



COTTINGHAM HOT LUNCH MENU - SEPTEMBER & OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAYS	THURSDAY	FRIDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS	FUN FRIDAYS
September				
13	14	15	16	17
Farfalle with meat sauce, Caesar salad and french loaf	All Day breakfast - pancakes, chicken sausage, hash browns, syrup	Baked white meat Chicken fingers with peas & corn, and salad	Honey garlic meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns and veggies & dip
20	21	22	23	24
Fusilli with meatballs/tomato sauce, french loaf & salad	Chicken schnitzel with rice and carrots, apple sauce	Fish sticks with potatoes, corn niblets and Caesar salad	Sliders with bean salad and corn chips	Popcorn Chicken with potatoes & veggies with dip
27	28	29	30	1
Rigatoni with vegetarian sauce, garlic bread & green salad	Breaded chicken burgers on whole wheat rolls & green salad	Veggie Spring Rolls with fried rice & whole wheat pita	Taco kit - tortillas, ground taco (mild) beef, lettuce, cheese	Baked white meat Chicken fingers with peas & corn, and salad
October				
4	5	6	7	8
Penne with meat sauce, Caesar salad and french loaf	Popcorn Chicken with potatoes & veggies with dip	Burgers on whole wheat buns and veggies & dip	BBQ Meatballs, rice, green salad	Turkey dinner - Sliced turkey breast, mashed potatoes, corn, gravy, rolls
11	12	13	14	15
THANKSGIVING	Rigatoni with vegetable rosé sauce, garlic bread & green salad	Fish sticks with potatoes, corn niblets and Caesar salad	Burgers on whole wheat buns and veggies & dip	Cheese quesadillas, salsa, chips
18	19	20	21	22
Lasagna with green salad, and a whole wheat roll	All Day breakfast - pancakes, chicken sausage, hash browns, syrup	Baked white meat Chicken fingers with tortilla chips and salsa, veggie	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese	Chicken hot dogs with chips and green salad
25	26	27	28	29
Farfalle with vegetarian sauce, Caesar salad and garlic bread	Breaded chicken burgers on whole wheat rolls & green salad	Mini Samosas with rice, peas and corn & mixed green salad	Meatballs, rice, green salad, whole wheat pita	Popcorn Chicken with veggies & dip

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. Please email (tricia@thelunchmom.com) anytime.