

# COTTINGHAM HOT LUNCH MENU - November & December, 2023



MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
30	31	NOVEMBER 1	2	3
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and corn	Veggie Spring Rolls with fried rice & whole wheat pita	Meatball subs with cheese and cubed potatoes	Cheese quesadillas with tortilla chips and salsa
6	7	8	9	10
Baked macaroni and cheese with pita and veggies	Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit salad	Honey garlic meatballs with cauliflower rice, green salad	Chicken hot dogs with potatoes and veggies
13	14	15	16	17
Fusilli with meatballs/tomato sauce, french loaf	BBQ chicken rice bowl - rice, chicken, shredded lettuce, cheese & salsa	Fish sticks with pita, corn niblets and Caesar salad	Beef Burgers, potatoes and Caesar salad	<b>PD DAY</b>
20	21	22	23	24
Penne with meat / tomato sauce, french loaf	Cheese quesadillas with tortilla chips and salsa	Baked macaroni and cheese with pita and veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked white meat Chicken fingers with potatoes, and salad
27	28	29	30	<b>DECEMBER 1</b>
Rigatoni with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad	Honey garlic meatballs with cauliflower rice, green salad	Shepherd's Pie with salad and whole wheat roll	Meatball subs with cheese and potatoes
4	5	6	7	8
Penne with meat / tomato sauce, french loaf	<b>PIZZA LUNCH</b>	Chicken nuggets with potatoes and corn	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	<b>PD DAY</b>
11	12	13	14	15
Fusilli with meatballs/tomato sauce, french loaf	Chicken, mini corn and carrot stir-fry over rice and pita bread	Fish sticks with potatoes, corn niblets and Caesar salad	Beef Burgers, veggies and chips	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
18	19	20	21	22
Vegetarian lasagna with Caesar salad & french loaf	Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, fruit salad	Meatball subs with cheese and cubed potatoes	Beef Burgers, Caesar salad & Chips

**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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.