

BEDFORD PARK HOT LUNCH MENU - SEPTEMBER - DECEMBER 2025



PASTA & CHICKEN MONDAYS		MIXED WEDNESDAYS	
SEPTEMBER		8	
Baked white meat Chicken fingers with potatoes		All Day breakfast - pancakes, chicken sausage, fruit	
15		17	
Chicken hot dogs with potatoes and veggies		Beef Burgers & Caesar salad	
22		24	
Penne with veggie tomato sauce, cheesy garlic bread		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
29		OCTOBER	
Lasagna with french loaf & Caesar salad		Cheese quesadillas with tortilla chips and salsa	
6		8	
All Day breakfast - pancakes, chicken sausage, fruit		Honey garlic meatballs with cauliflower rice, green salad	
13		15	
HAPPY THANKSGIVING - NO SCHOOL		Beef Burgers, green salad	
20		22	
Popcorn chicken with potatoes and green salad		Rice bowl - rice, beef, shredded lettuce, cheese & salsa	
27		29	
Fusilli with vegetarian sauce, and cheesy garlic bread		Breaded chicken burgers, green salad, corn and carrots	
NOVEMBER		3	
Chicken schnitzel with rice, pita and applesauce		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
10		12	
Rotini with veg/tomato sauce, french loaf		Meatballs in tomato sauce with rice & green salad	
17		19	
Rigatoni with vegetarian sauce, and cheesy garlic bread		Popcorn chicken with potatoes and salad	
24		26	
All Day breakfast - pancakes, chicken sausage, fruit		Baked white meat Chicken fingers with potatoes, and salad	
DECEMBER		1	
Penne with meat / tomato sauce, french loaf		Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	
8		10	
Baked macaroni and cheese with pita and veggies		Breaded chicken burgers, carrots & green salad	
15		17	
Rotini with veggie /tomato sauce, french loaf		All Day breakfast - pancakes, chicken sausage, fruit	

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.