

Welcome back! Hot lunch at Montroyal is back, with Subway being available every Wednesday of the week by popular demand! Here is all of the info about the program for the 2025/2026 school year.

 **Cutlery Reminder:** Please bring reusable utensils on lunch dates, especially for Thursdays as menu options include pasta / rice.

How do I sign up?

New parent? Create your account here: <https://munchalunch.com/schools/montroyal>

Returning parent? Order lunch here: <https://munchalunch.com/login>



How do I pay?

Payment is done through the MunchaLunch website after an order is placed, and must be done by credit card. Lunches not paid for will not be placed.

What are the lunch dates / themes?

Tuesdays: FreshSlice

Wednesdays: Subway

Thursdays: Presto

 All days will have popular drink options, **chocolate milk** and 2% milk. Plus new this year - cookies from Queensdale market - on all the lunch days!

Lunch Session	First lunch date	Last lunch date	Session order open date
Fall 2025	Sept 16, 2025	Dec 18, 2025	Sep 5, 2025
Winter 2026	Jan 6, 2026	Mar 12, 2026	Dec 5, 2025
Spring 2026	Mar 31, 2026	Jun 23, 2026	Feb 28, 2026

Go to the bottom of this document to view menu details and calendar 

How do I order hot lunches?

Lunch dates are grouped into order sessions by school terms. Once the ordering system is open, you can order lunches **for each session**. We will send a reminder once it opens.

 **Lunch order cut off dates:** Please note - in order to run our volunteer operations more efficiently, we have shifted order cut off dates to **16 days ahead of the lunch date**.

We understand the first couple of weeks of school can be hectic, see the adjusted order by dates.

Lunch Date	Order By
Sept 16 Tues (first lunch) Sept 17 Weds Sept 18 Thurs	Sep 8, 2025, 7:59pm
Sept 23 Sept 24 Sept 25 Oct 1 Oct 2	Sept 16, 2025, 7:59pm
From Oct 7 and onwards	16 days before lunch date (i.e. Sep 21 for lunch on Oct 7)

Interested in helping?

Hot lunch relies on the help of volunteers to keep it running smoothly! We're currently looking for the various roles:

Printer Volunteer

We're looking for help from someone with a printer that can help print out the milk labels and reports and bring them to school on a weekly basis.

Printing costs will be reimbursed and labels will be provided.

A standard printer typically works, as long as it can print on 8.5" x 11" paper. If interested, please contact info@montroyalpac.com.

Lunch Distributors

We're always looking for extra hands to help distribute lunches - an excellent way to connect with other parents / caregivers and get some extra steps on the pedometer ;) There's no commitment to any number of times you show up.

Amanda, our volunteer coordinator, will have a call out each weekend for vollies.

If interested, please join the what's app group here

<https://chat.whatsapp.com/H60Oi7rOGUE8NX3rUA9GYB>

Other FAQ

What if your child is sick or away?

If your child is sick or away, you can choose to donate the lunch or to have the lunch set aside for pick up through the what's app group **before 11am**. Lunches need to be **picked up by 3pm** the same day due to health and safety.

Link to what's app group: <https://chat.whatsapp.com/H60Oi7rOGUE8NX3rUA9GYB>

Something wrong with lunch?

On the day of lunch, if there's a paid order missing, or order discrepancy, please have your child go to the kitchen while the hot lunch vollies are still there and we'll try our best to sort it out.

Changing Orders

Changing orders is possible prior to the order cut off date/time by logging into your account and going to **My Account > View My Orders** > Selecting the order the lunch is in, and then selecting the **Edit** button for that order. We're currently unable to handle change requests via email.

Menu Details

FreshSlice 🍕

On Tuesdays we will be offering FreshSlice Pizza! All slices are XL size and are offered on either regular or gluten-free crust.

- Cheese with white sauce
- Cheese with tomato sauce
- Pepperoni
- Hawaiian
- Veggie
- Beef
- BBQ Chicken

FreshSlice also offers the following extras that you can add on to each order:

- Individual Caesar Salad
- Chocolate Brownies

Subway 🥪

On Wednesdays we will be offering 6" Subway sandwiches! We offer a selection of these sandwiches with customizable toppings, on either whole wheat or gluten free buns.

- Natural Cheddar
- Veggie Delight
- Ham
- BLT
- Turkey
- Tuna

Once you choose the sandwich, you should be prompted to add "toppings" for each sandwich. The choice of toppings are:

🧀 Cheese, 🥬 Lettuce, 🍅 Tomatoes, 🫒 Olives, 🥒 Cucumbers, Pickles, Mayo, and Mustard

📌 **Please remember to add the toppings BEFORE submitting the order.** You can update your topping choice as long as the order cut-off has not passed

Presto! ✨

On Thursdays, we will be offering Presto Catering! Presto Catering has a full range of healthy, hot food options that will please the pickiest palates. Unless otherwise stated- meals come in 2 sizes (small - 8 oz, and large - 12 oz). **Please note there has been a slight price increase by \$1 - \$1.25 per item in Presto's menu since last year.

Check out their spread here:

Pastas	Quesadillas + Chicken	Veg + Fruits	Rice + Sushi
Penne with Tomato Sauce Penne w Meat Sauce Gluten Free Tomato Penne	Cheese Quesadillas - Whole Wheat Wraps Cheese Quesadillas w/ Chicken - Whole Wheat Wraps	Tossed Green Salad (Ranch or Vinaigrette dressing)	Teriyaki Chicken Rice Bowl Veggie Fried Rice
Pasta Primavera (with veggies)	Chicken Parmigiana (Breaded Cutlets w/ Mozza & Tomato Sauce)		California Roll Cucumber Roll Yam Tempura Roll Yam & Avocado Roll
3 Cheese Mac & Cheese (Rose Sauce) White Mac & Cheese (Bachamel Sauce)			
Meat Lasagna (350grams) Spinach Lasagna (350grams)			

Queensdale Market Cookies 🍪

New this year, we are excited to offer fresh baked cookies from Queensdale Market to all of our hot lunch days! You can add on a cookie order to any of your Tues/Wed/Thurs hot lunch orders.

- Chocolate Chip
- Oatmeal Raisin