

CAVELL HOT LUNCH 2025-26

BURGERS

Beef slider ^{KM}	1pc \$7.00 / 2pc \$8.00
Beef slider w/ cheese ^{KM}	1pc \$7.50 / 2pc \$9.50
Beef burger ^{KM}	\$8.10
Beef burger w/ cheese ^{KM}	\$9.10
Chicken burger (breaded) ^{KM}	\$8.10
Chicken burger w/ cheese ^{KM}	\$9.10

FAVOURITES

Pizza (cheese)	8" \$7.50 / 10" \$9.50
Pizza (pepperoni)	8" \$8.00 / 10" \$10.00
Baked chicken strips ^{KP}	3pc \$7.50 / 5pc \$8.50
Hot dog (beef or veggie ^V) ^{KM}	\$6.30
Add: shredded cheese	\$1.75
Grilled cheese sandwich	\$6.50
Shepherd's pie (beef)	\$7.50
NEW! Butter chicken on rice	S \$9.00 / L \$10.00
Veggie perogies (6pc) ^{KM}	\$6.50
Hummus & naan ^V	\$5.50

PASTA

Mac & cheese	S \$6.00 / L \$7.50
Lasagna (beef or veggie)	\$7.50
Pasta w/ butter only*	S \$5.85 / L \$7.20
Pasta w/ butter & parmesan*	S \$5.85 / L \$7.20
Pasta w/ tomato sauce* ^V	S \$6.25 / L \$7.80
*Add: Grilled chicken	\$3.50
Pasta w/ meatballs	S \$7.50 / L \$8.75
NEW! Penne Alfredo	S \$7.00 / L \$8.10
Chicken Penne Alfredo	S \$8.00 / L \$9.10
Make any pasta gluten-free	\$3.50

CONDIMENTS INCLUDED: K - ketchup / M - mustard / P - plum sauce / S - soy sauce

V - denotes vegan

APPOX. PORTION SIZES: S - 8 oz / L - 12 oz



**DON'T FORGET TO PACK
YOUR UTENSILS!**

SUSHI

Tofu teriyaki roll ^V	6pc \$6.70 / 8pc \$8.00
California roll ^S	6pc \$7.00 / 8pc \$8.20
(imitation crab, cucumber, mayo)	
Cucumber roll ^{SV}	6pc \$5.00 / 8pc \$5.50
Avocado roll ^{SV}	6pc \$6.70 / 8pc \$8.00

MEXICAN

Cheese quesadilla	\$6.50
Ham or chicken quesadilla	\$7.20
Pizza-dilla	\$7.50
(cheese, pepperoni, pizza sauce)	
Beef or black bean burrito	\$7.50
(with cheese & rice)	
Gluten free wrap add-on	\$3.50

KEBABS

Saffron chicken kebab	S \$9.50 / L \$11.50
Minced meat kebab (beef)	S \$9.50 / L \$11.50

All kebabs served with basmati rice

ASIAN

Chicken or Tofu ^V teriyaki	S \$8.20 / L \$9.40
(w/ rice & vegetables)	
Chicken or veggie fried rice	S \$7.50 / L \$8.80

DRINKS, SIDES & TREATS

SALADS & SIDES

Caesar salad	\$5.50
Add: grilled chicken	\$3.50
Veggies w/ dip	\$4.10
Carrot sticks w/ dip	\$4.10
Fruit cup	\$5.00
Warm corn w/ butter	\$4.10
Edamame beans	\$5.00



DESSERT

Chocolate chip cookie	\$2.50
Banana or lemon loaf	\$3.50
Apple strudel	\$3.50
Chocolate croissant	\$2.50
Brownie	\$3.50

DRINKS (200ml)

Milk, 2%	\$2.50
Milk, chocolate	\$2.75
Juice	\$2.50
(apple, grape, or berry)	
Juice	\$2.75
(apple/orange/peach combo)	

LOOP COLD-PRESSED SMOOTHIES (355ml)

Mango Paradise	\$7.50
(mango, pineapple, banana, oat milk)	
Early Bird	\$7.50
(strawberry, banana, orange, pineapple, oat milk, pea protein)	
Green Vibes	\$7.50
(spinach, kale, pineapple, banana, spirulina, oat milk, pea protein)	

ORDER DEADLINES SEP 2025 – JAN 2026

****Order by 10pm every Wednesday for the following week****

Lunch Day			Order by	Lunch Day			Order by
September 16	TUESDAY	September 10		November 18	TUESDAY	November 12	
September 18	THURSDAY	September 10		November 20	THURSDAY	November 12	
September 23	TUESDAY	September 17		November 25	TUESDAY	November 19	
September 25	THURSDAY	September 17		November 27	THURSDAY	November 19	
September 30	TUESDAY	September 24		December 2	TUESDAY	November 26	
October 2	THURSDAY	September 24		December 4	THURSDAY	November 26	
October 7	TUESDAY	October 1		December 9	TUESDAY	December 3	
October 9	THURSDAY	October 1		December 11	THURSDAY	December 3	
October 14	TUESDAY	October 8		December 16	TUESDAY	December 10	
October 16	THURSDAY	October 8		December 18	THURSDAY	December 10	
October 21	TUESDAY	October 15		January 6	TUESDAY	December 17*	
October 23	THURSDAY	October 15		January 8	THURSDAY	December 17*	
October 28	TUESDAY	October 22		January 13	TUESDAY	January 7	
October 30	THURSDAY	October 22		January 15	THURSDAY	January 7	
November 4	TUESDAY	October 29		January 20	TUESDAY	January 14	
November 6	THURSDAY	October 29		January 22	THURSDAY	January 14	
November 11	TUESDAY	November 5		January 27	TUESDAY	January 21	
November 13	THURSDAY	November 5		January 29	THURSDAY	January 21	

***Orders for January 6 & 8 must be made by December 17 due to the winter break.**

ORDERING INFORMATION

HOW TO ORDER

- Use the following link to order: <https://bit.ly/3AT6CeB> or use the QR code at right.
- The cut-off time for orders is **10:00pm Wednesdays** for the following week's lunches.

CHANGES AND CANCELLATIONS

- **No changes or cancellations after the order cut-off date.**
- Before the cut-off date, contact Susannah at srohloff@gmail.com to request a change or cancellation..

OTHER INFORMATION

- **Cutlery is not provided, please bring your own.**
- \$1.00 is added to every transaction to cover the payment processing fees.
You can combine multiple orders for multiple children, as well as pizza and Subway days, in one transaction to save on fees.
- Be sure to check your calendar for upcoming field trips before you order!
- More details can be found in the Fundraising section of the PAC website.



online ordering link