## **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	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
	A. Penne Bolognese	A. Homemade chicken	A. Grilled cheese	A. Hamburger &
	served w/	strips w/ roasted	panini w/ Ham &	spicy wedges
	broccoli	potatoes & corn	vegetable soup	caesar salad
Ped Day				
	B. Penne rosée	B. Homemade fish	B. Grilled cheese	B. Veggie burger &
	served w/	strips w/ roasted	panini w/ a vegatable	spicy wedges
	broccoli	potatoes & corn	soup	caesar salad
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	C. Turkey garden salad	C. Tuna sandwich	C. Egg garden salad	C. Grilled cheese
	served w/ a bun	served w/	served w/ a bun	panini with
	40	raw veggies		raw veggies
11	12 I	13	14	15
A. Meat Lasagna		A. Beef Taco Bowl	A. Chicken Parmesan	Pizza Day
served with		salsa, lettuce,corn,	served w/	A. Pepperoni Pizza
Caesar salad	No Lunch Service	cheese & tortilla chips	Pesto Pasta	w/ a Caesar salad
P. 2 obsess lessages	NO LUNCII Service	P. Voggio Topo Poul	B. Breaded Sole	B. Cheese Pizza
B. 3 cheese lasagna served with		B. Veggie Taco Bowl salsa, lettuce,corn,	served w/	w/ a Caesar salad
Caesar salad		cheese & tortilla chips	Pesto Pasta	w/ a Caesai salau
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C. Egg garden salad		C. Tuna sandwich	C. Grilled cheese	C. Turkey garden salad
served w/ a bun		served w/	panini with	served w/ a bun
		raw veggies	raw veggies	
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18	19	20	21	22
A. Tortellini (meat)	19 A. Sloppy Joe's	<b>20</b> A. Chicken Souvlaki	21	22
	<u> </u>		21	22
A. Tortellini (meat)	A. Sloppy Joe's	A. Chicken Souvlaki	21	22
A. Tortellini (meat) rosee sauce served w/	A. Sloppy Joe's with bun &	A. Chicken Souvlaki served w/ Greek	No Lunch Service	
A. Tortellini (meat) rosee 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
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese)	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's	A. Chicken Souvlaki served w/ Greek style veggie rice B. Lemon herbed		
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun &	A. Chicken Souvlaki served w/ Greek style veggie rice  B. Lemon herbed salmon served w/		
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A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies	A. Chicken Souvlaki served w/ Greek style veggie rice  B. Lemon herbed salmon served w/ Greek veggie rice		
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad	A. Chicken Souvlaki served w/ Greek style veggie rice  B. Lemon herbed salmon served w/ Greek veggie rice  C. salami on challah roll		
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad	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		
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun	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	No Lunch Service	No Lunch Service
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun 25	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun	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  27	No Lunch Service	No Lunch Service
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26 A. Pancakes,	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  27  A. Ham & cheese	No Lunch Service  28  A. Teriyaki chicken	No Lunch Service  29  Pizza Day
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with tomato sauce	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage &	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  27  A. Ham & cheese quesadillas served	No Lunch Service  28 A. Teriyaki chicken served w/ Chow Mein	No Lunch Service  29  Pizza Day  A. Pepperoni Pizza
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with tomato sauce	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage &	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  27  A. Ham & cheese quesadillas served	No Lunch Service  28 A. Teriyaki chicken served w/ Chow Mein	No Lunch Service  29  Pizza Day  A. Pepperoni Pizza
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun 25  A. Rottini pasta with tomato sauce & meatballs	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage & hash brown	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  27  A. Ham & cheese quesadillas served with a bowl of chili	No Lunch Service  28  A. Teriyaki chicken served w/ Chow Mein noodles	No Lunch Service  29  Pizza Day  A. Pepperoni Pizza  w/ a Caesar salad
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with tomato sauce & meatballs  B. Rottini pasta with	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage & hash brown  B. Pancakes,	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  27  A. Ham & cheese quesadillas served with a bowl of chili  B. Cheese quesadillas	28 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served	29 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. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with tomato sauce & meatballs  B. Rottini pasta with rosee sauce	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage & hash brown  B. Pancakes, tofu sausage & hash brown	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  27  A. Ham & cheese quesadillas served with a bowl of chili  B. Cheese quesadillas served with a bowl of veggie chili	28 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles	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/ string beans  C. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with tomato sauce & meatballs  B. Rottini pasta with rosee sauce  C. Egg garden salad	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage & hash brown  B. Pancakes, tofu sausage & hash brown  C. Ham & cheese on	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  27  A. Ham & cheese quesadillas served with a bowl of chili  B. Cheese quesadillas served with a bowl of veggie chili  C. Turkey garden salad	28 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Grilled cheese	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken
A. Tortellini (meat) rosee sauce served w/ string beans  B. Tortellini (cheese) rosee sauce served w/ string beans  C. Grilled chicken Caesar salad served w/ a bun  25  A. Rottini pasta with tomato sauce & meatballs  B. Rottini pasta with rosee sauce	A. Sloppy Joe's with bun & raw veggies  B. Veggie Sloppy Joe's with bun & raw veggies  C. Turkey garden salad served w/ a bun  26  A. Pancakes, breakfast sausage & hash brown  B. Pancakes, tofu sausage & hash brown	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  27  A. Ham & cheese quesadillas served with a bowl of chili  B. Cheese quesadillas served with a bowl of veggie chili	28 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad

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
- $\ensuremath{\mathtt{3}}$  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
Name:	Sacred Heart
s Name:	

School Name: Student's Name: Grade Number:

Contact Person: Telephone Number:				
Circle the appropriate of	choice : A or B or C			
Monday Nov. 4 <b>No School</b>	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 <b>A or B or C</b>
Monday Nov. 11  A or B or C	Tuesday Nov. 12 <b>No Service</b>	Wednesday Nov. 13  A or B or C	Thursday Nov. 14 A or B or C	Friday Nov. 15 A or B or C
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 <b>No Service</b>
Monday Nov. 25 A or B or C	Tuesday Nov. 26 <b>A or B or C</b>	Wednesday Nov. 27  A or B or C	Thursday Nov. 28 A or B or C	Friday Nov. 29 <b>A or B or C</b>
Payment enclosed:	meal(s) at \$8.25		\$ Total	

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