

**RAC Catered Trans Fat Free Lunch Menu from Halpert Catering**  
**For Fall 2018/Winter 2019 ~ starts on Week 1 as of Mon. Dec. 3<sup>rd</sup>/18**

*HALPERT CATERING has a website link - [www.halpertcatering.com](http://www.halpertcatering.com)*

\*\*\*\*\*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 – Beef Meatballs with Homemade Gravy, Mashed Potatoes, Pepper & Carrots Sticks, Rye Bread, Fresh Fruit, Milk**

**Tuesday – Honey Garlic Chicken, Rice Pilaf, Broccoli Florets and Tomato Wedges, Whole Wheat Pita, Fresh Fruit, Milk**

**Wednesday – Vegetable Shell Pasta, Tomato Sauce with Chickpeas & Spinach, Parmesan Cheese, Green Beans and Cauliflower Florets, Whole Wheat Italian Bread, Fresh Fruit, Milk**

**Thursday – Beef Hamburgers, Corn Niblets, Sliced Cheddar Cheese, Croutons, Ketchup, Whole Wheat Burger Buns, Fresh Fruit, Milk**

**Friday – Haddock Bites, Caesar Salad, Dressing, Croutons, Honey Mustard Sauce, Sixteen Grain Bread, Fresh Fruit, Milk**

**WEEK 2**

**Monday – Beef and Vegetable Stir-Fry, Vegetable Rotini, Whole Wheat Buns, Fresh Fruit, Milk**

**Tuesday – Curry Chicken, Fried Rice, Baby Carrots, Whole Wheat Pitas, Fresh Fruit, Milk**

**Wednesday – Basa Crunchy Fillets, Green Peas, Ketchup, Multigrain Bread, Fresh Fruit, Milk**

**Thursday – Homemade Chicken and Rice Soup, Salami, Chicken and Cheese Sub Sandwiches, Mustard, Broccoli Florets and Celery Sticks, Whole Wheat Sub Buns, Fresh Fruit, Milk**

**Friday – Beef Tacos, Lettuce, Cheese, Sour Cream, Tortilla Chips, Fresh Fruit, Milk**

**WEEK 3**

**Monday – Whole Wheat Penne, Chicken & Mushrooms in Tomato Alfredo Sauce, Parmesan Cheese, Cauliflower Florets & Pepper Sticks, Ancient Grain Bread, Fresh Fruit, Milk**

**Tuesday – Meat Loaf, Mashed Potatoes, Broccoli & Tomato Wedges, Whole Wheat Buns, Fresh Fruit, Milk**

**Wednesday – Alaskan Pollack, Almost Greek Salad, Feta Cheese, Dressing, Ketchup, Whole Wheat Greek Pita, Fresh Fruit, Milk**

**Thursday – Whole Wheat Spaghetti, Meatballs in Tomato Sauce, Parmesan Cheese, Cucumber & Carrot Sticks, Double Flax Bread, Fresh Fruit, Milk**

**Friday – Roast Turkey with Gravy, Rice Pilaf, Green Beans and Cucumber Sticks, Whole Wheat Buns, Fresh Fruit, Milk**

**WEEK 4**

**Monday – Whole Wheat Scoobi Do Pasta, Tomato Meat Sauce, Parmesan Cheese, Pepper and Carrot Sticks, Double Flax Bread, Fresh Fruit, Milk**

**Tuesday – Cod Nuggets, Brown Rice, Ketchup, Broccoli Florets and Cucumber Sticks, Whole Wheat Buns, Fresh Fruit, Milk**

**Wednesday – Chicken Roll Up, Lettuce, Cheese, Sour Cream, Whole Wheat Flour Tortillas, Fresh Fruit, Milk**

**Thursday – Turkey Sausage, Chickpea and Mango Salad, Ketchup, Whole Wheat Hot Dog Buns, Fresh Fruit, Milk**

**Friday – Fish Sticks, Quinoa Pilaf, Honey Mustard Sauce, Cauliflower Florets and Celery Sticks, Multigrain Bread, Fresh Fruit, Milk**