



FRANKLAND HOT LUNCH MENU FALL 2019

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

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

KIDS ARE WELCOME TO COME FOR SECONDS!!!

Menus and forms at www.thelunchmom.com.

Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.