



KIMBERLEY/BAS HOT LUNCH MENU FALL 2019

CHICKEN & PASTA TUESDAYS	MIXED WEDNESDAYS	BEEF LOVER THURSDAYS
SEPTEMBER		
10	11	12
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	Honey garlic meatballs with rice, green mixed salad
17	18	19
Breaded chicken burgers on whole wheat rolls, potatoes & green salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with green salad, veggies and dip
24	25	26
Penne with ground beef/tomato sauce, french loaf, Caesar salad	Fish sticks with peas and carrots, whole wheat pita and Caesar salad	Meatballs with cauliflower rice, green mixed salad
OCTOBER		
1	2	3
Popcorn chicken with potatoes, and corn niblets	Honey garlic meatballs with rice, green mixed salad	Beef Burgers with fries & mixed salad
8	9	10
Fusilli with meat sauce, salad and whole wheat garlic bread	Baked chicken drumsticks with dollar chip potatoes and green salad	Tacos with all the fixings and nacho chips & salsa
15	16	17
Penne with ground chicken tomato sauce, french loaf & salad	Breaded chicken burgers on whole wheat rolls, potatoes & green salad	Meatballs with cauliflower rice, green mixed salad
22	23	24
All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with Caesar salad, veggies and dip	Beef stew over broad noodles, whole wheat rolls and Caesar salad
29	30	31
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	PIZZA LUNCH - NO HOT LUNCH	Meatloaf with mashed potatoes, gravy and peas/corn
NOVEMBER		
5	6	7
Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita	All Day Breakfast. Pancakes, eggs, and chicken sausages	Mini Samosas with rice, peas and corn
12	13	14
Penne with ground chicken tomato sauce, french loaf, salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	Beef Burgers with chips & mixed salad
19	20	21
Baked white meat Chicken fingers with home fries and veggies with dip	Fish sticks with peas and carrots, whole wheat pita and Caesar salad	Honey garlic meatballs, rice, and green salad
26	27	28
Baked chicken drumsticks with dollar chip potatoes and green salad	PIZZA LUNCH - NO HOT LUNCH	Tacos with all the fixings and nacho chips & salsa
DECEMBER		
3	4	5
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Meatballs, rice, green salad, whole wheat bun	Sliders with chips and green salad
10	11	12
Popcorn chicken with potatoes, and corn niblets	Fish sticks with potatoes, peas and carrots, and Caesar salad	Honey garlic meatballs, rice, and green salad
17	18	19
TriColour rotini, meatballs/tomato sauce, french loaf & salad	PIZZA LUNCH - NO HOT LUNCH	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.