

M. Halpert
Catering Limited
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TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

Masala Chicken Drums
Yellow Rice
Pepper and Cucumber Stick
Double Flax Seeds Bread
Fresh Fruit, Milk

TUESDAY

Whole Wheat Pasta
Tomato Meat Sauce
Parmesan Cheese
Baby Carrots
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Chicken Noodle Soup
Chicken, salami and Cheese Submarine
Cauliflower Floret and Celery Sticks
Sausage Bun, Mustard
Fresh Fruit, Milk

THURSDAY

Haddock Fish Fillet
Quinoa Pilaf, Ketchup
Broccoli Floret and Pepper Sticks
Whole Wheat Pita
Fresh Fruits, Milk

FRIDAY

Meatballs With Gravy
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

Crispy Alaskan Pollack
Quinoa Pilaf, Ketchup
Baby Corn
Rye Bread
Fresh Fruit, Milk

WEDNESDAY

Beef Lasagna
Caesar Salad, Caesar Dressing
Double Flax Seeds Bread
Fresh Fruit, Milk

THURSDAY

Coconut Curry Chicken
Spanish Rice
Asparagus
Whole Wheat Pita
Fresh Fruit, Milk

FRIDAY

Beef Kielbasa
Roast Potatoes, Ketchup
Coleslaw, Dressing
Sausage Bun
Fresh Fruit, Milk

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

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

3

MONDAY

Whole Wheat Pasta
Braised Chicken
with Roast pepper and Olives
Parmesan Cheese
Baby Carrots
Whole Wheat Bread
Fresh Fruit, Milk

TUESDAY

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

WEDNESDAY

Cod Fish Sticks
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

All Beef Hamburger
Corn Niblets
Sliced Cheddar, Ketchup
Whole Wheat Burger Bun
Fresh Fruit, Milk

HOT LUNCH SELECTIONS

4

MONDAY

Whole Wheat pasta
Meatballs with
Tomato Sauce
Parmesan cheese
Pepper and Cucumber Sticks
Rye Bread
Fresh Fruit, Milk

TUESDAY

Paprika Chicken Drums
Mashed Potatoes
Baby Carrots
Whole Wheat Pita
Fresh Fruit, Milk

WEDNESDAY

Beef Cannelloni
Green Beans
Whole Wheat Bun
Fresh Fruits, Milk

THURSDAY

Chicken Breast Strips
Rice Pilaf
Greek Salad, Dressing,
Feta Cheese, Honey Mustard Sauce
Double Flax seed Bread
Fresh Fruit, Milk

FRIDAY

Alaskan Pollack Fillet
Green Peas, Ketchup
Whole Wheat Bun
Fresh Fruit, Milk

**Veggie sticks and bread may change without
notice based on availability**

