

# BEDFORD PARK HOT LUNCH MENU - JANUARY - MARCH 2026



PASTA & CHICKEN MONDAYS		MIXED WEDNESDAYS	
<b>JANUARY</b>			
	<b>5</b>		<b>7</b>
Baked white meat Chicken fingers with potatoes		All Day breakfast - pancakes, chicken sausage, fruit	
	<b>12</b>		<b>14</b>
Rotini with meat / tomato sauce, french loaf		Beef Burgers & Caesar salad	
	<b>19</b>		<b>21</b>
Chicken schnitzel with rice, pita and applesauce		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	<b>26</b>		<b>28</b>
Baked macaroni and cheese with pita and veggies		Cheese quesadillas with tortilla chips and salsa	
<b>FEBRUARY</b>			
	<b>2</b>		<b>4</b>
All Day breakfast - pancakes, chicken sausage, fruit		Meatball subs with cheese and Caesar salad	
	<b>9</b>		<b>11</b>
Popcorn chicken with potatoes and green salad		Breaded chicken burgers with Caesar salad	
	<b>16</b>		<b>18</b>
<b>FAMILY DAY</b>		Honey garlic meatballs with cauliflower rice, green salad	
	<b>23</b>		<b>25</b>
Baked white meat Chicken fingers with potatoes, and salad		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
<b>MARCH</b>			
	<b>2</b>		<b>4</b>
Penne with meat / tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
	<b>9</b>		<b>11</b>
Breaded chicken burgers and salad		Meatballs in tomato sauce with rice	
	<b>16</b>		<b>18</b>
<b>MARCH BREAK</b>		<b>MARCH BREAK</b>	
	<b>23</b>		<b>25</b>
NEW! Cheese tortellini / tomato sauce, french loaf		Popcorn chicken with potatoes and green salad	
	<b>30</b>		<b>APRIL</b>
			<b>1</b>
All Day breakfast - pancakes, chicken sausage, fruit		Beef Burgers, green salad	

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.**  
**INCLUDED DAILY FRUIT - ONE OF: APPLES, BANANAS, CANTALOUPE, ORANGES, HONEYDEW**  
**INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY**  
 Menus and ONLINE ORDERING at [www.thelunchmom.com](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.