

Eating healthy is important. Our mission is to offer a meal program of a quality assured while making the menu interesting.

We offer nutritionally balanced menus with the four food groups of Canada's Food Guide. Furthermore, we meet the nutritional criteria for a healthy diet from the Ministry of Education, Recreation and Sports (MELS). We prefer whole grain product and opt for meats and dairy products low in fat.

We aim to enhance the variety of foods. We therefore offer you a choice of five meals each day (which two of them that vary every day). All meals are served with potatoes, pasta, rice or bread, vegetables, raw vegetables, beverage (100% juice served on Tuesdays and Thursdays, milk served Monday, Wednesday) and a dessert. Themed menus will be offered throughout the year.

The catering service will be offered Monday to Thursday from September 9, 2013 to June 19, 2014. The price of a meal is \$ 5.05 per regular portion. Adolescent portion are available at \$ 5.80 (an adolescent portion = 1 ½ regular portion).

You can order and pay directly online. Ordering service online has several advantages such as simplicity, speed and flexibility, within only 24 hours' delay to order. If your child has food allergies, a useful tool is available to help you manage this sometime, difficult situation (available in September 2013).

To facilitate your choice, a detailed menu is available on our website. Cancellations can be made by phone or email before 7:00 the same day, a credit will be applied to your account.

With our catering service, you'll love the menu choices and the quality offered. For more information, please visit our website at www.lelunch.ca or contact our customer service at (450) 444-3737.

Thank you for trusting us,
Le Lunch