

# FRANKLAND HOT LUNCH MENU - January to March 2024



PASTA & CHICKEN TUESDAYS	MIXED THURSDAYS
9	11
Penne with meat / tomato sauce, french loaf	Breaded chicken burgers, green salad, corn and carrots
16	18
Baked white meat Chicken fingers with potatoes	Beef Burgers, Caesar salad and potatoes
23	25
Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
30	Feb 1
Chicken hot dogs with chips and veggies	All Day breakfast - pancakes, chicken sausage, fruit salad
6	8
Baked macaroni and cheese with pita and Caesar salad	Honey garlic meatballs with cauliflower rice, green salad
13	15
Breaded chicken burgers, carrots & green salad	Fish sticks with rice, corn niblets and Caesar salad
20	22
Penne with ground chicken/ tomato sauce, french loaf	Rice bowl - rice, beef, shredded lettuce, cheese & salsa
27	29
Chicken nuggets with potatoes and corn	Meatball subs with cheese and cubed potatoes
5	7
Rigatoni with vegetarian sauce, and cheesy garlic bread	All Day breakfast - pancakes, chicken sausage, fruit salad
12	14
MARCH BREAK	MARCH BREAK
19	21
Fusilli with meatballs/tomato sauce, french loaf	Soft Tacos- ground taco (mild) beef, lettuce, cheese, corn chips
26	28
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](http://www.thelunchmom.com). Please email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.