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

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| HOT LUNCH SELECTIONS  **WEEK 1**  MONDAY  Whole Wheat or Vegetable Pasta  Cheese sauce  Cucumber and Carrot Sticks  Whole Wheat Villaggio Bread  Fresh Fruit, Milk  TUESDAY  Haddock Crunchy  Rice Pilaf  Ketchup  Asparagus and Baby Corn  Whole Wheat Bun  Fresh Fruit, Milk  WEDNESDAY  Whole Wheat or Vegetable Pasta  Beef Meatballs in Tomato Sauce  Parmesan Cheese  Green and Yellow Beans  Olive Bread  Fresh Fruit, Milk  THURSDAY  Chicken Breast Strips  Fried Rice  Ketchup  Baby Carrots  Dinner Rolls  Fresh Fruit, Milk  FRIDAY  Beef Sloppy Joes  Mixed Green Salad  Dressing  Hamburger Bun  Fresh Fruit, Milk  **Veggie sticks and Bread may change without notice based on availability.** | HOT LUNCH SELECTIONS  **WEEK 2**  MONDAY  Chicken Ricotta Meatballs  Whole Wheat or Vegetable Pasta  Pepper and Cucumber Sticks  Whole Wheat Bread  Fresh Fruit, Milk  TUESDAY  Breaded Alaskan Pollack  Saffron Rice  Baby carrots, Ketchup  Corn Bread  Fresh Fruit, Milk  WEDNESDAY  Chicken Burger  Tri Colour Quinoa  Burger Sauce  Asparagus and Tomato Wedge  Hamburger Bun  Fresh Fruit, Milk  THURSDAY  Whole Wheat or Vegetable Pasta  Turkey in Tomato Spinach Sauce  Cauliflower Floret and Green Beans  Parmesan Cheese  Garlic Bun  Fresh Fruits, Milk  FRIDAY  Beef Hotdog  Roast Potatoes  Ketchup  Broccoli Floret and Celery Sticks  Hotdog Bun  Fresh Fruits, Milk |

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| HOT LUNCH SELECTIONS  **WEEK 3**  MONDAY  Chicken and Coconut Rice Casserole  Pepper and Cucumber Sticks  Whole Wheat Italian Bread  Fresh Fruit, Milk  TUESDAY  Whole Wheat or Vegetable Pasta  Roasted Red Pepper Turkey Bolognese  Parmesan Cheese  Baby Carrots  Whole Wheat Bun  Fresh Fruits, Milk  WEDNESDAY  Chicken, Carrots and Sweet Corn Soup  Salami, Chicken and Cheese Submarine  Cauliflower and Celery Sticks  Sausage Bun, Mustard  Fresh Fruits, Milk  THURSDAY  Beef Lasagna  Green salad , Dressing  Garlic Bread  Fresh Fruit, Milk  FRIDAY  Fish Sticks  Mexican Rice  Ketchup  Cucumber and Pepper Sticks  Whole Wheat Flat Bread  Fresh Fruit, Milk  **Veggie sticks and Bread may change without notice based on availability** | HOT LUNCH SELECTONS  **WEEK 4**  MONDAY  Spinach Ricotta Manicotti  With Tomato Basil Sauce  Carrot and Cucumber Sticks  Whole Wheat Bread  Fresh Fruit, Milk  TUESDAY  Cod Nuggets  Couscous, Ketchup  Baby Corn  Onion Roll  Fresh Fruits, Milk  WEDNESDAY  Whole Wheat or Vegetable Pasta  Meat Sauce  Parmesan Cheese  Green and Yellow Beans  Garlic Bread  Fresh Fruit, Milk  THURSDAY  Curry Chicken  Rice Pilaf  Broccoli Floret and Tomato Wedge  Multigrain Bun  Fresh Fruit, Milk  FRIDAY  Beef Hamburger  Corn Niblets, Ketchup  Sliced Cheddar  Hamburger Bun  Fresh Fruit, Milk |