

THE MABIN SCHOOL HOT LUNCH MENU - NOVEMBER & DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MOSTLY PASTA MONDAYS	CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEFY THURSDAYS
November			
1	2	3	4
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
8	9	10	11
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	Burgers on whole wheat buns and veggies & dip
15	16	17	18
BREAK - NO LUNCH TODAY	Baked white meat Chicken fingers with peas & corn, and salad	All Day breakfast - pancakes, chicken sausage, hash browns, syrup	Taco kit - tortillas, ground taco (mild) beef, lettuce, cheese
22	23	24	25
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	Meatball subs with cheese and cubed potatoes
29	30	1	2
Penne with meat sauce, Caesar salad and french loaf	Chicken schnitzel with rice and carrots, apple sauce	Cheese quesadillas with tortilla chips and salsa on the side	Burgers on whole wheat buns and veggies & dip
December			
6	7	8	9
Fusilli with meatballs/tomato sauce, french loaf & salad	Breaded chicken burgers on whole wheat rolls & green salad	Fish sticks with potatoes, corn niblets and Caesar salad	Tacos- tortillas, ground taco (mild) beef, lettuce, cheese
13	14	15	16
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Popcorn Chicken with potatoes & corn & peas	Burgers on whole wheat buns and veggies & dip	BBQ Meatballs, rice, green salad

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.