

COTTINGHAM HOT LUNCH MENU - September 11 - October 27, 2023



MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
SEPTEMBER 11	12	13	14	15
Penne with meat / tomato sauce, french loaf	Chicken nuggets with potatoes and Caesar salad	Breaded chicken burgers, green salad, corn and carrots	Meatballs in tomato sauce with rice	Cheese quesadillas with tortilla chips and salsa
18	19	20	21	22
Rotini with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad	Baked white meat Chicken fingers with potatoes	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers, veggies and chips
25	26	27	28	29
Fusilli with meatballs/tomato sauce, french loaf	Breaded chicken burgers, rice & corn	Fish sticks with potatoes, Caesar salad	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Baked macaroni and cheese with pita and veggies
OCTOBER 2	3	4	5	6
Rotini with vegetarian sauce, and cheesy garlic bread	Baked white meat Chicken fingers with potatoes and corn	Veggie Spring Rolls with fried rice & whole wheat pita	Beef Burgers, Caesar salad and potatoes	PD DAY
9	10	11	12	13
HAPPY THANKSGIVING! NO SCHOOL	Penne with ground chicken/ tomato sauce, french loaf	Chicken nuggets with potatoes and mixed veggies	Honey garlic meatballs with cauliflower rice, green salad	All Day breakfast - pancakes, chicken sausage, fruit salad
16	17	18	19	20
Vegetarian lasagna with Caesar salad & french loaf	Breaded chicken burgers, carrots & green salad	Baked macaroni and cheese with pita and veggies	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken hot dogs with potatoes and veggies
23	24	25	26	27
Rigatoni with vegetarian sauce, and cheesy garlic bread	PIZZA LUNCH	Fish sticks with rice, corn niblets and Caesar salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa	Beef Burgers, veggies and 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. Please email (tricia@thelunchmom.com) anytime.