



# OLPH HOT LUNCH MENU - WINTER 2020

LOTS OF PASTA MONDAYS	MOSTLY CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEF LOVER THURSDAYS	FUN LUNCH FRIDAYS
<b>JANUARY</b>				
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Fusilli with ground beef/tomato sauce, french loaf, Caesar salad	All white meat chicken fingers with green salad, and corn niblets	BBQ meatballs with cauliflower rice, green mixed salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Breaded chicken burgers on whole wheat rolls, Caesar salad
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
TriColour rotini, meatballs/ tomato sauce, whole wheat rolls & salad	All Day Breakfast. Pancakes, hard boiled eggs, and chicken sausages	Chicken Spring Rolls with rice, and spring peas	Sliders with Caesar salad, veggies and dip	<b>PA DAY</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Rigatoni with vegetable rosé sauce, garlic bread & green salad	Baked chicken drumsticks with carrots and green salad	Fish sticks with potatoes and Caesar salad	Honey garlic meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns, chips and green salad
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Fusilli with meatballs/tomato sauce, french loaf & salad	Chicken schnitzel, whole wheat pita and apple sauce	White meat Chicken fingers with green salad, veggies and dip	Shepherd's pie with Caesar salad	<b>PIZZA DAY NO HOT LUNCH!</b>
<b>FEBRUARY</b>				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Breaded chicken burgers on whole wheat rolls, and green salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	BBQ Meatball subs served with shredded lettuce & cheese
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Lasagna with green salad and french loaf	Grilled chicken breast Caesar WRAP	Popcorn chicken with Caesar salad, and corn niblets	Beef chili served with french loaf and salad	<b>PA DAY</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>FAMILY DAY</b>	Penne with ground chicken tomato sauce, french loaf, salad	Sliders with corn and green salad	Honey garlic meatballs, rice, green salad	Baked white meat Chicken fingers with salad
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
TriColour Rotini with vegetable rosé sauce, french loaf and green salad	All Day Breakfast. Pancakes, eggs, and chicken sausages (SHROVE TUESDAY)	ASH WEDNESDAY - Fish sticks with rice, broccoli, and Caesar salad	Burgers and salad	<b>PIZZA DAY NO HOT LUNCH!</b>
<b>MARCH</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Fusilli with meat sauce, salad and cheesy garlic bread	Breaded chicken burgers on whole wheat rolls & green salad	Mini Samosas with rice, peas and corn & mixed green salad	BBQ Meatballs, rice, green salad, whole wheat pita	Chicken hot dogs with chips and green salad
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
TriColour rotini, vegetarian sauce, french loaf & salad	Baked chicken drumsticks with rice, peas and green salad	Baked white meat Chicken fingers with home fries and salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Beef Burgers& mixed salad
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Rigatoni with meat sauce, green salad and whole wheat rolls	Popcorn chicken with Caesar salad and carrots	All Day Breakfast. Pancakes, eggs, and chicken sausages	Meatballs with cauliflower rice, green mixed salad	<b>PIZZA DAY NO HOT LUNCH!</b>

**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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.