



JRR HOT LUNCH MENU FALL 2019

MOSTLY CHICKEN MONDAYS	LOTS OF PASTA TUESDAYS	BEEF LOVER WEDNESDAYS	MIXED THURSDAYS	FUN LUNCH FRIDAYS
SEPTEMBER				
9	10	11	12	13
Baked white meat Chicken fingers with no-fry fries and salad	Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Honey garlic meatballs with rice, green mixed salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	Burgers with chips, veggies and dip
16	17	18	19	20
Breaded chicken burgers on whole wheat rolls, potatoes & green salad	TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad	Sliders with green salad, veggies and dip	All Day Breakfast. Pancakes, eggs, and chicken sausages	Popcorn chicken with potatoes, and Caesar salad
23	24	25	26	27
Grilled chicken breast Caesar wrap with side potatoes.	Penne with ground beef/tomato sauce, french loaf, Caesar salad	Meatballs with cauliflower rice, green mixed salad	Fish sticks with peas and carrots, whole wheat pita and Caesar salad	Tacos with all the fixings and nacho chips & salsa
OCTOBER				
30	1	2	3	4
Popcorn chicken with potatoes, and corn niblets	Lasagna with Caesar salad and french loaf	Beef Burgers with fries & mixed salad	PIZZA DAY NO HOT LUNCH!	Baked white meat Chicken fingers with home fries and veggies with dip
7	8	9	10	11
Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita	Fusilli with meat sauce, salad and whole wheat garlic bread	Make Your Own Rice Bowl - Ground beef, rice, lettuce, shredded cheese	Baked chicken drumsticks with dollar chip potatoes and green salad	PA DAY
14	15	16	17	18
THANKSGIVING!	Penne with ground chicken tomato sauce, french loaf & salad	Meatballs with cauliflower rice, green mixed salad	PIZZA DAY NO HOT LUNCH!	Chicken hot dogs with chips and green salad
21	22	23	24	25
All Day Breakfast. Pancakes, eggs, and chicken sausages	TriColour rotini, meatballs/tomato sauce, french loaf & salad	Beef stew over broad noodles, whole wheat rolls and Caesar salad	Sliders with Caesar salad, veggies and dip	Tacos with all the fixings and nacho chips & salsa
28	29	30	31	1
Baked chicken drumsticks with dollar chip potatoes and green salad	Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Meatloaf with mashed potatoes, gravy and peas/corn	Mini vegetable spring rolls with rice, carrots and pita	Beef Burgers with chips & mixed salad
NOVEMBER				
4	5	6	7	8
Teriyaki chicken meatballs with rice, peas and carrots & whole wheat pita	Fusilli with meat sauce, salad and whole wheat garlic bread	Mini Samosas with rice, peas and corn	PIZZA DAY NO HOT LUNCH!	Baked white meat Chicken fingers with home fries and veggies with dip
11	12	13	14	15
Popcorn chicken with potatoes, and carrots and peas	Penne with ground chicken tomato sauce, french loaf, salad	Beef Burgers with chips & mixed salad	Chicken schnitzel, potatoes, whole wheat pita and apple sauce	PA DAY
18	19	20	21	22
Baked white meat Chicken fingers with home fries and veggies with dip	Baked Mac and Cheese, Caesar salad, veggies and dip	Honey garlic meatballs, rice, and green salad	PIZZA DAY NO HOT LUNCH!	Chicken hot dogs with chips and green salad
25	26	27	28	29
Baked chicken drumsticks with dollar chip potatoes and green salad	Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Tacos with all the fixings and nacho chips & salsa	Breaded chicken burgers on whole wheat rolls, no-fry fries & green salad	Sliders with chips and green salad
DECEMBER				
2	3	4	5	6
Chicken hot dogs with no fry fries and green salad	Rigatoni with vegetable rosé sauce, whole wheat roll & green salad	Sliders with chips and green salad	PIZZA DAY NO HOT LUNCH!	PA DAY
9	10	11	12	13
Popcorn chicken with potatoes, and corn niblets	Lasagna with Caesar salad and french loaf	Honey garlic meatballs, rice, and green salad	Fish sticks with potatoes, peas and carrots, and Caesar salad	Beef Burgers with chips & mixed salad
16	17	18	19	20
Baked white meat Chicken fingers with home fries and salad	TriColour rotini, meatballs/tomato sauce, french loaf & salad	Tacos with all the fixings and nacho chips & salsa	All Day Breakfast. Pancakes, eggs, and chicken sausages	Turkey dinner with all the sides! Mashed potatoes, gravy, cranberry sauce, mixed veggies

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
KIDS ARE WELCOME TO COME FOR SECONDS!!!**

Menus and forms at www.thelunchmom.com. Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.