

# FRANKLAND HOT LUNCH MENU - April - June, 2023



PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
4	6
Chicken nuggets with potatoes and Caesar salad	Honey garlic meatballs with cauliflower rice, green salad
11	13
Rigatoni with vegetarian sauce, and cheesy garlic bread	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
18	20
All Day breakfast - pancakes, chicken sausage, hash browns	Fish sticks with potatoes, Caesar salad
25	27
Breaded chicken burgers & corn and carrots	Meatballs in tomato sauce with rice
2	4
Baked white meat Chicken fingers with potatoes and corn	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
9	11
Fusilli with meatballs/tomato sauce, french loaf	Beef Burgers, green salad and potatoes
16	18
Breaded chicken burgers, carrots & green salad	Fish sticks with rice, corn niblets and Caesar salad
23	25
Penne with ground chicken tomato sauce and french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
30	<b>JUNE</b> 1
All Day breakfast - pancakes, chicken sausage, hash browns	Baked white meat Chicken fingers with rice, and salad
6	8
Penne with meat / tomato sauce, french loaf	Honey garlic meatballs with cauliflower rice, green salad
13	15
Breaded chicken burgers, potatoes & carrots/peas	Fish sticks with rice, corn niblets and Caesar salad
20	22
Baked white meat Chicken fingers with potatoes, and salad	All Day breakfast - pancakes, chicken sausage, hash browns
27	29
Penne with meat / tomato sauce, french loaf	Beef Burgers, potatoes and Caesar salad

**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.