

SPRING HOT LUNCH ORDERING IS NOW ONLINE! ORDER DUE DATE IS MARCH 29, 2020

PLEASE NOTE: SPRING PRICING HAS BEEN ADJUSTED TO TAKE INTO ACCOUNT THE STRIKE DATES, WHERE LUNCH WAS CANCELLED.

Go to the website: www.thelunchmom.com, Choose Find Your School and then click OLPH. Click the link to the online ordering form.

Pay with Visa/Mastercard, or by e-transfer to tricia@thelunchmom.com, using password LUNCHMOM. One form per child.



OLPH HOT LUNCH MENU - SPRING 2020

LOTS OF PASTA MONDAYS	MOSTLY CHICKEN TUESDAYS	MIXED WEDNESDAYS	BEEF LOVER THURSDAYS	FUN LUNCH FRIDAYS
		APRIL		
30	31	1	2	3
Fusilli with ground beef/tomato sauce, french loaf and green salad	All Day Breakfast. Pancakes, scrambled eggs, and chicken sausages	Fish sticks, potatoes, peas and carrots, and Caesar salad	BBQ Meatballs with cauliflower rice, green mixed salad	Burgers on whole wheat buns, green salad, and veggies/dip
6	7	8	9	10
TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad	White meat Chicken fingers, Caesar salad	Chicken Spring Rolls with fried rice & Asian coleslaw	Sliders with Caesar salad	GOOD FRIDAY
13	14	15	16	17
EASTER MONDAY	Farfalle with meat sauce, Caesar salad and french loaf	Breaded chicken burgers on whole wheat rolls & green salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Meatball subs served with cheese, and green salad
20	21	22	23	24
Rigatoni with vegetable rosé sauce, whole wheat roll & salad	Baked chicken drumsticks with carrots and green salad	Popcorn chicken with potatoes, and corn niblets	Honey garlic meatballs with rice, green mixed salad	PIZZA DAY NO HOT LUNCH!
		MAY		
27	28	29	30	1
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	White meat Chicken fingers with green salad, and veggies with dip	Fish sticks with rice, peas and carrots, and Caesar salad	Mild Beef Patties with Caesar salad	Chicken hot dogs with veggies and green salad
4	5	6	7	8
Lasagna with green salad and french loaf	Grilled chicken breast Caesar WRAP with salad.	Meatballs, rice, carrots, green salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Burgers on whole wheat buns, and green salad
11	12	13	14	15
Fusilli with meat sauce, cheesy garlic bread & salad	Popcorn chicken, Caesar salad, peas and corn	All Day Breakfast. Pancakes, hard boiled eggs, and chicken sausages	Beef chilli served with french loaf and Caesar salad	White meat Chicken fingers with green salad, and veggies with dip
18	19	20	21	22
VICTORIA DAY	TriColour Rotini with veggie tomato sauce, french loaf and green salad	Fish sticks with rice, peas and carrots, and Caesar salad	BBQ Meatballs, rice, coleslaw	Breaded chicken burgers on whole wheat rolls & Caesar salad
25	26	27	28	29
Fusilli with meat sauce, salad and cheesy garlic bread	Chicken schnitzel, whole wheat pita, green salad and apple sauce	Beef Burgers with chips & mixed salad	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	PIZZA DAY NO HOT LUNCH!
		JUNE		
1	2	3	4	5
Farfalle with rose sauce, Caesar salad and cheesy garlic bread	All Day Breakfast. Pancakes, eggs, and chicken sausages	Popcorn chicken with Caesar salad, and corn niblets	Sliders with no fry fries and green salad	PD DAY
8	9	10	11	12
Lasagna with Caesar salad and french loaf	Baked chicken drumsticks with rice and green salad	Breaded chicken burgers on whole wheat rolls, carrots & green salad	Honey garlic meatballs with rice, green mixed salad	Chicken hot dogs with veg and dip and green salad
15	16	17	18	19
Rigatoni with meat sauce, and green salad	Grilled chicken breast Caesar WRAP with salad.	Rice bowl with beef, cheese, shredded lettuce, nacho chips & salsa	Burgers on whole wheat buns, and green salad	PIZZA DAY NO HOT LUNCH!
22	23	24	25	
TriColour rotini, veggie tomato sauce, french loaf & salad	Chicken Spring Rolls with fried rice & Asian coleslaw	BBQ Meatballs, rice, green salad	LAST DAY OF HOT LUNCH- PIZZA POCKETS with salad and veggies.	HAPPY SUMMER

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.
KIDS ARE WELCOME TO COME FOR SECONDS!!!**

ALLERGIES/GLUTEN FREE MEALS : please make a note of any allergies on the online form. Our kitchen is nut/seed free, and there is no pork cooked or served from our facility. Vegetarian meals available upon request. If your child requires a GLUTEN FREE meal, there is an additional cost of \$1 per meal. Please email me for pricing.

Menus and online form at www.thelunchmom.com. Please call (416-859-5236) or email (tricia@thelunchmom.com) anytime.