

Quality Catering

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

Sacred Heart

Menu: May 6 - 31, 2024

Follow us on instagram @qualitycateringmtl

| Monday 6 | Tuesday 7 | Wednesday 8 | Thursday 9 | Friday 10 |
|--|---|---|--|--|
| A. Penne Bolognese served w/ broccoli | A. Homemade chicken strips w/ roasted potatoes & corn | A. Beef Taco Bowl salsa, lettuce, corn, cheese & tortilla chips | A. Pancakes, breakfast sausage & hash brown | A. Teriyaki chicken served w/ Chow Mein noodles |
| B. Penne rosée served w/ broccoli | B. Homemade fish strips w/ roasted potatoes & corn | B. Veggie Taco Bowl salsa, lettuce, corn, cheese & tortilla chips | B. Pancakes, tofu sausage & hash brown | B. Teriyaki tofu served w/ Chow Mein noodles |
| C. Egg sandwich served with raw veggies | C. Grilled cheese panini with raw veggies & dip | C. Tuna sandwich served w/ raw veggies | C. Ham & cheese on panini w/ raw veggies | C. Crispy chicken wrap served w/ raw veggies |
| 13 | 14 | 15 | 16 | 17 |
| A. Meat Lasagna served with string beans | A. Grilled cheese panini w/ turkey & vegetable soup | A. Hamburger & spicy wedges caesar salad | A. Chicken Souvlaki served w/ Greek style veggie rice | Pizza Day A. Pepperoni Pizza w/ a Caesar salad |
| B. 3 cheese lasagna served with string beans | B. Grilled cheese panini w/ a vegetable soup | B. Veggie burger & spicy wedges caesar salad | B. Lemon herbed salmon served w/ Greek veggie rice | B. Cheese Pizza w/ a Caesar salad |
| C. Ham & cheese on panini w/ raw veggies | C. Meatball sub served with raw veggies | C. Crispy chicken wrap served w/ raw veggies | C. salami on challah roll served with raw veggies | C. Grilled Turkey Panini served w/ raw veggies |
| 20 | 21 | 22 | 23 | 24 |
| Victoria Day | A. Rottini pasta with tomato sauce & meatballs | A. Chicken nuggets w/ tasty tots & corn nibblets | A. Waffles, breakfast sausage & hash brown | A. Chicken burger & roasted potatoes and corn |
| | B. Rottini pasta with rose sauce | B. Fish sticks w/ tasty tots & corn nibblets | B. Waffles, tofu sausage & hash brown | B. Veggie burger & roasted potatoes and corn |
| | C. Tuna garden salad served w/ a bun | C. Egg sandwich served w/ raw veggies | C. Ham & cheese on croissant w/ raw veggies | C. Grilled cheese panini with raw veggies & dip |
| 27 | 28 | 29 | 30 | 31 |
| A. Tortellini (meat) rose sauce served w/ string beans | A. Sloppy Joe's with bun & raw veggies | A. Chicken Parmesan served w/ Pesto Pasta | A. Ham & cheese quesadillas served with a bowl of chili | Pizza Day A. Pepperoni Pizza w/ a Caesar salad |
| B. Tortellini (cheese) rose sauce served w/ string beans | B. Veggie Sloppy Joe's with bun & raw veggies | B. Breaded Sole served w/ Pesto Pasta | B. Cheese quesadillas served with a bowl of veggie chili | B. Cheese Pizza w/ a Caesar salad |
| C. Crispy chicken wrap served w/ raw veggies | C. Tuna garden salad served w/ a bun | C. Grilled cheese panini with raw veggies | C. Meatball sub served with 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 May 6 A or B or C | Tuesday May 7 A or B or C | Wednesday May 8 A or B or C | Thursday May 9 A or B or C | Friday May 10 A or B or C |
| Monday May 13 A or B or C | Tuesday May 14 A or B or C | Wednesday May 15 A or B or C | Thursday May 16 A or B or C | Friday May 17 A or B or C |

| | | | | |
|-------------------------------------|--------------------------------------|--|---------------------------------------|-------------------------------------|
| Monday May 20 No Service | Tuesday May 21 A or B or C | Wednesday May 22 A or B or C | Thursday May 23 A or B or C | Friday May 24 A or B or C |
| Monday May 27 A or B or C | Tuesday May 28 A or B or C | Wednesday May 29 A or B or C | Thursday May 30 A or B or C | Friday May 31 A or B or C |

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

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