



FRANKLAND HOT LUNCH MENU - WINTER 2020

CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS
JANUARY	
6	9
Fusilli with ground beef/tomato sauce, french loaf, Caesar salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa
13	16
All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with Caesar salad, veggies and dip
20	23
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Honey garlic meatballs with cauliflower rice, green mixed salad
27	30
Chicken schnitzel, rice with carrots and peas, whole wheat pita and apple sauce	White meat Chicken fingers with Caesar salad
FEBRUARY	
3	6
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Tacos with all the fixings, nacho chips & salsa
10	13
Lasagna with green salad and french loaf	Popcorn chicken with Caesar salad, and corn niblets
17	20
FAMILY DAY	Honey garlic meatballs, rice, green salad, whole wheat bun
24	27
TriColour Rotini with vegetable rosé sauce, french loaf and green salad	Burgers and Caesar salad
MARCH	
2	5
Fusilli with meat sauce, salad and cheesy garlic bread	Chicken hot dogs with chips and green salad
9	12
Baked chicken drumsticks with rice, carrots, peas and corn and green salad	Baked white meat Chicken fingers with home fries and salad
16	19
MARCH BREAK	MARCH BREAK
23	26
Rigatoni with meat sauce, green salad and whole wheat rolls	All Day Breakfast. Pancakes, eggs, and chicken sausages

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**

KIDS ARE WELCOME TO COME FOR SECONDS!!!

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