Quality Catering

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

Sacred Heart Menu: April 8 - May 3, 2024 Follow us on instagram @qualitycateringmtl

514-509-0733				
Monday 8	Tuesday 9	Wednesday	Thursday	Friday
•	A. Penne Bolognese	A. Chicken burger &	A. Pancakes,	A. Mac & cheese
	served w/	roasted potatoes	breakfast sausage &	burger served w/
	string beans	and corn	hash brown	steamed broccoli
No	string beans		ndsh brown	Steamed broccon
Lunch	B. Penne rosée	B. Veggie burger &	B. Pancakes,	B. Mac & cheese
Service				
Service	served w/	roasted potatoes	tofu sausage &	served w/
	string beans	and corn	hash brown	steamed broccoli
	C. Egg sandwich	C. Grilled cheese	C. Meatball sub	C. Grilled Turkey Panini
	served with	panini with	served with	served w/
	raw veggies	raw veggies & dip	raw veggies	raw veggies
15	16	17	18	19
A. Rottini pasta with	A. Chicken nuggets	A. Beef Taco Bowl	Pizza Day	
tomato sauce	w/ tasty tots &	salsa, lettuce,corn,	A. Pepperoni Pizza	
& meatballs	corn nibblets	cheese & tortilla chips	w/ a Caesar salad	
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B. Rottini pasta with	B. Fish sticks	B. Veggie Taco Bowl	B. Cheese Pizza	DAY
rosee sauce	w/ tasty tots &	salsa, lettuce,corn,	w/ a Caesar salad	
	corn nibblets	cheese & tortilla chips		
C. Tuna garden salad	C. Egg sandwich	C. Crispy chicken wrap	C. Grilled Turkey Panini	
served w/ a bun	served w/	served w/	served w/	
	raw veggies	raw veggies	raw veggies	
		ran reggiee	Tan Toggioo	
22	23	24	25	26
22 A. Meat Lasagna				26 A. Teriyaki chicken
	23	24	25	-
A. Meat Lasagna	23 A. Ham & cheese	24 A. Chicken Souvlaki	25 A. Sloppy Joe's	A. Teriyaki chicken
A. Meat Lasagna served with	23 A. Ham & cheese quesadillas served	24 A. Chicken Souvlaki served w/ Greek	25 A. Sloppy Joe's with bun &	A. Teriyaki chicken served w/ Chow Mein
A. Meat Lasagna served with	23 A. Ham & cheese quesadillas served	24 A. Chicken Souvlaki served w/ Greek	25 A. Sloppy Joe's with bun &	A. Teriyaki chicken served w/ Chow Mein
A. Meat Lasagna served with string beans	23 A. Ham & cheese quesadillas served with a bowl of chili	24 A. Chicken Souvlaki served w/ Greek style veggie rice	25 A. Sloppy Joe's with bun & raw veggies	A. Teriyaki chicken served w/ Chow Mein noodles
A. Meat Lasagna served with string beans B. 3 cheese lasagna	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun &	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein
 A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans 	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles
 A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on 	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap
 A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ 	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/
 A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies
 A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3
 A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) 	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 Pizza Day
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 Pizza Day A. Pepperoni Pizza w/ a Caesar salad
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese)	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup B. Grilled cheese	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 Pizza Day A. Pepperoni Pizza w/ a Caesar salad
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese)	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup B. Grilled cheese	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup B. Grilled cheese panini w/ a vegatable	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 <i>Pizza Day</i> A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted potatoes & broccoli	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/ Pesto Pasta	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup B. Grilled cheese panini w/ a vegatable soup	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza
A. Meat Lasagna served with string beans B. 3 cheese lasagna served with string beans C. Ham & cheese on paninin w/ raw veggies 29 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans C. Grilled chicken	23 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub served with raw veggies 30 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted potatoes & broccoli C. Tuna sandwich	24 A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed salmon served w/ Greek veggie rice C. salami on challah roll served with raw veggies 1 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/ Pesto Pasta C. Grilled cheese	25 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna sandwich served with raw veggies 2 A. Grilled cheese panini w/ turkey & vegetable soup B. Grilled cheese panini w/ a vegatable soup C. Meatball sub	 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Crispy chicken wrap served w/ raw veggies 3 <i>Pizza Day</i> A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled Turkey Panini

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 March coupon ASAP to school Caferteria

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: Student's Name: Grade Number: Contact Person: Sacred Heart

Telephone Number:

Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12
, ,	· · ·			
No School	A or B or C	A or B or C	A or B or C	A or B or C
Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19
A or B or C	A or B or C	A or B or C	A or B or C	Ped Day
Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26
A or B or C	A or B or C	A or B or C	A or B or C	A or B or C
Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3
A or B or C	A or B or C	A or B or C	A or B or C	A or B or C

Payment enclosed: _____ meal(s) at \$7.75 ____ \$ Total

Please <u>DO NOT</u> issue cheques or etransfers for amounts <u>LESS</u> than \$30 Please send etransfers to shsm@qualitycatering.ca