Quality Catering 145 St. Jacques

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	A. Homemade chicken	A. Beef Taco Bowl	A. Pancakes,	A. Teriyaki chicken
served w/	strips w/ roasted	salsa, lettuce,corn,	breakfast sausage &	served w/ Chow Mein
broccoli	potatoes & corn	cheese & tortilla chips	hash brown	noodles
B. Penne rosée	B. Homemade fish	B. Veggie Taco Bowl	B. Pancakes,	B. Teriyaki tofu served
served w/	strips w/ roasted	salsa, lettuce,corn,	tofu sausage &	w/ Chow Mein
broccoli	potatoes & corn	cheese & tortilla chips	hash brown	noodles
C. Egg sandwich	C. Grilled cheese	C. Tuna sandwich	C. Ham & cheese on	C. Crispy chicken wrap
served with	panini with	served w/	paninin w/	served w/
raw veggies	raw veggies & dip	raw veggies	raw veggies	raw veggies
13	14	15	16	17
A. Meat Lasagna	A. Grilled cheese	A. Hamburger &	A. Chicken Souvlaki	Pizza Day
served with	panini w/ turkey &	spicy wedges	served w/ Greek	A. Pepperoni Pizza
string beans	vegetable soup	caesar salad	style veggie rice	w/ a Caesar salad
B. 3 cheese lasagna	B. Grilled cheese	B. Veggie burger &	B. Lemon herbed	B. Cheese Pizza
served with	panini w/ a vegatable	spicy wedges	salmon served w/	w/ a Caesar salad
string beans	soup	caesar salad	Greek veggie rice	
C. Ham & cheese on	C. Meatball sub	C. Crispy chicken wrap	C. salami on challah roll	C. Grilled Turkey Panini
paninin w/	served with	served w/	served with	served w/
raw veggies	raw veggies	raw veggies	raw veggies	raw veggies
20	21	22	23	24
	1			
	A. Rottini pasta with	A. Chicken nuggets	A. Waffles,	A. Chicken burger &
	A. Rottini pasta with tomato sauce			
Victoria Dav		A. Chicken nuggets	A. Waffles,	A. Chicken burger &
Victoria Day	tomato sauce	A. Chicken nuggets w/ tasty tots &	A. Waffles, breakfast sausage &	A. Chicken burger & roasted potatoes
Victoria Day	tomato sauce & meatballs	A. Chicken nuggets w/ tasty tots & corn nibblets	A. Waffles, breakfast sausage & hash brown	A. Chicken burger & roasted potatoes and corn
Victoria Day	tomato sauce & meatballs B. Rottini pasta with	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks	A. Waffles, breakfast sausage & hash brown B. Waffles,	A. Chicken burger & roasted potatoes and corn B. Veggie burger &
Victoria Day	tomato sauce & meatballs B. Rottini pasta with	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots &	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage &	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes
Victoria Day	tomato sauce & meatballs B. Rottini pasta with rosee sauce	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn
Victoria Day	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese
Victoria Day	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with
·	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip
27	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31
27 A. Tortellini (meat)	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day
A. Tortellini (meat) rosee sauce served w/	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's with bun &	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan served w/	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese quesadillas served	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day A. Pepperoni Pizza
A. Tortellini (meat) rosee sauce served w/ string beans	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's with bun & raw veggies	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan served w/ Pesto Pasta	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese quesadillas served with a bowl of chili	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day A. Pepperoni Pizza w/ a Caesar salad
A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese)	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza
A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/ Pesto Pasta	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad
A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun &	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/ Pesto Pasta C. Grilled cheese	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza
A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans C. Crispy chicken wrap	tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 28 A. Sloppy Joe's with bun & raw veggies B. Veggie Sloppy Joe's with bun & raw veggies C. Tuna garden salad	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 29 A. Chicken Parmesan served w/ Pesto Pasta B. Breaded Sole served w/ Pesto Pasta	A. Waffles, breakfast sausage & hash brown B. Waffles, tofu sausage & hash brown C. Ham & cheese on croissant w/ raw veggies 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Meatball sub	A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Grilled cheese panini with raw veggies & dip 31 Pizza Day 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 September coupons 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
- ${\bf 5}$ 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 ch	noice : 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	Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17
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 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:	me	eal(s) at \$7.75	\$ Total	
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Please <u>DO NOT</u> issue cheques or etransfers for amounts <u>LESS</u> than \$30 Please send etransfers to shsm@qualitycatering.ca