

BEDFORD PARK HOT LUNCH MENU -January to March 2024



CHICKEN & PASTA MONDAYS	MIXED WEDNESDAYS
JANUARY 8	10
Penne with meat / tomato sauce, french loaf	Breaded chicken burgers, green salad, corn and carrots
15	17
Baked white meat Chicken fingers with potatoes	Beef Burgers, Caesar salad and potatoes
22	24
Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
29	31
Chicken hot dogs with chips and veggies	All Day breakfast - pancakes, chicken sausage, fruit salad
5	7
Baked macaroni and cheese with pita and veggies	Honey garlic meatballs with cauliflower rice, green salad
12	14
Breaded chicken burgers, carrots & green salad	Fish sticks with rice, corn niblets and Caesar salad
19	21
FAMILY DAY - NO SCHOOL	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
26	28
Chicken nuggets with potatoes and corn	Meatball subs with cheese and cubed potatoes
4	6
Rigatoni with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad
11	13
MARCH BREAK	MARCH BREAK
18	21
Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
25	27
Baked white meat Chicken fingers with potatoes, and salad	Beef Burgers, veggies and chips

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.