

**M. Halpert**  
Catering Limited  
1681 St.Clair Ave.W  
Toronto, Ontario  
**(416) 656-7199**

## TRANSFAT FREE HOT LUNCH MENU

### HOT LUNCH SELECTIONS

1

#### MONDAY

Whole Wheat Pasta  
Lentil and Kale in  
Ricotta Tomato Sauce  
Parmesan Cheese  
Green Beans and Pepper Stick  
Light Rye Bread  
Fresh Fruit, Milk

#### TUESDAY

Beef and Vegetable Stir-fry  
Rice Pilaf  
Baby Carrots  
Whole Wheat Bun  
Fresh Fruit, Milk

#### WEDNESDAY

Sole Fillet  
Green Peas  
Lemon Sour Cream Sauce  
Spinach Tortillas  
Fresh Fruit, Milk

#### THURSDAY

Homemade Breaded Chicken Fingers  
Oven Fries  
Ketchup  
Celery and Carrot Sticks  
Whole Wheat Mini Pita  
Fresh Fruits, Milk

#### FRIDAY

Beef Cannelloni with Tomato sauce  
Caesar Salad, Dressing, Croutons  
Whole Wheat Bread  
Fresh Fruit, Milk

### HOT LUNCH SELECTIONS

2

#### MONDAY

Vegetable Fusili  
Chicken and Mushroom in  
Tomato Cream Sauce, Parmesan Cheese  
Cauliflower Floret and Carrot Stick  
Sixteen Grain Bread  
Fresh Fruit, Milk

#### TUESDAY

Beef Meatballs with Homemade Gravy  
Mashed Potatoes  
Cucumber and Pepper Sticks  
Dark Rye Bread  
Fresh Fruit, Milk

#### WEDNESDAY

Homemade Chicken Minestrone Soup  
Chicken, Salami, Cheese  
Broccoli Floret and Celery Sticks  
Whole Wheat Sub Bun, Mustard  
Fresh Fruit, Milk

#### THURSDAY

Multigrain Tilapia  
Almost Greek salad, Dressing  
Feta Cheese, Ketchup  
Whole Wheat Pita  
Fresh Fruit, Milk

#### FRIDAY

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

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

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### HOT LUNCH SELECTIONS

3

#### MONDAY

Moroccan Chicken Drums  
Brown Rice  
Cucumber and Carrot Stick  
Ancient Grain Bread  
Fresh Fruit, Milk

#### TUESDAY

Beef Meatballs Submarine  
Garden Salad, Dressing  
Mozzarella Cheese  
Whole Wheat Bun  
Fresh Fruit, Milk

#### WEDNESDAY

Fish Sticks  
Quinoa  
Ketchup  
Cauliflower Floret and Pepper Stick  
Whole Wheat Pita  
Fresh Fruit, Milk

#### THURSDAY

Whole Wheat Macaroni  
Cheese sauce with Chicken  
Broccoli Floret and Tomato Wedge  
Sixteen Grain Bread  
Fresh Fruit, Milk

#### FRIDAY

Beef Kielbasa  
Potato and Green Peas Salad, Ketchup  
Whole Wheat Hotdog Bun  
Fresh Fruit, Milk

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notice based on availability**

### HOT LUNCH SELECTIONS

4

#### MONDAY

Whole Wheat Spaghetti  
Chicken, Chickpea and Spinach in  
Tomato Chili Sauce  
Parmesan Cheese  
Broccoli Floret and Carrot Sticks  
Whole Wheat Bread  
Fresh Fruit, Milk

#### TUESDAY

Roast Turkey with Homemade Gravy  
Mashed Potatoes  
Pepper and Cucumber Sticks  
Whole Wheat Bun  
Fresh Fruit, Milk

#### WEDNESDAY

Cheese Tortellini  
Tomato Meat Sauce, Parmesan Cheese  
Cauliflower Floret and Celery Stick  
Whole Wheat Italian Bread  
Fresh Fruit, Milk

#### THURSDAY

Cod Nuggets  
Mexican Rice  
Sour Cream, Cucumber and Dill Sauce  
Tomato Wedge and Pepper Sticks  
Whole Wheat Pita  
Fresh Fruit, Milk

#### FRIDAY

Beef and Mushroom Hamburger  
Corn Nibblets  
Sliced Cheddar, Ketchup  
Whole Wheat Burger Bun  
Fresh Fruit, Milk