

WE'RE DIFFERENT. DIFFERENT IS GOOD.

- Healthier than your kids' other options
- Bread baked from scratch
- Freshly prepped veggies
- Only the best meats and cheeses
- Healthy options for drinks and sides
- And oh yeah - our sandwiches are delicious

WONDERING HOW WE STACK UP?

Press'd	Panago	McDonalds
Turkey Sandwich	Pepperoni	Happy Meal
with cheddar cheese, mustard, lettuce and tomato	Two slices	Cheeseburger and small fries
Calories: 353	Calories: 420	Calories: 535
Total Fat: 6g	Total Fat: 16g	Total Fat: 24g
Sodium: 574mg	Sodium: 700mg	Sodium: 1000mg
Saturated Fat: 4g	Saturated Fat: 7g	

View all Press'd nutritional information at pressdsandwiches.ca/menu



OUR SANDWICHES
WILL LOOK SO
CUTE IN THEIR
LITTLE HANDS.

CALL US: 1-844-666-9496
EMAIL US: CATERING@PRESSDSANDWICHES.CA

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NEWSLETTER AT [PRESSDSANDWICHES.CA](https://pressdsandwiches.ca)

Press'd

SANDWICH SHOP

SCHOOL LUNCH PROGRAM

YOUR KIDS WILL LOVE THIS.



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. 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 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

4" 8"

All sandwiches come with mayo and mustard on the side.

TURKEY Turkey, Cheddar Cheese, Lettuce and Tomato	6 ⁰⁰	9 ⁰⁰
HAM Ham, Swiss Cheese, Lettuce and Tomato	6 ⁰⁰	9 ⁰⁰
VEGETARIAN Lettuce, Tomato, Cucumber, Mushroom and Swiss Cheese	5 ⁰⁰	8 ⁰⁰

CHOOSE YOUR BREAD

WHOLE WHEAT

WHITE

GLUTEN FREE +\$1 REG / \$2 LRG

SALADS

REG

HAIL CAESAR Romaine, Parmesan, Croutons, Bacon, Renee's Creamy Caesar	9 ⁹⁹
HAIL CAESAR WITH CHICKEN Roasted Chicken, Romaine, Parmesan, Croutons, Bacon, Renee's Creamy Caesar	13 ⁴⁹
GOATS ON THE ROOF GF VG Spinach, Roasted Almonds, Dried Cranberries, Red Onion, Goat Cheese, Renee's Balsamic Vinaigrette	9 ⁹⁹
GOATS ON THE ROOF WITH CHICKEN GF VG Roasted Chicken, Spinach, Roasted Almonds, Dried Cranberries, Red Onion, Goat Cheese, Renee's Balsamic Vinaigrette	13 ⁴⁹

SIDES

APPLE SAUCE GF	1 ⁵⁰
CAESAR SALAD	4 ⁰⁰
CONFETTI SWEET COOKIE Chocolate Chip, Sugar (Sprinkles) Cookie	1 ⁵⁰
CHIPS GF Natural, Smokey BBQ, Sea Salt & Vinegar	2 ⁵⁰

DRINKS & EXTRAS

APPLE/ORANGE JUICE 200ML	1 ⁵⁰
CANNED POP (COKE, DIET COKE, GINGER ALE, SPRITE)	1 ⁵⁰

VG Vegetarian GF Gluten Free Option

ALL DISPOSABLES ARE FREE AND DELIVERY IS \$15