



APRIL 2023

Specials from The Lunch Lady

IT'S TIME TO MANGIA!

Who doesn't love pasta? Lunchie has been cooking up some NEW specials for the month of April.

CHICKEN PARMESAN PASTA



Our fan favourite pasta with yummy breaded chicken topped with mozzarella cheese and tomato sauce. Mangia!

POP-UP SPECIAL



Warm Chicken Parmesan on a fresh whole wheat bun topped with tomato sauce and ooey gooey cheese.

Healthy Tip:

With spring comes warm evenings and a later sunset...perfect for a family stroll after dinner. It's a great way to carve out some family time and promote wellbeing.

Walking not only burns calories but also activates the digestive system and will help absorb nutrients. A family walk after dinner is an ideal way to bond with your children. You can make it fun to explore your neighbourhood.

READY TO ORDER?

[Login](#) to see the specials available in your school.

Have questions or need help? Your [local Lunch Lady kitchen](#) will be pleased to provide support.

theLunchLady.ca