

Chadwick Food Service Management has taken a leadership role in preparing healthy foods that help our students learn and grow. We believe eating should be a fun, relaxing, and *nutritious* time for students. We are proactively leading the way in delivering healthy and innovative food service solutions throughout the Maritimes.

That's why we created *LunchGroupie*– an easy way to:

- buy meals and plans online and manage your monthly lunch budget better!
- receive great coupons on our healthy meals and snacks
- registered names entered into exclusive contests. 100% opt-in
- go to : www.chadwickfoods.com and sign-up today! & win *Free Lunch for a Month!*

About your LunchGroupie balance: 

- Keeping a pre-paid balance with the cafeteria allows you to purchase any meal or snack item being served.
- Visa, MasterCard, Amex, and Discover accepted online.
- We view our 'pre-pay' system as a convenience and not a necessity.
- Meals and snacks will always be available to purchase by cash or cheque, on a daily basis
- The cafeteria manager will let you know when the balance is running low.
- If you have any questions, please phone and talk to the Cafeteria Manager.
- We encourage anyone with food allergies, sensitivities, or special dietary needs to contact the cafeteria manager. We will work with you the very best we can.
- **Please Note:** Not all menu items are available at all locations due to differences in suppliers, availability of ingredients, recipe revisions, and meal assembly at the cafeteria.

We are *very* selective about the meals and foods served in our cafeterias. In fact, the majority of ingredients used to prepare our meals are sourced in Canada and/or Atlantic Canada. Products and ingredients sold exclusively to Chadwick Foods produces a menu that is made up of 70% maximum and 30% moderate food choices as per directives in the Food & Nutrition policy. Our entire menu is prepared on-site using about 90% raw foods and fresh ingredients.

- Our soups and pasta entrees are homemade with fresh ingredients – not frozen – and no additives like MSG.
- We use *real* food: real turkey – not pressed; whole eggs - not substitutes, *real* potatoes - not powdered. (*all from federally inspected, HACCP approved facilities*)
- We have never sold 'slushies', frozen pasta entrees or heavily sugared juices, and never will.
- We support local produce suppliers and Maritime suppliers wherever and whenever possible.
- We ensure the last person through the line has access to the same selection, portion and quality as the first person through the line.

Together we can make a difference; it is a matter of choice, a healthy choice!

be a **LunchGroupie** 