

# THEY'LL EAT HEALTHY AND THEY'LL LIKE IT.

EVERY DAY, KIDS ARE SURROUNDED BY UNHEALTHY LUNCH AND SNACK OPTIONS - BUT PRESS'D IS HERE TO CHANGE ALL THAT, WITHOUT MAKING IT SEEM LIKE A PUNISHMENT. HEALTHY EATING CAN EVEN OUT THEIR ENERGY LEVELS AND SHARPEN THEIR MINDS. IT CAN ALSO KEEP THEM HAPPY, WITH OUR QUALITY MEATS AND CHEESES, FRESHLY PREPARED VEGGIES, AND HEALTHY SIDES.

## ORDER LUNCH FROM US. IT'S EASY.

### STEP 1.

Let us know you're interested and we'll send you a form to fill out with your order, and answer any questions you may have.

### STEP 2.

Send students home with the forms - they'll come with full instructions for the kids' parents and guardians.

### STEP 3.

Collect the orders and payments. Once everything is organized, you can send the order in to [catering@pressdsandwiches.ca](mailto:catering@pressdsandwiches.ca). We'll respond with confirmation of your order and the invoice. You can pay via credit card over the phone, or we'll send someone to pick up the cash.

### STEP 4.

Delivery! We prepare everything fresh on the day of your school lunch and deliver them 15 to 30 minutes before it's time to eat. Each lunch will be carefully labeled with the student's name and classroom. We make it easy on you.

## ORDER THROUGH HEALTHY HUNGER

USE YOUR HEALTHY HUNGER ACCOUNT  
AND DO EVERYTHING ONLINE. EASY-PEASY.

Using Healthy Hunger also gives your school an opportunity to fundraise through lunch sales. Visit [healthyhunger.ca](http://healthyhunger.ca) for more information on the program.

If your school has its own in-house ordering program, or uses another service, let us know! We're happy to work with you and get your students Press'd sandwiches.

## SANDWICHES

All sandwiches come with mayo and mustard on the side.

	4"	8"
<b>TURKEY</b>	5 <sup>00</sup>	8 <sup>00</sup>
Turkey, Cheddar Cheese, Lettuce and Tomato		
<b>HAM</b>	5 <sup>00</sup>	8 <sup>00</sup>
Ham, Swiss Cheese, Lettuce and Tomato		
<b>VEGETARIAN</b>	4 <sup>00</sup>	7 <sup>00</sup>
Lettuce, Tomato, Cucumber, Mushroom and Swiss Cheese		

## CHOOSE YOUR BREAD

WHOLE WHEAT

WHITE

GLUTEN FREE +\$0.50 REG / \$1 LRG

## SALADS

	REG	+CHICKEN
<b>HAIL CAESAR</b>	8 <sup>99</sup>	11 <sup>49</sup>
Romaine, Parmesan, Fresh Croutons, Bacon Bits, Creamy Caesar		
<b>POMPEYE</b> <small>[GF] [VG]</small>	8 <sup>99</sup>	11 <sup>49</sup>
Spinach, Goat Cheese, Roasted Almonds, Dried Cranberries, Red Onion, Pomegranate Vinaigrette		
<b>SOUTHWEST CRUNCH</b> <small>[GF] [VG]</small>	8 <sup>99</sup>	11 <sup>49</sup>
Romaine, Cheddar, Red Onion, Black Beans, Corn, Tomato, Cucumber, Cilantro, Tortilla Strips, Southwest Vinaigrette		

## SIDES

<b>APPLE SAUCE</b> <small>[GF]</small>	1 <sup>25</sup>
<b>CAESAR SALAD</b>	3 <sup>69</sup>
<b>BROCCOLI CRUNCH</b> <small>[GF]</small>	3 <sup>69</sup>
<b>CONFETTI SWEET COOKIE</b>	1 <sup>29</sup>
Chocolate Chip, Sugar (Sprinkles) Cookie	
<b>CHIPS</b> <small>[GF]</small>	2 <sup>00</sup>
Natural, Smokey BBQ, Sea Salt & Vinegar	

## DRINKS & EXTRAS

<b>APPLE/ORANGE JUICE</b> 200ML	1 <sup>00</sup>
<b>2% CHOCOLATE MILK</b> 273ML	1 <sup>50</sup>
<b>WATER</b> 500ML	1 <sup>50</sup>
<b>CANNED POP</b> (COKE, DIET COKE, GINGER ALE, SPRITE)	1 <sup>50</sup>

[VG] Vegetarian [GF] Gluten Free Option

ALL DISPOSABLES ARE FREE AND DELIVERY IS \$10