

BEDFORD PARK HOT LUNCH MENU - September - December, 2023



PASTA & CHICKEN MONDAYS		MIXED WEDNESDAYS	
	SEPTEMBER	11	13
Penne with meat / tomato sauce, french loaf			Breaded chicken burgers green salad, corn and carrots
		18	20
All Day breakfast - pancakes, chicken sausage, fruit salad			Baked white meat Chicken fingers with potatoes
		25	27
Fusilli with meatballs/tomato sauce, french loaf			Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
	OCTOBER	2	4
Rotini with vegetarian sauce, and cheesy garlic bread			Beef Burgers, Caesar salad and potatoes
		9	11
HAPPY THANKSGIVING! - NO SCHOOL			Honey garlic meatballs with cauliflower rice, green salad
		16	18
Breaded chicken burgers, carrots & green salad			Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
		23	25
Rigatoni with vegetarian sauce, and cheesy garlic bread			Fish sticks with pita, corn niblets and Caesar salad
		30	NOVEMBER
Penne with meat / tomato sauce, french loaf			1
		6	8
Baked white meat Chicken fingers with potatoes, and salad			All Day breakfast - pancakes, chicken sausage, hash browns
		13	15
Fusilli with meatballs/tomato sauce, french loaf			Beef Burgers, potatoes and Caesar salad
		20	22
Penne with meat / tomato sauce, french loaf			Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
		27	29
All Day breakfast - pancakes, chicken sausage, fruit salad			Honey garlic meatballs with cauliflower rice, green salad
	DECEMBER	4	6
Chicken hot dogs with potatoes and veggies			Chicken nuggets with potatoes and corn
		11	13
Fusilli with meatballs/tomato sauce, french loaf			Beef Burgers, veggies and chips
		18	20
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.