

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, orange, pineapple, pea protein)	
.....	\$7.50
(spinach, kale, pineapple, banana, spirulina, oat milk, pea protein)	

TEMPORARILY UNAVAILABLE



ORDER DEADLINES FEB – JUN 2026

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

Lunch Day			Order by		
February 3	TUESDAY	January 28	April 21	TUESDAY	April 15
February 5	THURSDAY	January 28	April 23	THURSDAY	April 15
February 10	TUESDAY	February 4	April 28	TUESDAY	April 22
February 12	THURSDAY	February 4	April 30	THURSDAY	April 22
February 17	TUESDAY	February 11	May 5	TUESDAY	April 29
February 19	THURSDAY	February 11	May 7	THURSDAY	April 29
February 24	TUESDAY	February 18	May 12	TUESDAY	May 6
February 26	THURSDAY	February 18	May 14	THURSDAY	May 6
March 3	TUESDAY	February 25	May 19	TUESDAY	May 13
March 5	THURSDAY	February 25	May 21	THURSDAY	May 13
March 10	TUESDAY	March 4	May 26	TUESDAY	May 20
March 12	THURSDAY	March 4	May 28	THURSDAY	May 20
March 31	TUESDAY	March 11*	June 2	TUESDAY	May 27
April 2	THURSDAY	March 11"	June 4	THURSDAY	May 27
April 7	TUESDAY	April 1	June 9	TUESDAY	June 3
April 9	THURSDAY	April 1	June 11	THURSDAY	June 3
April 14	TUESDAY	April 8	June 16	TUESDAY	June 10
April 16	THURSDAY	April 8	June 18	THURSDAY	June 10
*Orders for April 7 & 9 must be made by March 11 due to spring break.			June 23	TUESDAY	June 17
			June 25	THURSDAY	June 17

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 normally **10:00pm Wednesdays** for the following week's lunches. Dates may change if needed for holidays, etc.

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