

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

Beef Meatballs with Homemade Gravy
Mashed Potatoes
Pepper and Cucumber Stick
Whole Wheat Italian Bread
Fresh Fruit, Milk

TUESDAY

Chicken Souvlaki
Rice Pilaf
Baby Corn, Tzatziki Dip
Whole Wheat Pita
Fresh Fruit, Milk

WEDNESDAY

Fish Sticks
Quinoa Pilaf, Ketchup
Cauliflower Floret and Celery Sticks
Whole Wheat Bread
Fresh Fruit, Milk

THURSDAY

Vegetable Pasta
Chickpea and Mushrooms
in Tomato Coconut Sauce
Parmesan Cheese
Green Beans and Carrot Sticks
Whole Wheat Bun
Fresh Fruits, Milk

FRIDAY

Chicken Club Submarine
Sliced Chicken and Cheese, Mustard
Oven Roast Potatoes
Caesar Salad with Fennel and Peppers
Dressing
Whole Wheat Bun
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

2

MONDAY

Whole Wheat Penne
Meatballs In Tomato Sauce
Parmesan Cheese
Pepper and Cucumber Sticks
Whole Wheat Bread
Fresh Fruit, Milk

TUESDAY

Roast Chicken Thigh
Brown Rice
Baby Carrots
Dark Rye Bread
Fresh Fruit, Milk

WEDNESDAY

Alaskan Fish Cake
Beets and Potato salad
Ketchup
Whole Wheat Pita
Fresh Fruit, Milk

THURSDAY

Homemade Chicken Noodle Soup
Chicken, Salami and Cheese Submarine
Asparagus and Pepper Stick
Whole Wheat Bun, Mustard
Fresh Fruit, Milk

FRIDAY

Beef and Lentil Hamburger
Corn Niblets
Sliced Cheddar, Ketchup
Whole Wheat Hamburger Buns
Fresh Fruits, Milk

Veggie sticks and Bread may change without notice based on availability.

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TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

3

MONDAY

Vegetable Pasta
Ricotta Tomato Sauce with Tofu
Parmesan Cheese
Double Flax Bread
Broccoli Floret and Carrot Stick
Fresh Fruit, Milk

TUESDAY

Meatloaf
Coleslaw, Dressing
BBQ Sauce
Whole Wheat Burger Buns
Fresh Fruit, Milk

WEDNESDAY

Turkey Meatballs Submarine
Hash Brown
Baby Carrots
Mozzarella Cheese
Whole Wheat Buns
Fresh Fruit, Milk

THURSDAY

Chicken Tacos
Lettuce, Cheese, Sour Cream, Tomatoes
Corn Tortillas
Fresh Fruit, Milk

FRIDAY

Haddock Crunchy
Spanish Rice
Ketchup
Cauliflower Floret and Cucumber Sticks
Whole Wheat Pita
Fresh Fruit, Milk

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notice based on availability**

HOT LUNCH SELECTIONS

4

MONDAY

Roast Chicken Drums
Sweet 'n' White Mashed Potatoes
Pepper and Carrot Sticks
Ketchup
Light Rye Bread
Fresh Fruit, Milk

TUESDAY

English Muffin Pizza
Mini All Beef Salami
Tomato Sauce
Shredded Mozzarella
Mixed Green Salad, Dressing
Fresh Fruit, Milk

WEDNESDAY

Chicken Breast Chunks
Quinoa Pilaf
Honey Mustard Sauce
Baby Carrots
Whole Wheat Pita
Fresh Fruit, Milk

THURSDAY

Cheese Tortellini
Tomato Lentil Sauce
Parmesan Cheese
Broccoli Floret and Celery Sticks
Whole Wheat Bun
Fresh Fruit, Milk

FRIDAY

Alaskan Pollack
Mexican Rice
Ketchup
Brussels Sprouts
Multigrain Bread
Fresh Fruit, Milk

