



LUSITANA MARTINS
bakery
EST. 1968

COMPLIANT HOT LUNCH PROGRAM*

*Fully Compliant with the
School Food & Beverage Policy

Featured HOT LUNCH ENTRÉES on our "Most Sell List"

MAXIMUM 3 CHOICES PER LUNCH

Large Trays

Individually
Packaged

Sorted by class
& Individually
Packaged

1. Pasta and Tomato Sauce

Fat 5.35g | Sat. Fat 0.2g | Sodium 30g | Fibre 3.5g | Protein 11.58g

Penne Pasta made with durum semolina enriched flour. Your choice of Tomato Sauce, Meat Sauce or Butter (Transfat Free Margarine) & Parmesan (1 Tbsp per serving). Comes with a whole wheat roll. Gluten free pasta available. Individual package \$4.50

2. Mac'n'Cheese

Fat 6.35g | Sat. Fat 1.2g | Sodium 610g | Fibre 3.5g | Protein 11.58g

Served with a whole wheat roll.

3. Chicken Nuggets with Dipping Sauce

Fat 6.25g | Sodium 412g

Baked chicken nuggets packed 5 per foil bag. Served with dipping sauce. Add veggies & dip for \$2.00 extra

4. Caesar Salad with Chicken & Whole Wheat Roll

5. Caesar Salad (no Chicken) & Whole Wheat Roll

6. Ham or Turkey Sub on Whole Wheat Bread

Prepared with cheese, lettuce, tomato.

7. Compliant Hot Dogs on Whole Wheat Bun

Served with ketchup packets. Add veggies & dip for \$2.00 extra.

8. Chicken Sandwich

Chicken burger on our fresh baked whole wheat bun. Comes with ketchup or mayo.

9. Hamburger on Whole Wheat Bun

Served with ketchup packets.

10. Compliant Snacks - Chocolate Chip Cookies

Homemade, baked fresh in our store.
Peanut free.

Veggies & Dip

Carrots & celery with ranch dressing

Please call or email
with any questions or
to book your lunches
for the school year!

Delivery charge \$15 Out of town \$25+ Minimum order \$100 for hot lunch.

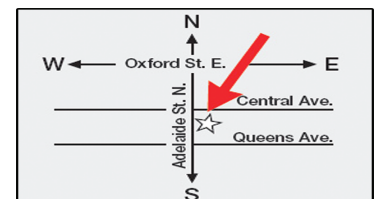
**payment due upon delivery*

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