



# COTTINGHAM HOT LUNCH MENU FALL 2019

CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS	FUN LUNCH FRIDAYS
	<b>SEPTEMBER</b>	
<b>9</b>	<b>11</b>	<b>13</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	Burgers with chips, veggies and dip
<b>16</b>	<b>18</b>	<b>20</b>
Breaded chicken burgers on whole wheat rolls, potatoes & green salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	Popcorn chicken with potatoes, and Caesar salad
<b>23</b>	<b>25</b>	<b>27</b>
Penne with ground beef/tomato sauce, french loaf, Caesar salad	Fish sticks with peas and carrots, whole wheat pita and Caesar salad	Tacos with all the fixings and nacho chips & salsa
	<b>OCTOBER</b>	
<b>30</b>	<b>2</b>	<b>4</b>
Popcorn chicken with potatoes, and corn niblets	Honey garlic meatballs with rice, green mixed salad	Baked white meat Chicken fingers with home fries and veggies with dip
<b>7</b>	<b>9</b>	<b>11</b>
Fusilli with meat sauce, salad and whole wheat garlic bread	Baked chicken drumsticks with dollar chip potatoes and green salad	<b>PA DAY</b>
<b>14</b>	<b>16</b>	<b>18</b>
<b>THANKSGIVING!</b>	Breaded chicken burgers on whole wheat rolls, potatoes & green salad	Chicken hot dogs with chips and green salad
<b>21</b>	<b>23</b>	<b>25</b>
All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with Caesar salad, veggies and dip	Tacos with all the fixings and nacho chips & salsa
<b>28</b>	<b>30</b>	<b>1</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Mini vegetable spring rolls with rice, carrots and pita	Beef Burgers with chips & mixed salad
	<b>NOVEMBER</b>	
<b>4</b>	<b>6</b>	<b>8</b>
Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita	All Day Breakfast. Pancakes, eggs, and chicken sausages	Baked white meat Chicken fingers with home fries and veggies with dip
<b>11</b>	<b>13</b>	<b>15</b>
Penne with ground chicken tomato sauce, french loaf, salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	<b>PA DAY</b>
<b>18</b>	<b>20</b>	<b>22</b>
Baked white meat Chicken fingers with home fries and veggies with dip	Fish sticks with peas and carrots, whole wheat pita and Caesar salad	Chicken hot dogs with chips and green salad
<b>25</b>	<b>27</b>	<b>29</b>
Baked chicken drumsticks with dollar chip potatoes and green salad	Breaded chicken burgers on whole wheat rolls, no-fry fries & green salad	Tacos with all the fixings and nacho chips & salsa
	<b>DECEMBER</b>	
<b>2</b>	<b>4</b>	<b>6</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Meatballs, rice, green salad, whole wheat bun	<b>PA DAY</b>
<b>9</b>	<b>11</b>	<b>13</b>
Popcorn chicken with potatoes, and corn niblets	Fish sticks with potatoes, peas and carrots, and Caesar salad	Beef Burgers with chips & mixed salad
<b>16</b>	<b>18</b>	<b>20</b>
TriColour rotini, meatballs/tomato sauce, french loaf & salad	Tacos with all the fixings and nacho chips & salsa	Turkey dinner with all the sides! Mashed potatoes, gravy, cranberry sauce, mixed veggies

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.**

**KIDS ARE WELCOME TO COME FOR SECONDS!!!**

Menus and forms at [www.thelunchmom.com](http://www.thelunchmom.com). Please call (416-859-5236) or email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.