



# September 2024 Hot Lunch Menu



**Ashmont Elementary**

**Canteen List**

Subs are available to order from the kitchen.  
 8" Ham & Cheese Sub \$4.00  
 8" Pizza Sub \$4.00  
 4" Ham & Cheese Sub \$2.00  
 4" Pizza Sub \$2.00

**Ashmont Elementary**

**Vending Machine**

Apple Juice \$1.00  
 Orange Juice \$1.00  
 Mr. Noodles \$2.00  
 Cheese String \$1.00  
 And other varieties of snacks.

**ALL HOT LUNCH MEALS  
 COST \$5.00**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3 Grilled cheese with tomato soup	4 Chicken quesadilla with a fruit cup	5 Spaghetti with meat sauce & garlic toast	6 Chinese food	7
8	9 Turkey sandwich & soup	10 Pancakes and sausage	11 Chicken burger with veggie sticks	12 Turkey wrap with a cookie	13 Roasted chicken dinner	14
15	16 Ham sandwich with soup	17 Ravioli with tomato soup & green beans	18 Cheese burger with Jell-O	19 Chicken fingers with fries	20 Shepherds pie	21
22	23 Egg salad sandwich with soup	24 Pulled pork with a bun and cole-slaw	25 Chili and a bun	26 Chicken caesar wrap	27 Nacho's & cheese with cellery	28
29	30 Stew & baked bannock					