

**M.Halpert**  
Catering Limited

## TRANSFAT FREE LUNCH MENU

1681 St. Clair Ave. W.  
Toronto, Canada  
**(416) 656-7199**

### HOT LUNCH SELECTIONS

1

#### MONDAY

Vegie Penne, Meat Sauce  
Celery Stick and Broccoli Floret  
Parmesan Cheese  
Whole Wheat Dinner Buns  
Fresh Fruit, Milk

#### TUESDAY

Chicken Souvlaki, Tzatziki  
Herbed Roast Potatoes  
Carrot Stick and Tomato Wedge  
Whole Wheat Pita Bread  
Fresh Fruit, Milk

#### WEDNESDAY

Bean Burritos, Sour Cream  
Steamed Carrots and Cauliflower  
Cucumber and Pepper Sticks  
Fresh Fruit, Milk

#### THURSDAY

Fish Sticks  
Rice Pilaf, Ketchup  
Celery Stick and Tomato Wedge  
Ancient Grain Bread  
Fresh Fruit, Milk

#### FRIDAY

Baked Lasagna  
Caesar Salad, Dressing, Croutons  
Bread Sticks  
Fresh Fruit, Milk

### HOT LUNCH SELECTIONS

2

#### MONDAY

Chicken, Potato and Carrot Stew  
Cucumber Stick and Broccoli Floret  
Whole Wheat Bagel  
Fresh Fruit, Milk

#### TUESDAY

Vegie Rotini, Tomato Ricotta Sauce  
Carrot and Pepper Sticks  
Parmesan Cheese  
Italian Bread, Garlic Butter  
Fresh Fruit, Milk

#### WEDNESDAY

Lemon Cod Fillet  
Spanish Style Rice  
Celery Stick and Broccoli Floret  
Fresh Fruit, Milk

#### THURSDAY

Chicken Noodle Soup  
All Beef Salami, Chicken and Cheese  
Submarines  
Cucumber and Pepper Sticks  
Whole Wheat Buns, Mustard  
Fresh Fruit, Milk

#### FRIDAY

Wh. Wheat Spaghetti and Meatballs  
Fresh Garden Salad, Dressing  
Twelve Grain Bread  
Fresh Fruit, Milk

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### HOT LUNCH SELECTIONS

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#### MONDAY

Beef Chili, Organic Tortilla Chips  
Cucumber and Celery Sticks  
Whole Wheat Bread  
Fresh Fruit, Milk

#### TUESDAY

Chicken Roti, Rice and Peas  
Cauliflower and Broccoli Florets  
Whole Wheat Pita Bread  
Fresh Fruit, Milk

#### WEDNESDAY

All Beef Tacos  
Lettuce, Cheese  
Tomatoes, Sour Cream  
Taco Shells  
Fresh Fruit, Milk

#### THURSDAY

Mini Chicken Meatloaf  
Barley Pilaf, B.B.Q Sauce  
Carrot and Celery Sticks  
Whole Wheat Bread  
Fresh Fruit, Milk

#### FRIDAY

Breaded Fisherman Pocket  
Peas and Carrots, Tartar Sauce  
Lettuce, Cheese  
Whole Wheat Pita Bread  
Fresh Fruit, Milk

### HOT LUNCH SELECTIONS

4

#### MONDAY

Meatballs And Gravy  
"Smashed" Potatoes  
Pepper Stick and Cauliflower Floret  
Whole Wheat Buns  
Fresh Fruit, Milk

#### TUESDAY

Whole Wheat Macaroni and Cheese  
Celery and Carrot Sticks  
Whole Wheat Bread  
Fresh Fruit, Milk

#### WEDNESDAY

All Beef Hamburgers  
Corn Niblets, Ketchup  
Cabbage and Carrot Coleslaw  
Whole Wheat Burger Buns  
Fresh Fruit, Milk

#### THURSDAY

Multigrain Tilapia  
Fried Rice, Almost Greek Salad  
Whole Wheat Mini Pita Bread  
Fresh Fruit, Milk

#### FRIDAY

Portuguese Chicken Drumsticks  
With Chick Peas and Tomatoes  
Celery and Pepper Sticks  
Diced Potatoes, Light Rye Bread  
Fresh Fruit, Milk