

# SPRING HOT LUNCH ORDERING IS NOW ONLINE! ORDER DUE DATE IS MARCH 29, 2020

PLEASE NOTE: SPRING PRICING HAS BEEN ADJUSTED TO TAKE INTO ACCOUNT THE STRIKE DATES, WHERE LUNCH WAS CANCELLED.

Go to the website: [www.thelunchmom.com](http://www.thelunchmom.com), Choose Find Your School and then click OLPH. Click the link to the online ordering form.

Pay with Visa/Mastercard, or by e-transfer to [tricia@thelunchmom.com](mailto:tricia@thelunchmom.com), using password LUNCHMOM. One form per child.



## COTTINGHAM HOT LUNCH MENU - SPRING 2020

MOSTLY CHICKEN MONDAYS	LOTS OF PASTA TUESDAYS	BEEF LOVER WEDNESDAYS	MIXED THURSDAYS	FUN LUNCH FRIDAYS
		APRIL		
30	31	1	2	3
All Day Breakfast. Pancakes, scrambled eggs, and chicken sausages	Fusilli with ground beef/tomato sauce, french loaf and green salad	BBQ Meatballs with cauliflower rice, green mixed salad	Fish sticks with potatoes, peas and carrots, and Caesar salad	Burgers on whole wheat buns, green salad, and veggies/dip
6	7	8	9	10
White meat Chicken fingers, Caesar salad	TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad	Sliders with Caesar salad	Chicken Spring Rolls with fried rice & Asian coleslaw	NO SCHOOL
13	14	15	16	17
NO SCHOOL	Farfalle with meat sauce, Caesar salad and french loaf	Tacos with beef, cheese, shredded lettuce, nacho chips & salsa	PIZZA DAY - NO HOT LUNCH!	Meatball subs served with cheese, and green salad
20	21	22	23	24
Baked chicken drumsticks with carrots and green salad	Rigatoni with vegetable rosé sauce, whole wheat roll & salad	Honey garlic meatballs with rice, green mixed salad	Popcorn chicken with potatoes, and corn niblets	Burgers on whole wheat buns and Caesar salad
		MAY		
27	28	29	30	1
White meat Chicken fingers with green salad, and veggies with dip	Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Mild Beef Patties with Caesar salad	Fish sticks with rice, peas and carrots, and Caesar salad	Chicken hot dogs with veggies and green salad
4	5	6	7	8
Grilled chicken breast Caesar WRAP with salad.	Lasagna with green salad and french loaf	Tacos with beef, cheese, shredded lettuce, nacho chips & salsa	Meatballs, rice, carrots, green salad	Burgers on whole wheat buns, chips and green salad
11	12	13	14	15
Popcorn chicken, Caesar salad, peas and corn	Fusilli with meat sauce, cheesy garlic bread & salad	Beef chilli served with rice, french loaf and Caesar salad	All Day Breakfast. Pancakes, scrambled eggs, and chicken sausages	White meat Chicken fingers with chips, and veggies with dip
18	19	20	21	22
VICTORIA DAY	TriColour Rotini with veggie tomato sauce, french loaf and green salad	BBQ Meatballs, rice, coleslaw	PIZZA DAY - NO HOT LUNCH!	Breaded chicken burgers on whole wheat rolls & Caesar salad
25	26	27	28	29
Chicken schnitzel, whole wheat pita, green salad and apple sauce	Fusilli with meat sauce, salad and cheesy garlic bread	Rice Bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Beef Burgers with chips & mixed salad	White meat Chicken fingers with green salad, and veggies with dip
		JUNE		
1	2	3	4	5
All Day Breakfast. Pancakes, eggs, and chicken sausages	Farfalle with rose sauce, Caesar salad and cheesy garlic bread	Sliders with no fry fries and green salad	Popcorn chicken with Caesar salad, and corn niblets	PD DAY
8	9	10	11	12
Baked chicken drumsticks with rice and green salad	Lasagna with Caesar salad and french loaf	Honey garlic meatballs with rice, green mixed salad	Breaded chicken burgers on whole wheat rolls, carrots & green salad	Chicken hot dogs with veg and dip and green salad
15	16	17	18	19
Grilled chicken breast Caesar WRAP with salad.	Rigatoni with meat sauce, and green salad	Burgers on whole wheat buns, and green salad	PIZZA DAY - NO HOT LUNCH!	White meat Chicken fingers with chips, and veggies with dip
22	23	24	25	
Chicken Spring Rolls with fried rice & Asian coleslaw	TriColour rotini, veggie tomato sauce, french loaf & salad	BBQ Meatballs, rice, green salad	LAST DAY OF HOT LUNCH- PIZZA POCKETS with salad and veggies.	HAPPY SUMMER

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.  
KIDS ARE WELCOME TO COME FOR SECONDS!!!**

**ALLERGIES/GLUTEN FREE MEALS :** please make a note of any allergies on the online form. Our kitchen is nut/seed free, and there is no pork cooked or served from our facility. Vegetarian meals available upon request. If your child requires a GLUTEN FREE meal, there is an additional cost of \$1 per meal. Please email me for pricing.

Menus and online form at [www.thelunchmom.com](http://www.thelunchmom.com). Please call (416-859-5236) or email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com))