

Healthful School Lunches

At Family Gourmet Foods, our first priority is to ensure all of our foods are made with 100% natural, whole ingredients. All of our soups, sauces, dressings and salads are hand-made from scratch, ensuring the highest quality and flavour.

Fresh-made 12oz Soup & fresh-baked bun \$3.25

Fifteen different varieties of soup are available, however we recommend Free-Range Chicken Noodle, Creamy Tomato, or Alphabet Minestrone as the most popular choices for children.

Fresh-made 12oz Chili & fresh-baked bun \$3.50

Made with free-range, non-medicated beef and our signature 4-bean mix, our chili is the best! Garden fresh vegetarian chili is also available.

12oz Pasta & Sauce \$3.50

Classic Spaghetti, Mac & Cheese, or Penne Alfredo, our pasta dishes are sure to please! All sauces are handmade from scratch using whole natural meats, dairy and produce.

Whole Wheat Sandwich Wraps \$3.50 – \$4.00

A fresh whole wheat tortilla with your choice of Chicken Caesar, vegetables and cheese with ranch dressing, or ham & cheddar with ranch dressing.

Sides

The following are available in smaller portions to be used as complimentary items to your menu:

- Side Soup (8 oz) – \$2.25
- Side Chili (8 oz) – \$2.50
- Side Caesar Salad (150 gm) – \$2.50
- Side Tossed Salad (150 gm) – \$2.50
- Mixed Veggie Snack Bag (150 gm) – \$1.00
- Fresh-baked Oatmeal Cookie – \$1.00

Want less hassle? Get everything you need from one supplier! Ask about customizing a complete menu including entrée, side, beverage and dessert for one great price!

All lunches are individually portioned in eco-friendly packaging. All prices include delivery. GST not included.

Choices are limited to two entree items per lunch day from the same category.



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