

M. Albert Catering TRANSFAT FREE VEGETARIAN HOT LUNCH MENU

HOT LUNCH SELECTIONS

WEEK 1

MONDAY

Whole Wheat or Vegetable Pasta
Cheese sauce
Cucumber and Carrot Sticks
Crisp Bread
Fresh Fruits, Milk

TUESDAY

Lentil Curry
Buriyani Rice
Mixed Green Salad, Dressing
Garlic Bun
Fresh Fruits, Milk

WEDNESDAY

Zucchini Egg Pie
Couscous
Ketchup
Asparagus and Baby Corn
Whole Wheat Bread
Fresh Fruits, Milk

THURSDAY

Whole Wheat or Vegetable Pasta
Chickpea Cacciatore
Parmesan Cheese
Baby Carrots
Whole Wheat Villaggio Bread
Fresh Fruits, Milk

FRIDAY

Veggie Nuggets
Yellow Rice
Ketchup
Celery Stick and Cauliflower Floret
Whole Wheat Bun
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

WEEK 2

MONDAY

Whole Wheat or Vegetable Pasta
Tofu Spinach Stirfry
Parmesan Cheese
Pepper and Cucumber Sticks
Marble Bread
Fresh Fruits, Milk

TUESDAY

Pepper and Feta Quiche
Rice Pilaf
Tartar Sauce
Baby Carrots
Multigrain Bun
Fresh Fruits, Milk

WEDNESDAY

Vegetarian Burger
Oven Fries
Ketchup
Broccoli Floret and Tomato Wedge
Hamburger Bun
Fresh Fruits, Milk

THURSDAY

Whole Wheat or Vegetable Pasta
Ricotta Tomato Sauce
Parmesan Cheese
Green and Yellow Beans
Whole Wheat Bread
Fresh Fruits, Milk

FRIDAY

Vegetable Medley
Cabbage Rice
Green Salad, Dressing
Pull Apart Bun
Fresh Fruits, Milk

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

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HOT LUNCH SELECTIONS

WEEK 3

MONDAY

Whole Wheat or Vegetable Pasta
Chickpea in Tomato sauce
Pepper and Cucumber Sticks
Ancient Grain Bread
Fresh Fruits, Milk

TUESDAY

Lentil Spinach Soup
Cheese Submarine
Baby Carrots
Sausage Bun, Mustard
Fresh Fruits, Milk

WEDNESDAY

Vegetarian Burger
Rice Pilaf
Ketchup
Cauliflower Floret and Green Beans
Whole Wheat Flat Bread
Fresh Fruits, Milk

THURSDAY

Ricotta Spinach Lasagna
Mixed Green salad, Dressing
Crisp Bread
Fresh Fruits, Milk

FRIDAY

Vegetarian Hotdog
Oven Roasted Potato Bites
Ketchup
Asparagus and Celery Stick
Sausage Bun
Fresh Fruits, Milk

Veggie sticks and Bread may change without notice based on availability

HOT LUNCH SELECTIONS

WEEK 4

MONDAY

Chickpea Stirfry
Rice Pilaf
Cucumber and Pepper Sticks
Pumpnickel Bun
Fresh Fruits, Milk

TUESDAY

Potato Pea Patty
Quinoa
Ketchup
Carrot and Celery Sticks
Whole Wheat Bread
Fresh Fruits, Milk

WEDNESDAY

Whole Wheat or Vegetable Pasta
Lentil Bolognese Sauce
Parmesan Cheese
Green and Yellow Beans
Muesli Bread
Fresh Fruits, Milk

THURSDAY

Veggie Nuggets
Fried Rice
Ketchup
Broccoli Floret and Tomato Wedge
Garlic Flat Bread
Fresh Fruits, Milk

FRIDAY

Lentil Sloppy Joes
Corn Niblets
Green Salad, Dressing
Hamburger Bun
Fresh Fruits, Milk

