

# Quality Catering

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

## Sacred Heart

Menu: October 4 - 29, 2021

Follow us on instagram @qualitycateringmtl

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
A. Penne Bolognese served w/ broccoli	A. Chicken Souvlaki served w/ Greek style veggie rice	A. Ham & cheese quesadillas served with a bowl of chili	A. Chicken <b>Poke</b> bowl (Chicken, rice, lettuce, tempura, cucumber, carrots & crispy noodles)	A. Hamburger with french fries & crudite
B. Penne rosée served w/ broccoli	B. Lemon herbed salmon served w/ Greek veggie rice	B. Cheese quesadillas served with a bowl of veggie chili	B. Veggie <b>Poke</b> bowl (Edamame, rice, lettuce, tempura, cucumber, carrots & crispy noodles)	B. Veggie burger with french fries & crudite
C. Egg sandwich served with raw veggies	C. salami on challah roll served with raw veggies	C. Turkey garden salad served w/ a bun	C. Tuna sandwich served w/ raw veggies	C. Crispy chicken wrap served w/ raw veggies
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Thanksgiving</b>	A. Meat Lasagna served with Caesar salad	A. French toast, breakfast sausage & hash brown	A. Beef Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	A. Chicken Parmesan served w/ Pesto Pasta
	B. 3 cheese lasagna served with Caesar salad	B. French toast, tofu sausage & hash brown	B. Veggie Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	B. Breaded Sole served w/ Pesto Pasta
	C. Grilled chicken Caesar salad served w/ a bun	C. Ham & cheese on croissant w/ raw veggies	C. Tuna sandwich served w/ raw veggies	C. Meatball sub served with raw veggies
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
A. Tortellini (meat) rose sauce served w/ string beans	A. Sloppy Joe's with bun & raw veggies	A. Homemade chicken strips w/ roasted potatoes & corn	A. Beef Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	A. Chicken burger & roasted potatoes and corn
B. Tortellini (cheese) rose sauce served w/ string beans	B. Veggie Sloppy Joe's with bun & raw veggies	B. Homemade fish strips w/ roasted potatoes & corn	B. Veggie Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	B. Veggie burger & roasted potatoes and corn
C. Grilled chicken Caesar salad served w/ a bun	C. Grilled cheese panini with raw veggies & dip	C. Egg sandwich served w/ raw veggies	C. Tuna sandwich served w/ raw veggies	C. Grilled cheese panini with raw veggies & dip
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
A. Meat Ravioli tomato sauce steamed veggies	A. Grilled cheese panini w/ bacon & vegetable soup	A. Salisbury steak served w/ roasted potatoes & cauliflower	A. Mac & cheese burger served w/ steamed broccoli	<b>Pizza Day</b> A. Pepperoni Pizza w/ a Caesar salad
B. Cheese Ravioli tomato sauce steamed veggies	B. Grilled cheese panini w/ a vegetable soup	B. Battered fish served w/ roasted potatoes & cauliflower	B. Mac & cheese served w/ steamed broccoli	B. Cheese Pizza w/ a Caesar salad
C. Tuna garden salad served w/ a bun	C. Meatball sub served with raw veggies	C. Crispy chicken wrap served w/ raw veggies	C. Egg sandwich served w/ raw veggies	C. Grilled Turkey Panini 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 September 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, etc...

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. 4 <b>A or B or C</b>	Tuesday Oct. 5 <b>A or B or C</b>	Wednesday Oct. 6 <b>A or B or C</b>	Thursday Oct. 7 <b>A or B or C</b>	Friday Oct. 8 <b>A or B or C</b>
Monday Oct. 11 <b>No School</b>	Tuesday Oct. 12 <b>A or B or C</b>	Wednesday Oct. 13 <b>A or B or C</b>	Thursday Oct. 14 <b>A or B or C</b>	Friday Oct. 15 <b>A or B or C</b>
Monday Oct. 18 <b>A or B or C</b>	Tuesday Oct. 19 <b>A or B or C</b>	Wednesday Oct. 20 <b>A or B or C</b>	Thursday Oct. 21 <b>A or B or C</b>	Friday Oct. 22 <b>A or B or C</b>
Monday Oct. 25 <b>A or B or C</b>	Tuesday Oct. 26 <b>A or B or C</b>	Wednesday Oct. 27 <b>A or B or C</b>	Thursday Oct. 28 <b>A or B or C</b>	Friday Oct. 29 <b>A or B or C</b>

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**