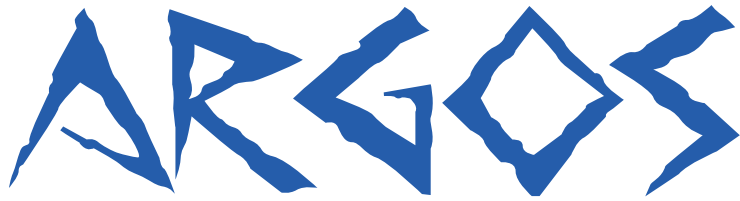




SCHOOL
LUNCH
PROGRAM

ARGOS



Wholesome, Delicious and Parent-Approved!

Argos Greek & Pizza is a family run restaurant based in Ottawa, dedicated to serving freshly prepared meals made with quality, locally sourced ingredients. Every meal is made fresh to order, without preservatives or chemicals, to ensure the best taste and quality.

Our School Lunch Program is designed to give parents peace of mind and provide students with a variety of balanced options, including clean proteins, wholesome sides, and vegetarian choices. On order days, lunches are prepared fresh in the morning, individually packaged, labeled with each student's name and class, and delivered to the school at the scheduled time.

Whether your school requires a weekly or monthly lunch program, Argos Greek & Pizza is equipped to handle orders of any size and deliver reliable, high-quality meals.



LUNCH MENU

SOUVLAKI BOWLS

\$6.99

Choice of Chicken, Pork, or Gyro served with rice, broccoli, and light herb sauce

Nutrition: 450–600 Cal depending on protein

PITA WRAPS

\$6.99

Gyro, Chicken Crispy Chicken, or Pork – served with lettuce & garlic

Nutrition: 420–570 Cal depending on protein

FALAFEL WRAP

\$5.99

Crispy falafel balls - Falafel with pita bread, tahini, lettuce, tomato, cucumber and crumbled feta

Nutrition: approx 420 Cal

GREEK SALAD

\$5.00

Traditional Greek salad with house dressing Olive oil & lemon

Nutrition: 150 Cal 350 Cal with chicken

ADD CHICKEN

+\$2.50

SUBS (6")

\$6.99

Steak, Club, Chicken, Crispy Chicken, or Gyro – served with lettuce & garlic

Nutrition: 400–500 Cal depending on protein

DIPS

\$1.25 each

Tzatziki or Garlic Sauce

Nutrition: 80–120 Cal per portion



PIZZA

CHEESE

Nutrition: 225 Cal per slice

\$13.00 PER PIE /

\$1.62 PER SLICE

ONE TOPPING

Nutrition: 250 Cal per slice

\$13.50 PER PIE /

\$1.69 PER SLICE

TWO TOPPINGS

Nutrition: 275 Cal per slice

\$13.75 PER PIE /

\$1.72 PER SLICE

THREE TOPPINGS

Nutrition: 300 Cal per slice

\$13.99 PER PIE /

\$1.75 PER SLICE



ARGOS