

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, Choose Find Your School and then click Frankland PS. Click the link to the online ordering form. Pay with Visa/Mastercard, or by e-transfer to tricia@thelunchmom.com, using password LUNCHMOM. One form per child.



FRANKLAND HOT LUNCH MENU - SPRING 2020

CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS
April	
30	1
All Day Breakfast. Pancakes, scrambled eggs, and chicken sausages	BBQ Meatballs with cauliflower rice, green mixed salad
6	8
TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad	Sliders with Caesar salad
13	15
NO SCHOOL	Breaded chicken burgers on whole wheat rolls & green salad
20	22
Rigatoni with vegetable rosé sauce, whole wheat roll & salad	Popcorn chicken with potatoes, and corn niblets
27	28
White meat Chicken fingers with green salad, and veggies with dip	Fish sticks with rice, peas and carrots, and Caesar salad
May	
4	6
Lasagna with green salad and french loaf	Tacos with beef, cheese, shredded lettuce, nacho chips & salsa
11	13
Fusilli with meat sauce, cheesy garlic bread & salad	All Day Breakfast. Pancakes, hard boiled eggs, and chicken sausages
18	19
VICTORIA DAY - NO SCHOOL	BBQ Meatballs, rice, coleslaw
25	26
Chicken schnitzel, whole wheat pita, green salad and apple sauce	Burgers on whole wheat buns, chips and green salad
June	
1	3
All Day Breakfast. Pancakes, eggs, and chicken sausages	Popcorn chicken with Caesar salad, and corn niblets
8	10
Baked chicken drumsticks with rice and green salad	Breaded chicken burgers on whole wheat rolls, carrots & green salad
15	17
Rigatoni with meat sauce, and green salad	Tacos with beef, cheese, shredded lettuce, nacho chips & salsa
22	24
TriColour rotini, veggie tomato sauce, french loaf & salad	BBQ Meatballs, rice, green salad

**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. Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.