

Healthful School Lunches

At Family Gourmet, our first priority is to ensure that 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 with a fresh baked bun \$2.50

We have 15 different varieties of soup available, however we recommend "Free-Range Chicken Noodle, Creamy Tomato, and Alphabet Minestrone as our most popular choices for children. Limit of two different varieties per lunch day.

Fresh made 12oz Chili and fresh baked bun \$2.75

Made with free-range, non-medicated beef, our chili is the best!

12oz Whole Wheat Pasta & Sauce \$2.75

Classic Spaghetti, macaroni & cheese, or penne alfredo, our pasta dishes are sure to please! White pasta available upon request.

Whole Wheat Sandwich Wraps \$2.75 - \$3.25

A fresh whole wheat tortilla with your choice of chicken breast Caesar, veggie and cheese ranch, or ham & cheddar ranch.

Sides

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

Side soup 8oz - \$1.50

Side Chili 8oz - \$1.75

Side Caesar Salad 150gm - \$1.75

Side Tossed Salad 150gm - \$1.75

Side Pasta Salad 200gm - \$1.75

Mixed Veggie Snack Bag 150gm - \$.75

All of our lunches are individually portioned in eco-friendly packaging. All prices include delivery. HST is not included.

PAC Fundraising

Looking for new ideas?? Our frozen soups are a great way for you to provide a healthy, delicious, and convenient product to your parents, while raising money for your school!

We have 15 different varieties of soup to choose from. We provide the order forms, product, and deliver to your school on a pre-arranged day. We will even pre-package each families order making it easy and hassle-free for your volunteers. As soup is a product that gets consumed and needs replenishing, you can do this fundraiser over and over throughout the school year!