

HUMWOOD HOT LUNCH MENU -NOVEMBER & DECEMBER 2025



CHICKEN MONDAYS	PASTA TUESDAYS	MIXED THURSDAYS	FUN FRIDAYS
NOVEMBER 3	4	6	7
Chicken schnitzel with rice, pita and applesauce	Penne with meat / tomato sauce, french loaf	Cheese quesadillas with tortilla chips and salsa	Beef Burgers & Caesar salad
10	11	13	14
Chicken noodle soup with pita and veggies	Rotini with veg/tomato sauce, french loaf	Meatballs in tomato sauce with rice & green salad	PD DAY
17	18	20	21
Breaded chicken burgers, green salad, corn and carrots	Rigatoni with vegetarian sauce, and cheesy garlic bread	Popcorn chicken with potatoes and salad	Cheese quesadillas with tortilla chips and salsa
24	25	27	28
All Day breakfast - pancakes, chicken sausage, fruit	Fusilli with vegetarian sauce, and french loaf	Baked white meat Chicken fingers with potatoes, and salad	Breaded chicken burgers with Caesar salad
DECEMBER 1	2	4	5
Chicken Snack Wrap - chicken, lettuce, cheese, tortilla	Penne with meat / tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips	Chicken nuggets with chips and veggies/dip
8	9	11	12
Chicken noodle soup with pita and veggies	Baked macaroni and cheese with pita and veggies	Breaded chicken burgers, carrots & green salad	Baked white meat Chicken fingers with potatoes
15	16	18	19
Popcorn chicken with potatoes and salad	Rotini with veggie /tomato sauce, french loaf	Meatballs in tomato sauce with rice & green salad	Beef Burgers & Caesar 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.