**M. Halpert**

Catering Limited

1681 St.Clair Ave.W

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

**(416) 656-7199**

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| HOT LUNCH SELECTIONS  1  MONDAY  Masala Chicken Drums  Yellow Rice  Pepper and Cucumber Stick  Double Flax Seeds Bread  Fresh Fruit, Milk  TUESDAY  Whole Wheat Pasta  Tomato Meat Sauce  Parmesan Cheese  Baby Carrots  Whole Wheat Bun  Fresh Fruit, Milk  WEDNESDAY  Chicken Noodle Soup  Chicken, salami and Cheese Submarine  Cauliflower Floret and Celery Sticks  Sausage Bun, Mustard  Fresh Fruit, Milk  THURSDAY  Haddock Fish Fillet  Quinoa Pilaf, Ketchup  Broccoli Floret and Pepper Sticks  Whole Wheat Pita  Fresh Fruits, Milk  FRIDAY  Meatballs With Gravy  Mashed Potatoes  Green Beans  Whole Wheat Bread  Fresh Fruit, Milk | HOT LUNCH SELECTIONS  2  MONDAY  Vegetable Pasta  Ricotta Tomato sauce  Parmesan Cheese  Cucumber and Carrot Sticks  Whole Wheat Bun  Fresh Fruit, Milk  TUESDAY  Crispy Alaskan Pollack  Quinoa Pilaf, Ketchup  Baby Corn  Rye Bread  Fresh Fruit, Milk  WEDNESDAY  Beef Lasagna  Caesar Salad, Caesar Dressing  Double Flax Seeds Bread  Fresh Fruit, Milk  THURSDAY  Coconut Curry Chicken  Spanish Rice  Asparagus  Whole Wheat Pita  Fresh Fruit, Milk  FRIDAY  Beef Kielbasa  Roast Potatoes, Ketchup  Coleslaw, Dressing  Sausage Bun  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 Pasta  Braised Chicken  with Roast pepper and Olives  Parmesan Cheese  Baby Carrots  Whole Wheat Bread  Fresh Fruit, Milk  TUESDAY  Beef Tacos  Lettuce, Cheese, Sour Cream  Taco Shells  Fresh Fruit, Milk  WEDNESDAY  Cod Fish Sticks  Fried Rice, Ketchup  Cauliflower Floret and Pepper stick  Whole Wheat Italian Bread  Fresh Fruit, Milk  THURSDAY  Vegetable Lasagna  Green Salad, Dressing  Whole Wheat Bun  Fresh Fruit, Milk  FRIDAY  All Beef Hamburger  Corn Niblets  Sliced Cheddar, Ketchup  Whole Wheat Burger Bun  Fresh Fruit, Milk  **Veggie sticks and bread may change without notice based on availability** | HOT LUNCH SELECTONS  4  MONDAY  Whole Wheat pasta  Meatballs with  Tomato Sauce  Parmesan cheese  Pepper and Cucumber Sticks  Rye Bread  Fresh Fruit, Milk  TUESDAY  Paprika Chicken Drums  Mashed Potatoes  Baby Carrots  Whole Wheat Pita  Fresh Fruit, Milk  WEDNESDAY  Beef Cannelloni  Green Beans  Whole Wheat Bun  Fresh Fruits, Milk  THURSDAY  Chicken Breast Strips  Rice Pilaf  Greek Salad, Dressing,  Feta Cheese, Honey Mustard Sauce  Double Flax seed Bread  Fresh Fruit, Milk  FRIDAY  Alaskan Pollack Fillet  Green Peas, Ketchup  Whole Wheat Bun  Fresh Fruit, Milk |