

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

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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

908.566.6414

DECODING THE MENU

The lunch menu has many options for even the most finicky eaters.
Here is a quick and easy way to sort the options. Each entree is labeled by 1,2,3,4 or O.

- 1** - Our main entree of the day, often including "sneaky chef" and healthy ingredients. Choose these items each day for a varied menu.
- 2** - The vegetarian option of the day, often prepared similarly to the main entree.
- 3** - A more traditional school lunch menu with items offered each day including options such as chicken nuggets, fish sticks, etc. Also included is the Pasta of the Week, Soup of the Day, Burgers your Way and more traditional dishes.
- 4** - Chilled Bistro Boxes options featuring muffins, hummus, cheese & crackers etc. Now offering a virtual salad bar and build your own sandwiches
- O** – Organic items, 5+ options each day. Includes organic fruit and vegetable.

ADD ON options include healthy sides dishes, drinks, snacks, and sweets as well as party options.

Every meal includes fruit and vegetable of the day. These vary by day based on availability and ripeness.

Fruits examples may include: bananas, oranges, watermelon, cantaloupe, honeydew, apples, pears, peaches.

Vegetables may include green beans, broccoli, mixed veggies, carrots, cauliflower, stir fry, cucumbers, etc.