Quality Catering 145 St. Jacques

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

Sacred Heart

Menu: January 6 - 31, 2025

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Monday 6 7 A. Penne Bolognese served w/ broccoil No B. Penne rosée served w/ broccoil C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil B. A B. Penne rosée served w/ broccoil C. Egg garden salad served w/ a bun served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ a bun raw reggies C. Egg garden salad served w/ brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fice and broccoil C. Egg garden salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil C. Egg garden salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil C. Egg garden salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a bun raw reggies fire w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a brash brown cheese & tortilla chips fire and broccoil caesar salad served w/ a brash brown cheese & tortilla					
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string beans potatoes & broccoli noodles with a bowl of chili and corn B. Tortellini (cheese) rosee sauce served w/ roasted string beans potatoes & broccoli noodles with a bowl of chili and corn B. Teriyaki tofu served w/ Chow Mein served with a potatoes & broccoli noodles bowl of veggie chili and corn	A. Rottini pasta 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 28	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 30	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31
B. Tortellini (cheese) rosee 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 roasted potatoes bowl of veggie chili B. Veggie burger & roasted potatoes and corn	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat)	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak	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 29 A. Teriyaki chicken	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 30 A. Ham & cheese	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger &
rosee sauce served w/ served w/ roasted string beans potatoes & broccoli noodles bowl of veggie chili and corn	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted	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 29 A. Teriyaki chicken served w/ Chow Mein	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 30 A. Ham & cheese quesadillas served	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes
rosee sauce served w/ served w/ roasted string beans potatoes & broccoli noodles bowl of veggie chili and corn	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted	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 29 A. Teriyaki chicken served w/ Chow Mein	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 30 A. Ham & cheese quesadillas served	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes
string beans potatoes & broccoli noodles bowl of veggie chili and corn	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted potatoes & broccoli	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 29 A. Teriyaki chicken served w/ Chow Mein noodles	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 30 A. Ham & cheese quesadillas served with a bowl of chili	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn
	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese)	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish	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 29 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served	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 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn B. Veggie burger &
C. Tuna garden salad C. Crispy chicken wrap C. Grilled cheese C. Turkey garden salad C. Egg garden salad	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted	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 29 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein	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 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted	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 29 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein	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 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes
served w/ a bun served w/ a bun served w/ a bun served w/ a bun	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted potatoes & broccoli	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 29 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles	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 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn
1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans	A. Chicken nuggets w/ tasty tots & corn nibblets B. Fish sticks w/ tasty tots & corn nibblets C. Egg sandwich served w/ raw veggies 28 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted potatoes & broccoli	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 29 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles	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 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn
raw veggies raw veggies & dip	A. Rottini pasta with tomato sauce & meatballs B. Rottini pasta with rosee sauce C. Tuna garden salad served w/ a bun 27 A. Tortellini (meat) rosee sauce served w/ string beans B. Tortellini (cheese) rosee sauce served w/ string beans 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 28 A. Salisbury steak served w/ roasted potatoes & broccoli B. Battered fish served w/ roasted potatoes & broccoli C. Crispy chicken wrap served w/	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 29 A. Teriyaki chicken served w/ Chow Mein noodles B. Teriyaki tofu served w/ Chow Mein noodles C. Grilled cheese panini with	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 30 A. Ham & cheese quesadillas served with a bowl of chili B. Cheese quesadillas served with a bowl of veggie chili C. Turkey garden salad	Pizza Day A. Pepperoni Pizza w/ a Caesar salad B. Cheese Pizza w/ a Caesar salad C. Grilled chicken Caesar salad served w/ a bun 31 A. Chicken burger & roasted potatoes and corn B. Veggie burger & roasted potatoes and corn C. Egg garden 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
- 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:					

i elepnone inumber:				
Circle the appropriate c	hoice : 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
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
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
Monday Jan. 27	Tuesday Jan. 28	Wednesday Jan. 29	Thursday Jan. 30	Friday Jan. 31
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
Payment enclosed:	meal(s) at \$8.25		\$ Total	

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