

BESSBOROUGH HOT LUNCH MENU - October 4 - December 23, 2022

PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
OCTOBER	6
4	6
Penne with meat sauce and french loaf	Fish sticks with corn niblets and Caesar salad
11	13
Fusilli with veggie tomato sauce, french loaf & salad	Chicken nuggets with carrots and cucumbers and dip
18	20
Baked white meat Chicken fingers with rice and mixed veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
25	27
Penne with meat sauce and french loaf	Burgers on whole wheat buns and veggies & dip
NOVEMBER	3
1	3
Rigatoni with vegetarian sauce, and cheesy garlic bread	Honey garlic meatballs with cauliflower rice, green salad
8	10
Baked white meat Chicken fingers with potatoes, and salad	Meatball subs with cheese and cubed potatoes
15	17
Penne with meat sauce and french loaf	Fish sticks with potatoes, carrots & corn niblets
22	24
Rigatoni with vegetarian sauce, and cheesy garlic bread	Cheese quesadillas with tortilla chips and salsa
29	DECEMBER
All Day breakfast - pancakes, chicken sausage, hash browns	1
6	8
Baked white meat Chicken fingers with rice and mixed veggies	Breaded chicken burgers on whole wheat rolls & green salad
13	8
Penne with meat sauce and french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
20	15
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Honey garlic meatballs with cauliflower rice, green salad
	22
	Burgers on whole wheat buns and veggies & dip

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, GRAPES
INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY**

Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.

