

Quality Catering

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

Sacred Heart

Menu: January 6 - 31, 2025

Follow us on instagram @qualitycateringmtl

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
No School	A. Penne Bolognese served w/ broccoli	A. Homemade chicken strips w/ roasted potatoes & corn	A. Grilled cheese panini w/ Ham & vegetable soup	Pizza Day A. Pepperoni Pizza w/ a 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. Cheese Pizza w/ a Caesar salad
	C. Egg garden salad served w/ a bun	C. Tuna sandwich served w/ raw veggies	C. Grilled chicken Caesar salad served w/ a bun	C. salami on challah roll served with raw veggies
13	14	15	16	17
A. Meat Lasagna served with Caesar salad	A. Pancakes, breakfast sausage & hash brown	A. Beef Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	A. Sweet & Sour chicken served with rice and broccoli	A. Hamburger & spicy wedges caesar salad
B. 3 cheese lasagna served with Caesar salad	B. Pancakes, tofu sausage & hash brown	B. Veggie Taco Bowl salsa, lettuce, corn, cheese & tortilla chips	B. Sweet & Sour tofu served with rice and broccoli	B. Veggie burger & spicy wedges caesar salad
C. Egg garden salad served w/ a bun	C. Ham & cheese on croissant w/ raw veggies	C. Tuna garden salad served w/ a bun	C. salami on challah roll served with raw veggies	C. Grilled cheese panini with raw veggies
20	21	22	23	24
A. Rottini pasta with tomato sauce & meatballs	A. Chicken nuggets w/ tasty tots & corn nibblets	A. Sloppy Joe's with bun & raw veggies	A. Chicken Souvlaki served w/ Greek style veggie rice	Pizza Day A. Pepperoni Pizza w/ a Caesar salad
B. Rottini pasta with rose sauce	B. Fish sticks w/ tasty tots & corn nibblets	B. Veggie Sloppy Joe's with bun & raw veggies	B. Lemon herbed salmon served w/ Greek veggie rice	B. Cheese Pizza w/ a Caesar salad
C. Tuna garden salad served w/ a bun	C. Egg sandwich served w/ raw veggies	C. Turkey garden salad served w/ a bun	C. salami on challah roll served with raw veggies	C. Grilled chicken Caesar salad served w/ a bun
27	28	29	30	31
A. Tortellini (meat) rose sauce served w/ string beans	A. Salisbury steak served w/ roasted potatoes & broccoli	A. Teriyaki chicken served w/ Chow Mein noodles	A. Ham & cheese quesadillas served with a bowl of chili	A. Chicken burger & roasted potatoes and corn
B. Tortellini (cheese) rose sauce served w/ string beans	B. Battered fish served w/ roasted potatoes & broccoli	B. Teriyaki tofu served w/ Chow Mein noodles	B. Cheese quesadillas served with a bowl of veggie chili	B. Veggie burger & roasted potatoes and corn
C. Tuna garden salad served w/ a bun	C. Crispy chicken wrap served w/ raw veggies	C. Grilled cheese panini with raw veggies & dip	C. Turkey garden salad served w/ a bun	C. Egg garden 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 Jan. 6 No School	Tuesday Jan. 7 A or B or C	Wednesday Jan. 8 A or B or C	Thursday Jan. 9 A or B or C	Friday Jan. 10 A or B or C
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Monday Jan. 13 A or B or C	Tuesday Jan. 14 A or B or C	Wednesday Jan. 15 A or B or C	Thursday Jan. 16 A or B or C	Friday Jan. 17 A or B or C
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Monday Jan. 20 A or B or C	Tuesday Jan. 21 A or B or C	Wednesday Jan. 22 A or B or C	Thursday Jan. 23 A or B or C	Friday Jan. 24 A or B or C
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Monday Jan. 27 A or B or C	Tuesday Jan. 28 A or B or C	Wednesday Jan. 29 A or B or C	Thursday Jan. 30 A or B or C	Friday Jan. 31 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**