**M. Albert Catering Limited**  **TRANSFAT FREE HOT LUNCH MENU**

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|  HOT LUNCH SELECTIONS**WEEK 1**MONDAYWhole Wheat or Vegetable PastaCheese sauceCucumber and Carrot SticksWhole Wheat Villaggio BreadFresh Fruit, MilkTUESDAYHaddock CrunchyRice PilafKetchupAsparagus and Baby CornWhole Wheat BunFresh Fruit, MilkWEDNESDAYWhole Wheat or Vegetable PastaBeef Meatballs in Tomato SauceParmesan CheeseGreen and Yellow BeansOlive BreadFresh Fruit, MilkTHURSDAYChicken Breast Strips Fried RiceKetchupBaby CarrotsDinner RollsFresh Fruit, MilkFRIDAYBeef Sloppy JoesMixed Green SaladDressingHamburger BunFresh Fruit, Milk**Veggie sticks and Bread may change without notice based on availability.**  |  HOT LUNCH SELECTIONS**WEEK 2**MONDAYChicken Ricotta MeatballsWhole Wheat or Vegetable PastaPepper and Cucumber SticksWhole Wheat BreadFresh Fruit, MilkTUESDAYBreaded Alaskan PollackSaffron RiceBaby carrots, KetchupCorn BreadFresh Fruit, MilkWEDNESDAYChicken BurgerTri Colour QuinoaBurger SauceAsparagus and Tomato WedgeHamburger BunFresh Fruit, MilkTHURSDAYWhole Wheat or Vegetable PastaTurkey in Tomato Spinach SauceCauliflower Floret and Green BeansParmesan CheeseGarlic BunFresh Fruits, MilkFRIDAYBeef HotdogRoast PotatoesKetchupBroccoli Floret and Celery SticksHotdog BunFresh Fruits, Milk |

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|  HOT LUNCH SELECTIONS **WEEK 3** MONDAYChicken and Coconut Rice CasserolePepper and Cucumber SticksWhole Wheat Italian BreadFresh Fruit, MilkTUESDAYWhole Wheat or Vegetable PastaRoasted Red Pepper Turkey BologneseParmesan CheeseBaby CarrotsWhole Wheat BunFresh Fruits, MilkWEDNESDAYChicken, Carrots and Sweet Corn SoupSalami, Chicken and Cheese SubmarineCauliflower and Celery SticksSausage Bun, MustardFresh Fruits, MilkTHURSDAYBeef LasagnaGreen salad , DressingGarlic BreadFresh Fruit, MilkFRIDAYFish SticksMexican RiceKetchupCucumber and Pepper SticksWhole Wheat Flat BreadFresh Fruit, Milk**Veggie sticks and Bread may change without notice based on availability** | HOT LUNCH SELECTONS **WEEK 4**MONDAYSpinach Ricotta ManicottiWith Tomato Basil SauceCarrot and Cucumber SticksWhole Wheat BreadFresh Fruit, MilkTUESDAYCod NuggetsCouscous, KetchupBaby CornOnion RollFresh Fruits, MilkWEDNESDAYWhole Wheat or Vegetable PastaMeat SauceParmesan CheeseGreen and Yellow BeansGarlic BreadFresh Fruit, MilkTHURSDAYCurry Chicken Rice PilafBroccoli Floret and Tomato WedgeMultigrain BunFresh Fruit, MilkFRIDAYBeef HamburgerCorn Niblets, KetchupSliced CheddarHamburger BunFresh Fruit, Milk  |