



# MONTCREST HOT LUNCH MENU - WINTER 2019

LOTS OF PASTA MONDAYS	MOSTLY CHICKEN TUESDAYS	MIXED THURSDAYS	FUN LUNCH FRIDAYS
<b>JANUARY</b>			
<b>7</b>	<b>8</b>	<b>10</b>	<b>11</b>
Fusilli with ground beef/tomato sauce, french loaf	Popcorn chicken with potatoes, and corn niblets	Tacos with all the fixings and nacho chips & salsa	Breaded chicken burgers on whole wheat rolls, no-fry fries & green salad
<b>14</b>	<b>15</b>	<b>17</b>	<b>18</b>
TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad	All Day Breakfast. Pancakes, eggs, and chicken sausages	Sliders with no fry fries and green salad	White meat Chicken fingers with chips and salad
<b>21</b>	<b>22</b>	<b>24</b>	<b>25</b>
Rigatoni with vegetable rosé sauce, whole wheat roll & Caesar salad	Chicken schnitzel, rice, whole wheat pita and apple sauce	Meatballs with cauliflower rice, green mixed salad	Chicken Spring Rolls with rice & whole wheat pita
<b>28</b>	<b>29</b>	<b>31</b>	<b>1</b>
Fusilli with meatballs/tomato sauce, cheesy garlic bread & salad	Baked chicken drumsticks with rice and green salad	Burgers on whole wheat buns, chips and green salad	Popcorn chicken with potatoes and veggies with dip
<b>FEBRUARY</b>			
<b>4</b>	<b>5</b>	<b>7</b>	<b>8</b>
Farfalle with meat sauce, Caesar salad and cheesy garlic bread	White meat Chicken fingers with rice and salad	Tacos with all the fixings and nacho chips & salsa	BBQ Meatball subs served with cheese, chips and green salad
<b>11</b>	<b>12</b>	<b>14</b>	<b>15</b>
Lasagna with green salad and french loaf	Grilled chicken breast Caesar WRAP with side potatoes.	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>18</b>	<b>19</b>	<b>21</b>	<b>22</b>
<b>FAMILY DAY</b>	Penne with ground chicken tomato sauce, french loaf, salad	Popcorn chicken with potatoes, and corn niblets	Honey garlic meatballs, rice, green salad, whole wheat bun
<b>25</b>	<b>26</b>	<b>28</b>	<b>1</b>
TriColour Rotini with vegetable rosé sauce, french loaf and Caesar salad	Popcorn chicken within fry fries and veggies with dip	Fish sticks with rice, peas and carrots, and Caesar salad	Baked white meat Chicken fingers with chips and salad
<b>MARCH</b>			
<b>4</b>	<b>5</b>	<b>7</b>	<b>8</b>
Fusilli with meat sauce, salad and cheesy garlic bread	All Day Breakfast. Pancakes, eggs, and chicken sausages	Meatballs, rice, green salad, whole wheat bun	Chicken hot dogs with chips and green salad
<b>11</b>	<b>12</b>	<b>14</b>	<b>15</b>
<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>
<b>18</b>	<b>19</b>	<b>21</b>	<b>22</b>
<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>	<b>MARCH BREAK</b>
<b>25</b>	<b>26</b>	<b>28</b>	<b>29</b>
<b>MARCH BREAK</b>	Chicken hot dogs with no fry fries and green salad	Meatballs with cauliflower rice, green mixed salad	Chicken Spring Rolls with rice & whole wheat pita

**ALL MEALS COME WITH A DAILY FRESH FRUIT & RAW VEGETABLE.**

**KIDS ARE WELCOME TO COME FOR SECONDS!!!**

Menus and forms at [www.thelunchmom.com](http://www.thelunchmom.com). Please call (416-859-5236) or email ([tricia@thelunchmom.com](mailto:tricia@thelunchmom.com)) anytime.