

Quality Catering

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

Sacred Heart

Menu: October 5 - 30

Follow us on instagram @qualitycateringmtl

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
A. Penne Bolognese served w/ green beans B. Penne rosée served w/ green beans C. Grilled Turkey wrap w/ raw veggies	A. Homemade chicken strips w/ roasted potatoes & corn B. Homemade fish strips w/ roasted potatoes & corn C. Egg sandwich served with raw veggies	A. Beef Taco Bowl salsa, lettuce, corn, cheese & tortilla chips B. Veggie Taco Bowl salsa, lettuce, corn, cheese & tortilla chips C. Ham & cheese on paninin w/ raw veggies	A. Chicken Souvlaki served w/ Greek style potatoes B. Lemon herbed salmon served w/ Greek style potatoes C. Grilled veggie wrap served with raw veggies	Virtual School Day
12	13	14	15	16
No School Thanksgiving	A. Tortellini (meat) rosee sauce served w/ steamed cauliflower B. Tortellini (cheese) rosee sauce served w/ steamed cauliflower C. Crispy chicken sandwich served w/ raw veggies	A. Pineapple chicken served with rice & broccoli B. Pineapple tofu served with rice & broccoli C. Tuna sandwich served w/ raw veggies	A. Pancakes, sausage & hash brown B. Pancakes, veggie sausage & hash brown C. Meatball sub served with raw veggies	A. Chicken Poke bowl (Chicken, rice, lettuce, tempura, cucumber, carrots & crispy noodles) B. Veggie Poke bowl (Edamame, rice, lettuce, tempura, cucumber, carrots & crispy noodles) C. Egg sandwich served w/ raw veggies
19	20	21	22	23
A. Spaghetti & meatballs served w/ green beans B. Pasta rosée served w/ steamed cauliflower C. Roasted veggie wrap served with raw veggies	A. Grilled cheese panini w/ bacon & vegetable soup B. Grilled cheese panini w/ a vegetable soup C. tuna garden salad served w/ a bun	A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Bocconcini, pesto & tomato on a ciabatta bread	A. Italian Sausage, served with rice & sauteed veggies B. Veggie Sausage served with rice & sauteed veggies C. Crispy chicken wrap served w/ raw veggies	A. Chicken Parmesan served w/ Primavera Pasta B. Breaded Sole served w/ Primavera Pasta C. Egg sandwich served w/ raw veggies
26	27	28	29	30
A. Meat Lasagna served with peas B. 3 cheese lasagna served with peas C. Italian Sausage submarine raw veggies	A. French Toast breakfast sausage & hashbrown B. French Toast tofu sausage & hashbrown C. Ham & cheese on croissant w/ raw veggies	A. Korean meatballs served with rice & broccoli B. Korean tofu served with rice & broccoli C. Grilled Turkey wrap raw veggies	A. Tortellini (meat) rosee sauce served w/ steamed cauliflower B. Tortellini (cheese) rosee sauce served w/ steamed cauliflower C. Grilled chicken Caesar salad served w/ a bun	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Tuna sandwich served w/ raw veggies

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 peanut

IMPORTANT: Please return OCTOBER 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 \$30 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 ASAP

School Name: Sacred Heart

Student's Name: _____

Grade Number: _____

Contact Person: _____

Telephone Number: _____

Circle the appropriate choice : A or B or C

Monday Oct. 5 A or B or C	Tuesday Oct. 6 A or B or C	Wednesday Oct. 7 A or B or C	Thursday Oct. 8 A or B or C	Friday Oct. 9 No Lunch Service
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Monday Oct. 12 No School	Tuesday Oct. 13 A or B or C	Wednesday Oct. 14 A or B or C	Thursday Oct. 15 A or B or C	Friday Oct. 16 A or B or C
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Monday Oct. 19 A or B or C	Tuesday Oct. 20 A or B or C	Wednesday Oct. 21 A or B or C	Thursday Oct. 22 A or B or C	Friday Oct. 23 A or B or C
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Monday Oct. 26 A or B or C	Tuesday Oct. 27 A or B or C	Wednesday Oct. 28 A or B or C	Thursday Oct. 29 A or B or C	Friday Oct. 30 A or B or C
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Payment enclosed: _____ meal(s) at \$7.25 _____ \$ Total

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