

COURCELETTE FALL HOT LUNCH MENU – SEPT – DEC 2026

PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
SEPT 15	Sept 17
Rotini with meat / tomato sauce, french loaf	All Day breakfast - pancakes, chicken sausage, fruit
Sept 22	Sept 24
Baked white meat Chicken fingers with chips, and veggies	Meatballs in tomato sauce with rice
Sept 29	Oct 1
Penne with meat / tomato sauce, french loaf	Chicken Snack Wrap - chicken, lettuce, cheese, tortilla
Oct 6	Oct 8
All Day breakfast - pancakes, chicken sausage, fruit	Breaded chicken burgers with salad
Oct 13	Oct 15
Penne with ground chicken / tomato sauce, french loaf	Meatball subs with cheese and Caesar salad
Oct 20	Oct 22
Fusilli with veggie/tomato sauce & french loaf	Popcorn chicken with potatoes and green salad
Oct 27	Oct 29
Breaded chicken burgers and salad	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
Nov 3	Nov 5
Rotini with veg/tomato sauce, french loaf	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips
Nov 10	Nov 12
Chicken Snack Wrap - chicken, lettuce, cheese	Beef Burgers, chips
Nov 17	Nov 19
Fusilli with vegetarian sauce, and french loaf	Honey garlic meatballs with cauliflower rice, green salad
Nov 24	Nov 26
Chicken hot dogs with chips and veggies	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
Dec 1	Dec 3
Chicken schnitzel with rice, pita and applesauce	Beef Burgers & Caesar salad
Dec 8	Dec 10
Penne with meatballs / tomato sauce, french loaf	Soft Tacos - ground taco (mild) beef, lettuce, cheese, corn chips
Dec 15	Dec 17
Baked white meat Chicken fingers with potatoes, and salad	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, HONEYDEW
INCLUDED DAILY RAW VEGETABLE - ONE OF: MINI CARROTS, CUCUMBER, CELERY

Menus and ONLINE ORDERING at www.thelunchmom.com. Please email (tricia@thelunchmom.com) anytime.