



JACKMAN HOT LUNCH MENU FALL 2019

CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS	FUN LUNCH FRIDAYS
	SEPTEMBER	
9	11	13
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
16	18	20
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
23	25	27
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
	OCTOBER	
30	2	4
Popcorn chicken with potatoes, and corn niblets	PIZZA DAY NO HOT LUNCH!	Baked white meat Chicken fingers with home fries and veggies with dip
7	9	11
Fusilli with meat sauce, salad and whole wheat garlic bread	Baked chicken drumsticks with dollar chip potatoes and green salad	PA DAY
14	16	18
THANKSGIVING!	Breaded chicken burgers on whole wheat rolls, potatoes & green salad	Chicken hot dogs with chips and green salad
21	23	25
All Day Breakfast. Pancakes, eggs, and chicken sausages	PIZZA DAY NO HOT LUNCH!	Tacos with all the fixings and nacho chips & salsa
28	30	1
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
	NOVEMBER	
4	6	8
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
11	13	15
Penne with ground chicken tomato sauce, french loaf, salad	PIZZA DAY NO HOT LUNCH!	PA DAY
18	20	22
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
25	27	29
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
	DECEMBER	
2	4	6
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	PIZZA DAY NO HOT LUNCH!	PA DAY
9	11	13
Popcorn chicken with potatoes, and corn niblets	Fish sticks with potatoes, peas and carrots, and Caesar salad	Beef Burgers with chips & mixed salad
16	18	20
TriColour rotini, meatballs/tomato sauce, french loaf & salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	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. Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.