

DIEFENBAKER ES FALL HOT LUNCH MENU – SEPT – DEC 2026

MIXED WEDNESDAYS	
	Sept 16
All Day breakfast - pancakes, chicken sausage, fruit	
	Sept 23
Meatballs in tomato sauce with rice	
	Sept 30
Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	
	Oct 7
Breaded chicken burgers with salad	
	Oct 14
Meatball subs with cheese and Caesar salad	
	Oct 21
Fusilli with veggie/tomato sauce & french loaf	
	Oct 28
Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
	Nov 4
Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips	
	Nov 11
Beef Burgers, chips	
	Nov 18
Honey garlic meatballs with cauliflower rice, green salad	
	Nov 25
Penne with meat sauce, and cheesy garlic bread	
	Dec 2
Beef Burgers & Caesar salad	
	Dec 9
Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips	
	Dec 16
All Day breakfast - pancakes, chicken sausage, fruit	

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

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