

Quality Catering

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

Sacred Heart

Menu: November 4 - November 29, 2024

Follow us on instagram @qualitycateringmtl

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	
Ped Day	A. Penne Bolognese served w/ broccoli	A. Homemade chicken strips w/ roasted potatoes & corn	A. Grilled cheese panini w/ Ham & vegetable soup	A. Hamburger & spicy wedges caesar salad	
	B. Penne rosée served w/ broccoli	B. Homemade fish strips w/ roasted potatoes & corn	B. Grilled cheese panini w/ a vegetable soup	B. Veggie burger & spicy wedges caesar salad	
	C. Turkey garden salad served w/ a bun	C. Tuna sandwich served w/ raw veggies	C. Egg garden salad served w/ a bun	C. Grilled cheese panini with raw veggies	
11	12	13	14	15	
A. Meat Lasagna served with Caesar salad	No Lunch Service	A. Beef Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	A. Chicken Parmesan served w/ Pesto Pasta	Pizza Day A. Pepperoni Pizza w/ a Caesar salad	
B. 3 cheese lasagna served with Caesar salad		B. Veggie Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	B. Breaded Sole served w/ Pesto Pasta		B. Cheese Pizza w/ a Caesar salad
C. Egg garden salad served w/ a bun		C. Tuna sandwich served w/ raw veggies	C. Grilled cheese panini with raw veggies		C. Turkey garden salad served w/ a bun
18	19	20	21	22	
A. Tortellini (meat) roseee sauce served w/ string beans	A. Sloppy Joe's with bun & raw veggies	A. Chicken Souvlaki served w/ Greek style veggie rice	No Lunch Service	No Lunch Service	
B. Tortellini (cheese) roseee sauce served w/ string beans	B. Veggie Sloppy Joe's with bun & raw veggies	B. Lemon herbed salmon served w/ Greek veggie rice			
C. Grilled chicken Caesar salad served w/ a bun	C. Turkey garden salad served w/ a bun	C. salami on challah roll served with raw veggies			
25	26	27	28	29	
A. Rottini pasta with tomato sauce & meatballs	A. Pancakes, breakfast sausage & hash brown	A. Ham & cheese quesadillas served with a bowl of chili	A. Teriyaki chicken served w/ Chow Mein noodles	Pizza Day A. Pepperoni Pizza w/ a Caesar salad	
B. Rottini pasta with roseee sauce	B. Pancakes, tofu sausage & hash brown	B. Cheese quesadillas served with a bowl of veggie chili	B. Teriyaki tofu served w/ Chow Mein noodles		B. Cheese Pizza w/ a Caesar salad
C. Egg garden salad served w/ a bun	C. Ham & cheese on croissant w/ raw veggies	C. Turkey garden salad served w/ a bun	C. Grilled cheese panini with raw veggies & dip		C. Grilled chicken Caesar salad served w/ a bun

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 Nov. 4 No School	Tuesday Nov. 5 A or B or C	Wednesday Nov. 6 A or B or C	Thursday Nov. 7 A or B or C	Friday Nov. 8 A or B or C
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Monday Nov. 11 A or B or C	Tuesday Nov. 12 No Service	Wednesday Nov. 13 A or B or C	Thursday Nov. 14 A or B or C	Friday Nov. 15 A or B or C
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Monday Nov. 18 A or B or C	Tuesday Nov. 19 A or B or C	Wednesday Nov. 20 A or B or C	Thursday Nov. 21 No Service	Friday Nov. 22 No Service
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Monday Nov. 25 A or B or C	Tuesday Nov. 26 A or B or C	Wednesday Nov. 27 A or B or C	Thursday Nov. 28 A or B or C	Friday Nov. 29 A or B or C
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Payment enclosed: _____ meal(s) at \$8.25 _____ \$ Total

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