

**M. Halpert**  
Catering Limited  
1681 St.Clair Ave.W  
Toronto, Ontario  
**(416) 656-7199**

## **TRANSFAT FREE HOT LUNCH MENU**

### **HOT LUNCH SELECTIONS**

1

#### **MONDAY**

Beef and Seasonal Vegetable Stew  
Whole Wheat Bread  
Fresh Fruit, Milk

#### **TUESDAY**

White Chicken Chili  
Rice Pilaf  
Broccoli and Cucumber Sticks  
Whole Wheat Bun  
Fresh Fruit, Milk

#### **WEDNESDAY**

Fish Sticks  
Green Peas  
Honey Mustard Sauce  
Whole Wheat Pita  
Fresh Fruit, Milk

#### **THURSDAY**

Beef Hamburger  
Caesar Salad with Peppers, Dressing  
Sliced Cheddar, Croutons, Ketchup  
Whole Wheat Burger Bun  
Fresh Fruits, Milk

#### **FRIDAY**

Cheese and Spinach Tortellini  
Ricotta Tomato Sauce with Lentil  
Green Beans and Pepper Sticks  
Whole Wheat Italian Bread  
Fresh Fruits, Milk

### **HOT LUNCH SELECTIONS**

2

#### **MONDAY**

Beef Meatballs with Homemade Gravy  
Mashed Potatoes  
Cauliflower Floret and Carrot Stick  
Sixteen Grain Bread  
Fresh Fruit, Milk

#### **TUESDAY**

Ocean Adventure-shaped Veggie Pasta  
Primavera Tomato Sauce  
With Turkey  
Parmesan Cheese  
Cucumber and Pepper Sticks  
Dark Rye Bread  
Fresh Fruit, Milk

#### **WEDNESDAY**

Homemade Chicken and Wild Rice Soup  
Chicken, Salami, Cheese  
Broccoli Floret and Celery Sticks  
Whole Wheat Sub Bun, Mustard  
Fresh Fruit, Milk

#### **THURSDAY**

Basa Fillet  
Quinoa Pilaf  
Baby Carrots  
Ketchup  
Whole Wheat Bun  
Fresh Fruit, Milk

#### **FRIDAY**

Beef Tacos  
Lettuce, Cheese, Sour Cream  
Tortilla Chips  
Fresh Fruit, Milk

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

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### HOT LUNCH SELECTIONS

3

#### MONDAY

Whole Wheat Penne  
Haddock & Peas in Tomato Cream Sauce  
Broccoli and Pepper Sticks  
Flax Bread  
Fresh Fruits, Milk

#### TUESDAY

Orange Ginger Chicken Drums  
Brown Rice  
Cauliflower Floret and Cucumber Stick  
Whole Wheat Bun  
Fresh Fruit, Milk

#### WEDNESDAY

Cod Fish Strips  
Almost Greek Salad  
Feta Cheese, Dressing, Ketchup  
Whole Wheat Greek Pita  
Fresh Fruit, Milk

#### THURSDAY

Sloppy Joes  
Corn Niblets  
Whole Wheat Burger Buns  
Fresh Fruit, Milk

#### FRIDAY

Whole Wheat Spaghetti  
Cheese Sauce with Salmon  
Green Beans and Tomato Wedge  
Oats Bread  
Fresh Fruit, Milk

### HOT LUNCH SELECTIONS

4

#### MONDAY

Automobile-shaped Veggie Pasta  
Tomato Meat Sauce  
Parmesan Cheese  
Broccoli Floret and Carrot Sticks  
Light Rye Bread  
Fresh Fruit, Milk

#### TUESDAY

Roast Turkey with Homemade Gravy  
Mashed Potatoes  
Pepper and Cucumber Sticks  
Ancient Grain Bread  
Fresh Fruit, Milk

#### WEDNESDAY

Beef Meatballs Submarine  
Tomato Sauce, Mozzarella Cheese  
Spring Mixed Salad, Dressing  
Whole Wheat Bun  
Fresh Fruit, Milk

#### THURSDAY

Sole Fillet  
Pasta and Green Pea Salad  
Yogurt Dip  
Whole Wheat Pita  
Fresh Fruit, Milk

#### FRIDAY

Beef Kielbasa  
Hash Brown, Ketchup  
Cauliflower Floret and Cucumber Sticks  
Whole Wheat Hotdog Bun  
Fresh Fruit, Milk

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