

# Quality Catering

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



## Sacred Heart School Of Montreal

Menu: February 4 - March 1

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
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	<b>Chinese New Year</b> A. Sweet & sour pork served w/ steamed rice & wonton soup  B. Sweet & sour tofu served w/ steamed rice & wonton soup  C. Grilled Cheese Panini served w/ raw veggies & dip	A. Chicken burger & bun served w/ roasted potatoes  B. Veggie burger & bun served w/ roasted potatoes  C. Egg sandwich served w/ mixed veggies & dip	Early Dismissal No lunch service	ped day
11	12	13	14	15
A. Tortellini (meat) rose sauce served w/ Caesar salad  B. Tortellini (cheese) rose sauce served w/ Caesar salad  C. Crispy chicken wrap served w/ Coleslaw	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 Souvlaki served w/ Greek style veggie rice  B. Lemon herbed salmon served w/ Greek veggie rice  C. Tuna sandwich served w/ raw veggies & dip	A. Beef tortilla served w/ Mexican salad & homemade guacamole  B. Veggie tortilla served w/ Mexican salad & homemade Guacamole  C. Bocconcini, pesto & tomato on a ciabatta bread	<b>Pizza Day</b> A. Pepperoni Pizza w/ a Caesar salad  B. Cheese Pizza w/ a Caesar salad  C. Turkey wrap served w/ raw veggies & dip
18	19	20	21	22
A. Cannelloni (meat stuffed pasta) w/ steamed veggies  B. Manicotti (cheese stuffed pasta) w/ steamed veggies  C. Tuna sandwich served w/ raw veggies & dip	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. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Bocconcini, pesto & tomato on a ciabatta bread	A. Homemade chicken strips w/ veggie rice  B. Oven baked fish strips w/ veggie rice  C. Beef salami on kaiser 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
25	26	27	28	1
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 Parmesan Pesto Pasta  B. Breaded Sole Pesto Pasta  C. Turkey wrap served w/ raw veggies & dip	A. Italian Sausage mashed potato & steamed veggies  A. Tofu Sausage mashed potato & steamed veggies  C. Bocconcini, pesto & tomato on a ciabatta bread	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	<b>Pizza Day</b> A. Pepperoni Pizza w/ a Caesar salad  B. Cheese Pizza w/ a Caesar salad  C. Tuna sandwich 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 February 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 February 1, 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 Feb. 4 <b>A or B or C</b>	Tuesday Feb. 5 <b>A or B or C</b>	Wednesday Feb. 6 <b>A or B or C</b>	Thursday Feb. 7 <b>no lunch service</b>	Friday Feb. 8 <b>ped day</b>
Monday Feb. 11 <b>A or B or C</b>	Tuesday Feb. 12 <b>A or B or C</b>	Wednesday Feb. 13 <b>A or B or C</b>	Thursday Feb. 14 <b>A or B or C</b>	Friday Feb. 15 <b>A or B or C</b>
Monday Feb. 18 <b>A or B or C</b>	Tuesday Feb. 19 <b>A or B or C</b>	Wednesday Feb. 20 <b>A or B or C</b>	Thursday Feb. 21 <b>A or B or C</b>	Friday Feb. 22 <b>A or B or C</b>
Monday Feb. 25 <b>A or B or C</b>	Tuesday Feb. 26 <b>A or B or C</b>	Wednesday Feb. 27 <b>A or B or C</b>	Thursday Feb. 28 <b>A or B or C</b>	Friday Mar. 1 <b>A or B or C</b>

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

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