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Catering Limited
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TRANSFAT FREE VEGERETRIAN HOT LUNCH MENU

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.

TRANSFAT FREE VEGERETRIARIAN HOT LUNCH MENU

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

HOT LUNCH SELECTIONS

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

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

