

CATERING SOLUTIONS

LUNCHEON CALENDAR

JANUARY 2018

To order, click below:

<http://cateringsolutions.h1.hotlunchonline.net>

NEW MENU FEATURES:

(All Meals INCLUDE Fruit & Veggies)

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Virtual Salad Bar – choose all of your own toppings

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Build Your Own Sandwich

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Chilled Bistro Boxes

**

Burgers your Way

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New Hot Alternates

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Healthy Side Dishes

View Online: Additional Menu Selections, Beverages, Party Packages and Snacks!

PICK UP DINNER

View Online:

SOUPS BY THE QUART
SALADS AND MORE

1 Happy New Year! No lunch service.	2 Cinnamon French Toast Sticks with Fruit Syrup <i>Choice of Turkey Sausage or Veggie Patty</i>	3 BBQ Chicken Or BBQ Grilled Tofu with Cornbread	4 Chicken Noodle or Cream of Broccoli Soup Each with ½ cheese sandwich	5 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Pasta of the Week: Whole Grain Pasta with Marinara Sauce				
8 Baked Ziti <i>(Whole Wheat Pasta, Tomato Sauce, Puree of Carrot & Sweet Potato, Parmesan Cheese, Low Fat Mozzarella Cheese</i>	9 Chicken Noodle or Cream of Tomato Soup Each with ½ Whole Wheat Cheese Sandwich	10 Hi Fi Fish Nuggets <i>(Baked Tilapia, Whole Wheat Flour, Egg, Puree of Cauliflower and Zucchini, What Germ)</i> <i>or</i> Pink Navy Beans <i>Both serviced with tomato Infused Rice</i>	11 Spaghetti Marinara with Turkey Meatballs <i>or</i> Veggie Balls	12 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Pasta of the Week: Macaroni and Cheese				
15 MLK Day Chicken Noodle or Cream of Broccoli Soup Each with ½ Whole Wheat Cheese Sandwich	16 Quesadillas! Chicken & Cheese or Just Cheese <i>(Whole Wheat Flour Tortillas, Low-Fat Cheddar Cheese)</i>	17 Cheese Ravioli with Marinara Sauce	18 Oriental Orange Chicken with Rice <i>or</i> Vegetable Fried Rice with Tofu	19 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Pasta of the Week: Whole Grain Pasta with Marinara Sauce				
22 Pancakes with Fruit Syrup <i>Choice of Turkey Sausage or Veggie Patty</i>	23 Chicken Noodle or Cream of Tomato Soup Each with ½ Whole Wheat Cheese Sandwich	24 Fresh Oven-Baked Chicken Nuggets <i>(Fresh Chicken Breast, Egg, Whole Wheat Flour, Wheat Germ, Carrot and Sweet Potato) OR</i> Baked Tofu Nuggets <i>(Prepared similar to above)</i>	25 Traditional Swedish Meatballs over Whole Wheat Pasta <i>(Beef & Pork Meatballs)</i> <i>Or</i> Mac 'N Cheese	26 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Pasta of the Week: Macaroni and Cheese				
29 Lemon Chicken over Rice Or Herbed Lemon Tofu over Rice	30 Quesadillas! Chicken & Cheese or Just Cheese <i>(Whole Wheat Flour Tortillas, Low-Fat Cheddar Cheese)</i>	31 Chicken Noodle or Cream of Tomato Soup Each with ½ cheese sandwich		<i>Soup of the Day & Many Other New Options Available EVERY DAY!</i>
Pasta of the Week: Whole Grain Pasta with Marinara Sauce				
ORGANIC MENU -DAILY-	Chicken Nuggets Cream of Broccoli Soup	Grilled Chicken All Served With	Mac 'N Cheese Organic Fruit And	Pizza Vegetables

CATERING SOLUTIONS

A Healthy & Diverse School Lunch Program

Email: getsolutions@optonline.net

www.mycateringsolutions.net