



# WHITNEY HOT LUNCH MENU FALL 2019

LOTS OF PASTA MONDAYS	MOSTLY CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEF LOVER THURSDAYS	FUN LUNCH FRIDAYS
<b>SEPTEMBER</b>				
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Baked white meat Chicken fingers with no-fry fries and salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	Honey garlic meatballs with rice, green mixed salad	Burgers with chips, veggies and dip
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad	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	Popcorn chicken with potatoes, and Caesar salad
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Penne with ground beef/tomato sauce, french loaf, Caesar salad	Grilled chicken breast Caesar wrap with side potatoes.	Fish sticks with peas and carrots, whole wheat pita and Caesar salad	Meatballs with cauliflower rice, green mixed salad	Tacos with all the fixings and nacho chips & salsa
<b>OCTOBER</b>				
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Lasagna with Caesar salad and french loaf	Popcorn chicken with potatoes, and corn niblets	Honey garlic meatballs with rice, green mixed salad	Beef Burgers with fries & mixed salad	<b>PIZZA DAY NO HOT LUNCH!</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Fusilli with meat sauce, salad and whole wheat garlic bread	Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita	Baked chicken drumsticks with dollar chip potatoes and green salad	Make Your Own Rice Bowl - Ground beef, rice, lettuce, shredded cheese	<b>PA DAY</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>THANKSGIVING!</b>	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	Chicken hot dogs with chips and green salad
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
TriColour rotini, meatballs/tomato sauce, french loaf & salad	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	Tacos with all the fixings and nacho chips & salsa
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Baked chicken drumsticks with dollar chip potatoes and green salad	Mini vegetable spring rolls with rice, carrots and pita	Meatloaf with mashed potatoes, gravy and peas/corn	<b>PIZZA DAY NO HOT LUNCH!</b>
<b>NOVEMBER</b>				
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Fusilli with meat sauce, salad and whole wheat garlic bread	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	Baked white meat Chicken fingers with home fries and veggies with dip
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Penne with ground chicken tomato sauce, french loaf, salad	Popcorn chicken with potatoes, and carrots and peas	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	Beef Burgers with chips & mixed salad	<b>PA DAY</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Baked Mac and Cheese, Caesar salad, veggies and dip	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	Chicken hot dogs with chips and green salad
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	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	Sliders with chips and green salad
<b>DECEMBER</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Chicken hot dogs with no fry fries and green salad	Meatballs, rice, green salad, whole wheat bun	<b>PIZZA DAY NO HOT LUNCH!</b>	<b>PA DAY</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Lasagna with Caesar salad and french loaf	Popcorn chicken with potatoes, and corn niblets	Fish sticks with potatoes, peas and carrots, and Caesar salad	Honey garlic meatballs, rice, and green salad	Beef Burgers with chips & mixed salad
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
TriColour rotini, meatballs/tomato sauce, french loaf & salad	Baked white meat Chicken fingers with home fries and salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	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.