

**SOU-PA-LOO Food catering service for school and community Harmony 2021-2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>À la Carte</b>
<b>Week 1</b> Sept 1, Sept 27, Oct 25, Nov 22, Dec 20, Jan 24, Feb 21, March 28 , Apr 25, May 24, June 20	Chicken Noodle Fish Burger <u>or</u> Chicken Burger Vegetables, salad Yogurt	Cream of Leek Penne with Rosée Sauce, Vegetables, Salad Jell-O	Pea Soup French Toast with Sausages Apple crumble	Lentil Soup Homemade pizza Vegetables Pudding	Cream of Carrot Beef Shephard's pie vegetables Fresh fruit	Milk \$0.75 Juice \$1.00 Small soup \$1.00 Large soup \$1.50
<b>Week 2</b> Sept 7, Oct 4, Nov 2, Nov 29, Jan 6, Jan 31, March 7, Apr 4, May 2, May 30,	Thai Soup Beef and Pork Sausages Potatoes Vegetables Yogurt	Cream of Broccoli Healthy Poutine with Ham Vegetables Salad, Chocolate Mousse	Minestrone Soup Spaghetti and meat Sauce, Vegetables Garlic bread Carrot Cake	Beef and Barley Beef tacos Vegetables, lettuce Jell-O	Chef Potage Chicken wrap Caesar Salad Fresh fruit	Dessert of the day \$1.00 Yogurt \$1.00 Fortune Cookie 0.25\$ <u>Pop Corn:</u>
<b>Week 3</b> Sept 13, Oct 12, Nov 8, Dec 6, Jan 10, Feb 8, March 14, Apr 11, May 9, June 6	Chicken and Noodle Fish Filet, Rice <u>or</u> Chicken Nugget Vegetables Yogurt	Cream of Tomato Beef lasagna Vegetables Jell-O	Pea Soup Pancake with Pork/Beef Sausage, Beans Banana Cake	Lentil Soup Mexican sloppy Joe Vegetables, salad Pudding	Cream of Carrot Mediterranean Calzone Salad Fresh fruit	Small \$0.50 Large \$1.00 <b>Homemade:</b> Large cookie \$1.00
<b>Week 4</b> Sept 20, Oct 18, Nov 15, Dec 13, Jan 17, Feb 14, March 21, Apr 19 , May 16, June 13	Vegetable Noodle Glazed Ham Potatoes Vegetables Jell-O	Cream of Broccoli Chicken Taquitos Vegetables Salad Yogurt	Thai Soup Beef Patty Burgers, Tomato, Cheese, Macaroni Salad Blueberry Cake	Beef and Noodle All dressed Submarine Lettuce and Vegetables Strawberry Mousse	Chef Potage Spaghetti with Meatballs Garlic Bread Caesar Salad Fresh Fruit	Small cookie \$0.25 Ice cream sandwich \$1.00 Brownies \$0.75
<b>Walk-In</b> <ul style="list-style-type: none"> <li>• Full course meal-\$5.75</li> <li>• Main plate only - \$4.50</li> <li>• Bagel cream cheese with vegetables and dip - \$3.50</li> <li>• Single Grilled cheese and vegetables and dip - \$2.50</li> <li>• Ham, Egg or Chicken sandwich- \$3.50</li> <li>• Meal Salad- \$5.75 <b>(please order before 10:00 am)</b></li> <li>• Protein mixed with mayo only (Ham, Chicken or Tuna) 3.00\$</li> </ul> <b>Order before 10:00 am</b>			<b>Meal Card Offers</b> 5 Plates only card \$21.00 (\$4.20 per plate)  5 Full course card \$27.00 (\$5.40 full course meal)  30 Full course card \$162.00  30 Main meal only \$126.00		<b>Annual Registration Budget-Wise</b> <b>Paid monthly 1 child-</b> \$95.00 (\$5.27 full course meal) <b>2 children -</b> \$188.00 (\$5.27 full course meal) <b>3 children -</b> \$282.00 (\$5.27 full course meal) <b>Special lunch includes</b> <b>Main Plate only -</b> \$76.00 Monthly (\$4.20) <b>Does not include special lunch</b>	

**for information: Elyse 514-519-6598 (Due to the economic situation, daily meal may vary depending on supply)**

