

Quality Catering

145 St. Jacques
Lachine, Qc H8R 1E1
514-509-0733



Sacred Heart School Of Montreal

Menu: January 7 - February 1

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
No School	A. Cannelloni (meat stuffed pasta) w/ string beans B. Manicotti (cheese stuffed pasta) w/ string beans C. Turkey wrap served w/ raw veggies & dip	A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. Grilled Cheese Panini served w/ raw veggies & dip	A. French toast, breakfast sausage & hash brown B. French toast, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies & dip	A. Mac & cheese burger served w/ steamed broccoli B. Mac & cheese served w/ steamed broccoli C. Egg sandwich served w/ raw veggies & dip
14	15	16	17	18
A. Tortellini (meat) rosée sauce served w/ Caesar salad B. Tortellini (cheese) rosée sauce served w/ Caesar salad C. Roast Beef Sandwich w/ raw veggies & dip	A. Beef Chili served w/ a bun B. Veggie Chili served w/ a bun C. Bocconcini, pesto & tomato on a ciabatta bread	A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Grilled Cheese Panini served w/ raw veggies & dip	A. Beef tortilla served w/ Mexican salad & homemade guacamole B. Veggie tortilla served w/ Mexican salad & homemade Guacamole C. Tuna sandwich served w/ raw veggies & dip	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Ham sandwich served w/ raw veggies & dip
21	22	23	24	25
A. Beef Sheppard's pie served w/ string beans B. Veggie Sheppard's pie served w/ string beans C. Crispy chicken wrap served w/ Coleslaw	A. Chicken burger & bun served w/ roasted potatoes B. Veggie burger & bun served w/ roasted potatoes C. Grilled Cheese Panini served w/ raw veggies & dip	A. Penne meat sauce served with a garden salad B. Penne rosée served with a garden salad C. Ham & cheese on croissant w/ raw veggies & dip	A. Sweet & sour pork served with steamed rice B. Sweet & sour tofu served with steamed rice C. Grilled turkey Panini served w/ raw veggies & dip	A. Mac & cheese burger served w/ steamed broccoli B. Mac & cheese served w/ steamed broccoli C. Egg sandwich served w/ raw veggies & dip
28	29	30	31	1
A. Meat Lasagna served w/ a Caesar salad B. Three cheese lasagna w/ a Caesar salad C. Egg sandwich served w/ mixed veggies & dip	A. French toast, breakfast sausage & hash brown B. French toast, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies & dip	A. Chicken breast nuggets w/ sauteed veggie rice B. Fish in batter w/ sauteed veggie rice C. Bocconcini, pesto & tomato on a ciabatta bread	A. Hamburger steak served w/ mashed potatoes & broccoli B. Tortellini (cheese) rosée sauce served w/ broccoli C. Chicken salad sandwich on kaiser with coleslaw	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled Roast Beef Panini served w/ raw veggies & dip

Desserts are rotated on a daily basis, including: Granola bars, fruit cup, yogurt, muffin, banana bread, carrot cake, oatmeal cookies etc...

Note: All meals are free of all peanuts

IMPORTANT: Please return January coupons ASAP to school Cafeteria

- 1 - A 48 hour notice is required for all changes and/or cancellations
- 2 - The caterer reserves the right to modify the menu without notice
- 3 - Meals will not be given to children who have not remitted a payment
- 4 - There will be a \$25 charge for all returned cheques
- 5 - No refunds are given in the event of a snow storm (school cancellation)

Keep the above menu as a reminder. Please return the coupon Before January 7, 2019

School Name: Sacred Heart School of Montreal
 Student's Name: _____
 Grade Number: _____
 Contact Person: _____
 Telephone Number: _____

Circle the appropriate choice : A or B or C

Monday Jan. 7 No School	Tuesday Jan. 8 A or B or C	Wednesday Jan. 9 A or B or C	Thursday Jan. 10 A or B or C	Friday Jan. 11 A or B or C
Monday Jan. 14 A or B or C	Tuesday Jan. 15 A or B or C	Wednesday Jan. 16 A or B or C	Thursday Jan. 17 A or B or C	Friday Jan. 18 A or B or C
Monday Jan. 21 A or B or C	Tuesday Jan. 22 A or B or C	Wednesday Jan. 23 A or B or C	Thursday Jan. 24 A or B or C	Friday Jan. 25 A or B or C
Monday Jan. 28 A or B or C	Tuesday Jan. 29 A or B or C	Wednesday Jan. 30 A or B or C	Thursday Jan. 31 A or B or C	Friday Feb. 1 A or B or C

Payment enclosed: _____ meal(s) at \$6.75 _____ \$ Total

Make cheques payable to Quality Catering. Thank you!!
Please do not issue cheques for amounts less than \$30