

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

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH WEEKLY MENU

Week 1

MONDAY

Beef Meatballs with Homemade Gravy
Mashed Potatoes
Pepper and Carrot Stick
Rye Bread
Fresh Fruit, Milk

TUESDAY

Honey Garlic Chicken
Rice Pilaf
Broccoli Florets and Tomato wedges
Whole Wheat Pita
Fresh Fruit, Milk

WEDNESDAY

Whole Wheat Shell Pasta
Tomato sauce with Chickpea and
spinach
Parmesan Cheese
Green Beans and Cauliflower Floret
Whole Wheat Italian bread
Fresh Fruits, Milk

THURSDAY

Beef hamburger
Caesar Salad with Peppers, Dressing,
Sliced Cheddar, Croutons, Ketchup
Whole Wheat burger Bun
Fresh Fruits, Milk

FRIDAY

Haddock Bites
Corn Nibbles
Honey Mustard sauce
Sixteen Grain Bread
Fresh Fruits, Milk

HOT LUNCH WEEKLY MENU

Week 2

MONDAY

Beef and Vegetable Stir-fry
Vegetable Rotini
Whole Wheat Bun
Fresh Fruit, Milk

TUESDAY

Curry Chicken
Fried Rice
Baby Carrots
Whole Wheat Pita
Fresh Fruit, Milk

WEDNESDAY

Basa Crunchy
Green Peas
Ketchup
Multigrain Bread
Fresh Fruit, Milk

THURSDAY

Homemade Chicken and Rice Soup
Turkey and Cheese Submarine
Broccoli Floret and Celery Sticks
Sausage Bun, Mustard
Fresh Fruit, Milk

FRIDAY

Beef Tacos
Lettuce, Cheese, Sour Cream
Tortilla Chips
Fresh Fruit, Milk

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

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Week 3

MONDAY

Whole Wheat Penne
Chicken and Mushrooms in
Tomato Alfred sauce
Parmesan Cheese
Cauliflower Floret and Cucumber Sticks
Ancient Grain Bread
Fresh Fruit, Milk

TUESDAY

Orange Beef with Broccoli
Rice Pilaf
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Alaskan Pollack
Almost Greek salad
Feta Cheese, Dressing, Ketchup
Whole Wheat Greek Pita
Fresh Fruit, Milk

THURSDAY

Whole Wheat Spaghetti
Meatballs in Tomato sauce
Parmesan Cheese
Cucumber and Carrot Sticks
Double Flax read
Fresh Fruit, Milk

FRIDAY

Turkey sausage, Ketchup
Chickpea and Mango salad
Whole Wheat Hotdog Bun
Fresh Fruit, Milk

HOT LUNCH WEEKLY MENU

Week 4

MONDAY

Whole Wheat Scoobi Do Pasta
Tomato sauce with Chicken and Peas
Parmesan Cheese
Cucumber and Pepper Sticks
Double Flax bread
Fresh Fruit, Milk

TUESDAY

Ground Beef with Homemade Gravy
Mashed Potatoes
Tomato Wedges and Carrot Stick
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Cod Nuggets
Lemon Rice, Ketchup
Green Beans and Carrot Sticks
Whole Wheat Pita Bread
Fresh Fruit, Milk

THURSDAY

Chicken Rollup
Lettuce, Cheese, Sour Cream
Whole Wheat Flour Tortillas
Fresh Fruit, Milk

FRIDAY

Fish Sticks
Quinoa Pilaf, Ketchup
Cauliflower Floret and Celery Sticks
Multigrain Bread
Fresh Fruit, Milk

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