

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

TRANSFAT FREE VEGETARIAN HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

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

TUESDAY

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

WEDNESDAY

Crestless Quiche
Green Peas
Lemon Sour Cream Sauce
Spinach Tortillas
Fresh Fruit, Milk

THURSDAY

Vegetarian Hotdog
Oven Fries, Ketchup
Celery and Carrot Sticks
Whole Wheat Mini Pita
Fresh Fruits, Milk

FRIDAY

Cheese Cannelloni with Tomato Bean Sauce
Caesar Salad, Dressing, Croutons
Whole Wheat Bread
Fresh Fruit, Milk

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

HOT LUNCH SELECTIONS

2

MONDAY

Vegetable Fusili
Chickpea and Mushroom in
Tomato Cream Sauce, Parmesan Cheese
Sixteen Grain Bread
Fresh Fruit, Milk

TUESDAY

Beans and Mushrooms Balls with
BBQ Sauce
Mashed Potatoes
Cucumber and Pepper Sticks
Dark Rye Bread
Fresh Fruit, Milk

WEDNESDAY

Minestrone Soup
Cheese Submarine
Pepper and Celery Sticks
Whole Wheat Sub Bun, Mustard
Fresh Fruit, Milk

THURSDAY

Grilled Egg and Cheese
Almost Greek salad, Dressing
Feta Cheese
Whole Wheat Pita
Fresh Fruit, Milk

FRIDAY

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

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3

MONDAY

Beans and Vegetable Stew
Brown Rice
Cucumber and Carrot Stick
Ancient Grain Bread
Fresh Fruit, Milk

TUESDAY

Cheese Lasagna with Kale
Garden Salad, Dressing
Mozzarella Cheese
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Vegetable Burger
Quinoa
Ketchup
Cauliflower Floret and Pepper Stick
Whole Wheat Pita
Fresh Fruit, Milk

THURSDAY

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

FRIDAY

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

HOT LUNCH SELECTIONS

4

MONDAY

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

TUESDAY

Beans and Vegetable Stir-fry
Mashed Potatoes
Pepper and Cucumber Sticks
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

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

THURSDAY

Spinach and Lentil Stew
Mexican Rice
Tomato Wedge and Pepper Sticks
Fresh Fruit, Milk

FRIDAY

Veggie Burger
Corn Nibbles
Sliced Cheddar, Ketchup
Whole Wheat Burger Bun
Fresh Fruit, Milk

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