

## KIMBERLEY & BAS FALL HOT LUNCH MENU - SEPT - DEC 2026

| PASTA & CHICKEN TUESDAYS                                  | MIXED THURSDAYS                                                   |
|-----------------------------------------------------------|-------------------------------------------------------------------|
| SEPT 15                                                   | Sept 17                                                           |
| Rotini with meat / tomato sauce, french loaf              | All Day breakfast - pancakes, chicken sausage, fruit              |
| Sept 22                                                   | Sept 24                                                           |
| Baked white meat Chicken fingers with chips, and veggies  | Meatballs in tomato sauce with rice                               |
| Sept 29                                                   | Oct 1                                                             |
| Penne with meat / tomato sauce, french loaf               | Chicken Snack Wrap - chicken, lettuce, cheese, tortilla           |
| Oct 6                                                     | Oct 8                                                             |
| All Day breakfast - pancakes, chicken sausage, fruit      | Breaded chicken burgers with salad                                |
| Oct 13                                                    | Oct 15                                                            |
| Penne with ground chicken / tomato sauce, french loaf     | Meatball subs with cheese and Caesar salad                        |
| Oct 20                                                    | Oct 22                                                            |
| Fusilli with veggie/tomato sauce & french loaf            | Popcorn chicken with potatoes and green salad                     |
| Oct 27                                                    | Oct 29                                                            |
| Breaded chicken burgers and salad                         | Rice bowl - rice, beef, shredded lettuce, cheese & salsa          |
| Nov 3                                                     | Nov 5                                                             |
| Rotini with veg/tomato sauce, french loaf                 | Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips |
| Nov 10                                                    | Nov 12                                                            |
| Chicken Snack Wrap - chicken, lettuce, cheese             | Beef Burgers, chips                                               |
| Nov 17                                                    | Nov 19                                                            |
| Fusilli with vegetarian sauce, and french loaf            | Honey garlic meatballs with cauliflower rice, green salad         |
| Nov 24                                                    | Nov 26                                                            |
| Chicken hot dogs with chips and veggies                   | Rice bowl - rice, beef, shredded lettuce, cheese & salsa          |
| Dec 1                                                     | Dec 3                                                             |
| Chicken schnitzel with rice, pita and applesauce          | Beef Burgers & Caesar salad                                       |
| Dec 8                                                     | Dec 10                                                            |
| Penne with meatballs / tomato sauce, french loaf          | Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips |
| Dec 15                                                    | Dec 17                                                            |
| Baked white meat Chicken fingers with potatoes, and salad | 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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.