Lady to adjust your order. If you receive a subsidized lunch your order will be changed automatically.

We appreciate your cooperation in making our field trips enjoyable and hassle-free for our students. If you have any questions or need further assistance, feel free to reach out to fuelup@sd40.bc.ca



FIELD TRIP ONLY: Deli Turkey and Cheese on a Bun with a Treat and Fruit of the Day



FIELD TRIP ONLY: Cheddar Cheese on a Bun with a Treat and Fruit of the Day (Halal Friendly)