What's for Lunch at Lawrence Park?

Μ	т	W	т	F
Hero	Healthy	Subway	Healthy	Domino's
Burger	Kidz		Kidz	Pizza

Hero Burger on Mondays

HALAL

H Chicken Strips

- H Grilled Chicken Sandwich (3.9oz)
- H Hero Burger (3oz)
- H Hero Burger (4oz)
- H Vegetarian Soul Burger (4oz)

GLUTEN FREE

- H GF Gluten Free Grilled Chicken Sandwich (3.9oz)
- **<u>H</u> <u>GF</u>** Gluten Free Hero Burger (3oz)
- H GF Gluten Free Hero Burger (4oz)
- H GF Gluten Free Vegetarian Soul Burger (4oz)

DRINKS

Minute Maid 100% Apple Juice (200ml)

Subway on Wednesdays

6" Ham Sub 6" Turkey & Ham Sub 6" Turkey Sub 6" Veggie Sub

GLUTEN FREE

 GF
 6" Ham Sub

 GF
 6" Turkey & Ham Sub

 GF
 6" Turkey Sub

 GF
 6" Veggie Sub

AVAILABLE CUSTOMIZATIONS AND TOPPINGS

Bread	White bread, Multigrain bread
Toppings	Cucumbers, Tomatoes, Lettuce, Cheese
Sauce	Mustard, Mayo, Sub Sauce

Healthy Kidz on Tuesdays/Thursdays

AVAILABLE BOTH TUESDAY AND THURSDAY

Large Whole Wheat Bagel With Cream Cheese, Cucumber Slices, and Fresh Fruit

Small Whole Wheat Bagel With Cream Cheese, Cucumber Slices, and Fresh Fruit

ON TUESDAYS

Large Baked Chicken Burger On a Whole Wheat Bun with Dollar Potato, Pickles, and Ketchup

Large Sweet & Sour Meatballs With Brown Rice and Steamed Corn

Small Baked Chicken Burger On a Whole Wheat Bun with Dollar Potato, Pickles, and Ketchup

Small Sweet & Sour Meatballs With Brown Rice and Steamed Corn

ON THURSDAYS

Large Baked Veggie Burger On a Whole Wheat Bun with Roasted Potato Wedges, Pickles, and Ketchup

Large Cheddar & Potato Perogies With Sour Cream and Steamed Broccoli

Large Penne Bolognese With Whole Wheat Penne and Garlic Bread

Small Baked Veggie Burger On a Whole Wheat Bun with Roasted Potato Wedges, Pickles, and Ketchup

Small Cheddar & Potato Perogies With Sour Cream and Steamed Broccoli

Small Penne Bolognese With Whole Wheat Penne and Garlic Bread

DRINKS

Oasis Apple Juice Box (200ml) Oasis Orange Juice Box (200ml) White Milk





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Hero	Healthy	Subway	Healthy	Domino's
Burger	Kidz		Kidz	Pizza

Domino's Pizza on Fridays

INDIVIDUALLY BOXED SLICES

One Slice of Cheese Pizza One Slice of a Large 14" Pizza cut into 8, Individually Boxed

One Slice of Pepperoni Pizza One Slice of a Large 14" Pizza cut into 8, Individually Boxed

Two Slices of Cheese Pizza Two Slices of a Large 14" Pizza cut into 8, Individually Boxed

Two Slices of Pepperoni Pizza Two Slices of a Large 14" Pizza cut into 8, Individually Boxed

GLUTEN FREE

GF Small 10" Cheese Pizza GF Small 10" Pepperoni Pizza

<u>GF</u> Small 10" Veggie Pizza Topped with Green peppers, Mushrooms, and Tomatoes

SINGLE SLICES

Cheese Slices

Slice of Cheese Pizza Slice of a Large 14" Pizza cut into 8

Slice of Cheese Pizza Slice of an Extra-Large 16" Pizza cut into 10

Pepperoni Slices

Slice of Pepperoni Pizza Slice of a Large 14" Pizza cut into 8

Slice of Pepperoni Pizza Slice of an Extra-Large 16" Pizza cut into 10

Veggie Slices

Slice of Veggie Pizza Slice of a Large 14" Pizza cut into 8 Topped with Green peppers, Mushrooms, and Tomatoes

Slice of Veggie Pizza Slice of an Extra-Large 16" Pizza cut into 10 Topped with Green peppers, Mushrooms, and Tomatoes

Lunch Program Menu

