



# WILLIAM BURGESS HOT LUNCH MENU FALL 2019

CHICKEN & PASTA TUESDAYS	MIXED THURSDAYS
<b>10</b>	<b>12</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Honey garlic meatballs with rice, green mixed salad
<b>17</b>	<b>19</b>
Breaded chicken burgers on whole wheat rolls, potatoes & green salad	All Day Breakfast. Pancakes, eggs, and chicken sausages
<b>24</b>	<b>26</b>
Penne with ground beef/tomato sauce, french loaf, Caesar salad	Fish sticks with peas and carrots, whole wheat pita and Caesar salad
<b>1</b>	<b>3</b>
Popcorn chicken with potatoes, and corn niblets	Beef Burgers with fries & mixed salad
<b>8</b>	<b>10</b>
Fusilli with meat sauce, salad and whole wheat garlic bread	Baked chicken drumsticks with dollar chip potatoes and green salad
<b>15</b>	<b>17</b>
Penne with ground chicken tomato sauce, french loaf & salad	Meatballs with cauliflower rice, green mixed salad
<b>22</b>	<b>24</b>
All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with Caesar salad, veggies and dip
<b>29</b>	<b>31</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Meatloaf with mashed potatoes, gravy and peas/corn
<b>5</b>	<b>7</b>
Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita	All Day Breakfast. Pancakes, eggs, and chicken sausages
<b>12</b>	<b>14</b>
Penne with ground chicken tomato sauce, french loaf, salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce
<b>19</b>	<b>21</b>
Baked white meat Chicken fingers with home fries and veggies with dip	Honey garlic meatballs, rice, and green salad
<b>26</b>	<b>28</b>
Baked chicken drumsticks with dollar chip potatoes and green salad	Breaded chicken burgers on whole wheat rolls, no-fry fries & green salad
<b>3</b>	<b>5</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Meatballs, rice, green salad, whole wheat bun
<b>10</b>	<b>12</b>
Popcorn chicken with potatoes, and corn niblets	Fish sticks with potatoes, peas and carrots, and Caesar salad
<b>17</b>	<b>19</b>
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](http://www.thelunchmom.com). Please call (416-859-5236) or email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.