

## 2024-2025 chartwells eat. learn. live.



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CHEF'S TABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	BBQ Chicken With Mashed Potatoes and Steamed Veg	2 Soft Beef Tacos, Mexican Rice & Corn	Cinnamon French Toast Sticks with Ham & Apple Slices	Chicken Fingers with Roasted Wedges, Veggie sticks & Dip	Fettuccine Alfredo with Caesar Salad
	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00
VALUE MEAL	1/2 Chicken Ranch Flatbread & Caesar Salad	Pizza Roll & Fruit Slushie	Chicken Snack Wrap and Homemade Nacho Chips	Grilled Cheese Sandwich & Chicken Noodle Soup	Pizza Pocket & Caesar Salad
	\$6.00	\$5.00	\$5.00	\$5.00	\$5.00
WEEK 2	Mac 'n Cheese with Caesar Salad	2 Soft Chicken Tacos, Mexican Rice & Corn	Sweet & Sour Chicken and Rice Bowl with Stir-Fried Veggies	Pasta with Meat Sauce & Caesar Salad	Pancakes with Syrup, Side of Ham and Fruit Salad
	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00	served with choice of milk or 500ml Water \$7.00
VALUE MEAL	Hamburger & Caesar Salad	Mexican Mashed Potato Bowl & Juice Box	Cheese Pizza Bagel & Juice Box	1/2 Chicken Caesar Wrap & Baked Potato Wedges	Pizza Slice and 500ml Water
	\$5.00	\$6.00	\$5.00	\$5.00	\$5.00
WEEK 1 DATES		WEEK 2 DATES			
September 2-6	December 9-13	April 7-11	September 9-13	December 16-20	April 14-18
September 16-20	January 6-10	April 21-25	September 23-27	January 13-17	Apr 28 - May 2
Sept 30 - Oct 4	January 20-24	May 5-9	October 7-11	January 27-31	May12-16
October 14-18	February 3-7	May 19-23	October 21-25	February 10-14	May 26-30
Oct 28 - Nov 1	February 17-21	June 2-6	November 4-8	February 24-28	June 9-13
November 11-15	March 10-14	June 16-20	November 18-22	March 17-21	June 23-27
November 25-29	March 24-28		December 2-6	Mar 31 - Apr 4	

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BREAKFAST RISE N' DIAS	Bagel with Butter Bagel with Cream Cheese Bagel with Cheese Slice Egg and Cheese Breakfast Sandwich Baked Home Fries Yogurt Parfait	\$ \$ \$ \$	2.75 3.75 3.75 4.25 3.25 4.50
GRILL	Grilled Hamburger Cheeseburger Crispy Chicken Burger Chicken Nuggets (5) with Sauce Hand Made Oven Roasted Potato Wedges Baked Chicken Fingers (3) with Sauce Baked Popcorn Chicken with Sauce Baked Fries	\$ \$ \$ \$ \$ \$	4.75 5.50 5.75 4.75 3.50 5.50 4.25 3.50
SALAD	Garden Salad Caesar Salad Dill Pickle Pasta Salad	\$ \$ \$	5.25 5.25 5.25
PIZZA PAST. PRESH. DELICIOUS.	Pizza Slice Pita Pizza Pizza Pretzel 7" Personal Pizza Pizza Roll Pizza Bagel Garlic Fingers Panzarotti	\$ \$ \$ \$ \$ \$	4.75 4.75 3.75 6.50 2.50 3.00 5.50 6.50

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	Baked Tortillas and Salsa	\$	3.25		
	Homemade Nacho Chips	\$	2.25		
	Veggies and Dip with Hummus	\$	4.50		
	Veggies and Dip with Ranch	\$	3.75		
الم	Apple Wedges with Honey Yogurt Dip	\$ \$	3.75		
	Fresh Fruit Parfait		5.50		
GRAB & GO	Local Apples		1.75		
UNITE U UU	Bananas	\$ \$	1.75		
	Fresh Grapes		4.50		
	Fruit Smoothie (8oz)	\$	3.75		
	Greek Yogurt	Ş	2.50		
	Small Milk	\$	0.65		
	500ml Water Nestle		1.75		
<b>-</b>	591ml Water Aquafina/Dasani	\$	2.50		
	Juice Box	\$	1.50		
GRAB & GO	Sparkling Can Water	\$	2.50		
QUICK CUISINE	300 ml juice	\$	2.50		
	Tropicana Juice	\$	3.90		
	1oz Cookie	\$	1.00		
	Fresh Baked Muffin		1.75		
$\sim$	Reduced Fat Banana Loaf		2.50		
DUNEDA	Rice Krispie Square		2.25		
DIIILIII	Cinnamon Buns	\$	2.25		
	Tuna Salad Sandwich on WW	\$	4.80		
100	Egg Salad Sandwich On WW	\$	4.80		
	Ham & Cheese on WW	\$	4.80		
SANDWICH	Chicken Snack Wrap	\$	4.50		
DELI-CIOUS	Cheeseburger Snack Wrap	\$	4.50		
	Chicken Caesar Wrap on WW	\$	6.50		