



# ST. ANSELM HOT LUNCH MENU - WINTER 2020

MOSTLY CHICKEN MONDAYS	LOTS OF PASTA TUESDAYS	BEEF LOVER WEDNESDAYS	MIXED THURSDAYS	FUN LUNCH FRIDAYS
<b>JANUARY</b>				
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
All white meat chicken fingers with green salad, and corn niblets	Fusilli with ground beef/tomato sauce, french loaf, Caesar salad	Tacos - beef, cheese, shredded lettuce, nacho chips & salsa	BBQ meatballs with cauliflower rice, green mixed salad	Breaded chicken burgers on whole wheat rolls, Caesar salad
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
All Day Breakfast. Pancakes, eggs, and chicken sausages	TriColour rotini, meatballs/ tomato sauce, whole wheat rolls & salad	Sliders with Caesar salad, veggies and dip	Chicken Spring Rolls with rice, peas and corn & whole wheat pita	<b>PA DAY</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Baked chicken drumsticks with rice with peas and carrots and green salad	Rigatoni with vegetable rosé sauce, garlic bread & green salad	Honey garlic meatballs with cauliflower rice, green mixed salad	Fish sticks with potatoes, corn niblets and Caesar 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>
Chicken schnitzel, rice with carrots and peas, whole wheat pita and apple sauce	Fusilli with meatballs/tomato sauce, french loaf & salad	Shepherd's pie with Caesar salad & whole wheat pita bread	White meat Chicken fingers 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>
Breaded chicken burgers on whole wheat rolls, and green salad	Farfalle with meat sauce, Caesar salad and cheesy garlic bread	Tacos with all the fixings, nacho chips & salsa	All Day Breakfast. Pancakes, eggs, and chicken sausages	BBQ Meatball subs served with shredded lettuce, corn chips
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Grilled chicken breast Caesar WRAP	Lasagna with green salad and french loaf	Beef chili served over rice with french loaf and salad	Popcorn chicken with Caesar salad, and corn niblets	<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	Honey garlic meatballs, rice, green salad, whole wheat bun	Sliders with corn, peas, carrots and green salad	Baked white meat Chicken fingers with chips and salad
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
All Day Breakfast. Pancakes, eggs, and chicken sausages	TriColour Rotini with vegetable rosé sauce, french loaf and green salad	ASH WEDNESDAY - Fish sticks with rice, peas and carrots, and Caesar salad	Burgers and Caesar 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>
Breaded chicken burgers on whole wheat rolls & green salad	Fusilli with meat sauce, salad and cheesy garlic bread	BBQ Meatballs, rice, green salad, whole wheat pita	Mini Samosas with rice, peas and corn & mixed green salad	Chicken hot dogs with chips and green salad
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Baked chicken drumsticks with rice, carrots, peas and corn and green salad	TriColour rotini, vegetarian sauce, french loaf & salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Baked white meat Chicken fingers with home fries and salad	Beef Burgers with fries & 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>
Popcorn chicken with Caesar salad and peas/carrots	Rigatoni with meat sauce, green salad and whole wheat rolls	Meatballs with cauliflower rice, green mixed salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	<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.