

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

TRANSFAT FREE HOT LUNCH MENU

VEGETARIAN

HOT LUNCH SELECTIONS

1

MONDAY

Vegetarian Meatballs with BBQ sauce
Mashed Potatoes
Pepper and Carrot Stick
Rye Bread
Fresh Fruit, Milk

TUESDAY

Beans Stew
Rice Pilaf
Broccoli Florets and Tomato wedges
Whole Wheat Pita
Fresh Fruit, Milk

WEDNESDAY

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

THURSDAY

Vegetarian Burger
Corn Nibbles
Sliced Cheddar, Ketchup
Whole Wheat burger Bun
Fresh Fruits, Milk

FRIDAY

Egg Stuffed French Toast
Caesar salad, dressing, Croutons
Honey Mustard sauce
Sixteen Grain Bread
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

2

MONDAY

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

TUESDAY

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

WEDNESDAY

Mushrooms Burger
Green Peas
Ketchup
Multigrain Bread
Fresh Fruit, Milk

THURSDAY

Minestrone Soup
Cheese Submarine
Broccoli Floret and Celery Sticks
Whole Wheat Bun, Mustard
Fresh Fruit, Milk

FRIDAY

Lentil 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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HOT LUNCH SELECTIONS

3

MONDAY

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

TUESDAY

Veggie Burger
Mashed Potatoes
Broccoli and Tomato Wedges
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Crestless quiche
Almost Greek salad
Feta Cheese, Dressing, Ketchup
Whole Wheat Greek Pita
Fresh Fruit, Milk

THURSDAY

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

FRIDAY

Veggie Stew
Rice Pilaf
Green Beans and Cucumber sticks
Whole Wheat Bun
Fresh Fruit, Milk

HOT LUNCH SELECTIONS

4

MONDAY

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

TUESDAY

Vegetarian Burger
Brown Rice, ketchup
Broccoli Floret and Cucumber Stick
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Scrambled Eggs
Lettuce, Cheese, Sour Cream
Whole Wheat Flour Tortillas
Fresh Fruit, Milk

THURSDAY

Veggie Dog, Ketchup
Chickpea and Mango salad
Whole Wheat Hotdog Buns
Fresh Fruit, Milk

FRIDAY

Lentil Stew
Quinoa Pilaf
Cauliflower Floret and Celery Sticks
Multigrain Bread
Fresh Fruit, Milk

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