

**RAC Catered Trans Fat Free Lunch Menu from Halpert Catering
For Fall 2023/Winter 2024 ~ starts on Mon.Nov. 20/23 with Week 1**

HALPERT CATERING has a website link - www.halpertcatering.com

This menu has been reviewed by a Dietician

*****Any questions or concerns with this menu, please speak with a RAC staff ~ Thank you ~

***Vegetables and Bread items may change without notice based on availability ***

WEEK 1

Monday – Whole Wheat or Vegetable Pasta, Cheese Sauce, Cucumber and Carrot Sticks, Whole Wheat Villaggio Bread, Fresh Fruit, Milk

Tuesday – Haddock Crunchy, Rice Pilaf, Asparagus and Baby Corn, Ketchup, Whole Wheat Buns, Fresh Fruit, Milk

Wednesday – Whole Wheat or Vegetable Pasta, Beef Meatballs in Tomato Sauce, Parmesan Cheese, Green and Yellow Beans, Olive Bread, Fresh Fruit, Milk

Thursday – Chicken Breast Strips, Fried Rice, Ketchup, Baby Carrots, Dinner Rolls, Fresh Fruit, Milk

Friday – Beef Sloppy Joes, Mixed Green Salad, Dressing, Hamburger Bun, Fresh Fruit, Milk

WEEK 2

Monday – Chicken Ricotta Meatballs, Whole Wheat or Vegetable Pasta, Pepper and Cucumber Sticks, Whole Wheat Bread, Fresh Fruit, Milk

Tuesday – Breaded Alaskan Pollack, Saffron Rice, Baby Carrots, Ketchup, Corn Bread, Fresh Fruit,

Wednesday – Chicken Burger, Tri Colour Quinoa, Burger Sauce, Asparagus and Tomato Wedges, Hamburger Bun, Fresh Fruit, Milk

Thursday – Whole Wheat or Vegetable Pasta, Turkey in Tomato Spinach Sauce, Parmesan Cheese, Cauliflower Florets and Green Beans, Garlic Bun, Fresh Fruit, Milk

Friday – Beef Hot Dogs, Roast Potatoes, Ketchup, Broccoli Florets and Celery Sticks, Hot Dog Buns, Fresh Fruit, Milk

WEEK 3

Monday – Chicken and Coconut Rice Casserole, Pepper and Cucumber Sticks, Whole Wheat Italian Bread, Fresh Fruit, Milk

Tuesday – Whole Wheat or Vegetable Pasta, Roasted Red Pepper Turkey Bolognese, Parmesan Cheese, Baby Carrots, Whole Wheat Bun, Fresh Fruit, Milk

Wednesday – Chicken Carrot and Sweet Corn Soup, Chicken, Salami and Cheese Submarine Sandwich/Buns, Mustard, Cauliflower and Celery Sticks, Fresh Fruit, Milk

Thursday – Beef Lasagna, Green Salad, Dressing, Garlic Bread, Fresh Fruit, Milk

Friday – Fish Sticks, Mexican Rice, Ketchup, Cucumber and Pepper Sticks, Whole Wheat Flat Bread, Fresh Fruit, Milk

WEEK 4

Monday – Spinach Ricotta Manicotti with Tomato Basil Sauce, Carrot and Cucumber Sticks, Whole Wheat Bread, Fresh Fruit, Milk

Tuesday – Cod Nuggets, Couscous, Ketchup, Baby Corn, Onion Roll, Fresh Fruit, Milk

Wednesday – Whole Wheat or Vegetable Pasta, Meat Sauce, Parmesan Cheese, Green and Yellow Beans, Garlic Bread, Fresh Fruit, Milk

Thursday – Curry Chicken, Rice Pilaf, Broccoli Florets and Tomato Wedges, Multigrain Bun, Fresh Fruit, Milk

Friday – Beef Hamburgers with Buns, Corn Niblets, Ketchup, Sliced Cheddar, Fresh Fruit, Milk