**M. Halpert**

Catering Limited

1681 St.Clair Ave.W

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

 **(416) 656-7199**

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|  HOT LUNCH SELECTIONS1MONDAYBeans StewYellow RicePepper and Cucumber StickDouble Flax Seeds BreadFresh Fruit, MilkTUESDAYWhole Wheat PastaTomato Lentil SauceParmesan CheeseBaby CarrotsWhole Wheat BunFresh Fruit, MilkWEDNESDAYMinestrone SoupCheese Submarine Cauliflower Floret and Celery SticksSausage Bun, MustardFresh Fruit, MilkTHURSDAYVeggie BurgerQuinoa Pilaf, KetchupBroccoli Floret and Pepper SticksWhole Wheat PitaFresh Fruits, MilkFRIDAYVeggie Balls with BBQ SauceMashed PotatoesGreen BeansWhole Wheat BreadFresh Fruit, Milk | HOT LUNCH SELECTIONS2MONDAYVegetable PastaRicotta Tomato sauceParmesan CheeseCucumber and Carrot SticksWhole Wheat BunFresh Fruit, MilkTUESDAYCrestless QuicheQuinoa Pilaf, KetchupBaby CornRye BreadFresh Fruit, MilkWEDNESDAYRicotta Spinach LasagnaCaesar Salad, Caesar DressingDouble Flax Seeds BreadFresh Fruit, MilkTHURSDAYChickpea StewSpanish Rice AsparagusWhole Wheat PitaFresh Fruit, MilkFRIDAYVegetarian HotdogRoast Potatoes, KetchupColeslaw, DressingSausage Bun Fresh Fruit, Milk  |

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

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| HOT LUNCH SELECTIONS3MONDAYWhole Wheat PastaTomato Bean sauceParmesan CheeseBaby CarrotsWhole Wheat BreadFresh Fruit, MilkTUESDAYLentil TacosLettuce, Cheese, Sour CreamTaco ShellsFresh Fruit, MilkWEDNESDAYCrestless QuicheFried Rice, KetchupCauliflower Floret and Pepper stickWhole Wheat Italian BreadFresh Fruit, MilkTHURSDAYVegetable LasagnaGreen Salad, DressingWhole Wheat BunFresh Fruit, MilkFRIDAYVeggie BurgerCorn NibletsSliced Cheddar, KetchupWhole Wheat Burger BunFresh Fruit, Milk**Veggie sticks and bread may change without notice based on availability**  | HOT LUNCH SELECTONS4MONDAYWhole Wheat pastaTomato Bean sauce Parmesan cheesePepper and Cucumber SticksRye BreadFresh Fruit, MilkTUESDAYCrestless QuicheMashed PotatoesBaby CarrotsWhole Wheat Pita Fresh Fruit, MilkWEDNESDAYRicotta Spinach LasagnaGreen BeansWhole Wheat BunFresh Fruits, MilkTHURSDAYVeggie BurgerRice PilafGreek Salad, Dressing,Feta Cheese, Honey Mustard SauceDouble Flax seed BreadFresh Fruit, MilkFRIDAYVegetarian HotdogGreen Peas, Ketchup Whole Wheat BunFresh Fruit, Milk  |