**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 SELECTIONS  1  MONDAY  Beans Stew  Yellow Rice  Pepper and Cucumber Stick  Double Flax Seeds Bread  Fresh Fruit, Milk  TUESDAY  Whole Wheat Pasta  Tomato Lentil Sauce  Parmesan Cheese  Baby Carrots  Whole Wheat Bun  Fresh Fruit, Milk  WEDNESDAY  Minestrone Soup  Cheese Submarine  Cauliflower Floret and Celery Sticks  Sausage Bun, Mustard  Fresh Fruit, Milk  THURSDAY  Veggie Burger  Quinoa Pilaf, Ketchup  Broccoli Floret and Pepper Sticks  Whole Wheat Pita  Fresh Fruits, Milk  FRIDAY  Veggie Balls with BBQ Sauce  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  Crestless Quiche  Quinoa Pilaf, Ketchup  Baby Corn  Rye Bread  Fresh Fruit, Milk  WEDNESDAY  Ricotta Spinach Lasagna  Caesar Salad, Caesar Dressing  Double Flax Seeds Bread  Fresh Fruit, Milk  THURSDAY  Chickpea Stew  Spanish Rice  Asparagus  Whole Wheat Pita  Fresh Fruit, Milk  FRIDAY  Vegetarian Hotdog  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  Tomato Bean sauce  Parmesan Cheese  Baby Carrots  Whole Wheat Bread  Fresh Fruit, Milk  TUESDAY  Lentil Tacos  Lettuce, Cheese, Sour Cream  Taco Shells  Fresh Fruit, Milk  WEDNESDAY  Crestless Quiche  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  Veggie Burger  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  Tomato Bean sauce  Parmesan cheese  Pepper and Cucumber Sticks  Rye Bread  Fresh Fruit, Milk  TUESDAY  Crestless Quiche  Mashed Potatoes  Baby Carrots  Whole Wheat Pita  Fresh Fruit, Milk  WEDNESDAY  Ricotta Spinach Lasagna  Green Beans  Whole Wheat Bun  Fresh Fruits, Milk  THURSDAY  Veggie Burger  Rice Pilaf  Greek Salad, Dressing,  Feta Cheese, Honey Mustard Sauce  Double Flax seed Bread  Fresh Fruit, Milk  FRIDAY  Vegetarian Hotdog  Green Peas, Ketchup  Whole Wheat Bun  Fresh Fruit, Milk |