**M. Halpert**

Catering Limited

1681 St.Clair Ave.W

Toronto**,** Ontario  **TRANSFAT FREE HOT LUNCH MENU**

 **(416) 656-7199**

|  |  |
| --- | --- |
|  HOT LUNCH SELECTIONS1MONDAYMasala Chicken DrumsYellow RicePepper and Cucumber StickDouble Flax Seeds BreadFresh Fruit, MilkTUESDAYWhole Wheat PastaTomato Meat SauceParmesan CheeseBaby CarrotsWhole Wheat BunFresh Fruit, MilkWEDNESDAYChicken Noodle SoupChicken, salami and Cheese Submarine Cauliflower Floret and Celery SticksSausage Bun, MustardFresh Fruit, MilkTHURSDAYHaddock Fish FilletQuinoa Pilaf, KetchupBroccoli Floret and Pepper SticksWhole Wheat PitaFresh Fruits, MilkFRIDAYMeatballs With GravyMashed PotatoesGreen BeansWhole Wheat BreadFresh Fruit, Milk | HOT LUNCH SELECTIONS2MONDAYVegetable PastaRicotta Tomato sauceParmesan CheeseCucumber and Carrot SticksWhole Wheat BunFresh Fruit, MilkTUESDAYCrispy Alaskan PollackQuinoa Pilaf, KetchupBaby CornRye BreadFresh Fruit, MilkWEDNESDAYBeef LasagnaCaesar Salad, Caesar DressingDouble Flax Seeds BreadFresh Fruit, MilkTHURSDAYCoconut Curry ChickenSpanish Rice AsparagusWhole Wheat PitaFresh Fruit, MilkFRIDAYBeef KielbasaRoast Potatoes, KetchupColeslaw, DressingSausage Bun Fresh Fruit, Milk  |

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

**M. Halpert**

Catering Limited

1681 St.Clair Ave.W

Toronto**,** Ontario  **TRANSFAT FREE HOT LUNCH MENU**

 **(416) 656-7199**

|  |  |
| --- | --- |
| HOT LUNCH SELECTIONS3MONDAYWhole Wheat PastaBraised Chicken with Roast pepper and OlivesParmesan CheeseBaby CarrotsWhole Wheat BreadFresh Fruit, MilkTUESDAYBeef TacosLettuce, Cheese, Sour CreamTaco ShellsFresh Fruit, MilkWEDNESDAYCod Fish SticksFried Rice, KetchupCauliflower Floret and Pepper stickWhole Wheat Italian BreadFresh Fruit, MilkTHURSDAYVegetable LasagnaGreen Salad, DressingWhole Wheat BunFresh Fruit, MilkFRIDAYAll Beef HamburgerCorn NibletsSliced Cheddar, KetchupWhole Wheat Burger BunFresh Fruit, Milk**Veggie sticks and bread may change without notice based on availability**  | HOT LUNCH SELECTONS4MONDAYWhole Wheat pastaMeatballs withTomato Sauce Parmesan cheesePepper and Cucumber SticksRye BreadFresh Fruit, MilkTUESDAYPaprika Chicken DrumsMashed PotatoesBaby CarrotsWhole Wheat Pita Fresh Fruit, MilkWEDNESDAYBeef CannelloniGreen BeansWhole Wheat BunFresh Fruits, MilkTHURSDAYChicken Breast StripsRice PilafGreek Salad, Dressing,Feta Cheese, Honey Mustard SauceDouble Flax seed BreadFresh Fruit, MilkFRIDAYAlaskan Pollack FilletGreen Peas, Ketchup Whole Wheat BunFresh Fruit, Milk  |