

ST. ANSELM'S HOT LUNCH MENU - September - December, 2023



| PASTA & CHICKEN TUESDAYS | | MIXED THURSDAYS | |
|--|----|--|----|
| SEPTEMBER | | 19 | |
| All Day breakfast - pancakes, chicken sausage, fruit salad | | Baked white meat Chicken fingers with potatoes | 21 |
| | 27 | | 29 |
| Fusilli with meatballs/tomato sauce, french loaf | | Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips | |
| OCTOBER | | 3 | |
| Rotini with vegetarian sauce, and cheesy garlic bread | | Beef Burgers, Caesar salad and potatoes | 5 |
| | 10 | | 12 |
| Penne with ground chicken/ tomato sauce, french loaf | | Chicken nuggets with potatoes and mixed veggies | |
| | 16 | | 18 |
| Breaded chicken burgers, carrots & green salad | | Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips | |
| | 24 | | 26 |
| Rigatoni with vegetarian sauce, and cheesy garlic bread | | Fish sticks with pita, corn niblets and Caesar salad | |
| | 31 | NOVEMBER | |
| Penne with meat / tomato sauce, french loaf | | Meatball subs with cheese and cubed potatoes | 2 |
| | 7 | | 9 |
| Baked white meat Chicken fingers with potatoes, and salad | | All Day breakfast - pancakes, chicken sausage, hash browns | |
| | 14 | | 16 |
| Fusilli with meatballs/tomato sauce, french loaf | | Beef Burgers, potatoes and Caesar salad | |
| | 21 | | 23 |
| Penne with meat / tomato sauce, french loaf | | Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips | |
| | 28 | | 30 |
| All Day breakfast - pancakes, chicken sausage, fruit salad | | Honey garlic meatballs with cauliflower rice, green salad | |
| DECEMBER | | 5 | |
| Chicken hot dogs with potatoes and veggies | | Chicken nuggets with rice and corn | |
| | 12 | | 14 |
| Fusilli with meatballs/tomato sauce, french loaf | | Beef Burgers, veggies and chips | |
| | 19 | | 21 |
| Baked white meat Chicken fingers with potatoes, and salad | | All Day breakfast - pancakes, chicken sausage, fruit 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.