

RAC Catered Trans Fat Free Lunch Menu from Halpert Catering
For Fall 2010 – Winter 2011

Starting Nov. 1st/10 with Week 1

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

WEEK 1

Monday – Veggie Rotini, Meat Sauce, Parmesan Cheese, Carrot Sticks, Ancient Grain Bread,
Fresh Fruit, Milk

Tuesday – Chicken Caesar Rollup, Lettuce, Croutons, Whole Wheat Flour Tortillas, Caesar Dressing,
Cucumber Sticks, Fresh Fruit, Milk

Wednesday – Whole Wheat Macaroni and Cheese, Broccoli and Tomato Wedges,
Whole Wheat Bread, Fresh Fruit, Milk

Thursday – Lemon Cod Fillet, Curried Rice and Peas, Cauliflower and Pepper Sticks, Light Rye Bread,
Ketchup, Fresh Fruit, Milk

Friday – All Beef Hamburgers, Whole Wheat Buns, Mixed Vegetables, Celery Sticks, Fresh Fruit, Milk

WEEK 2

Monday – Veggie Penne, Ricotta Tomato Sauce, Parmesan Cheese, Broccoli and Cauliflower Florets,
Twelve Grain Bread, Fresh Fruit, Milk

Tuesday – Chicken Souvlaki, Rice Pilaf, Tzatziki, Tomato Wedges, Whole Wheat Pita Bread,
Fresh Fruit, Milk

Wednesday – Meatball and Mozzarella Sub Sandwiches, Diced Potatoes, Celery and Cucumber Sticks,
Whole Wheat Buns, Fresh Fruit, Milk

Thursday – Breaded Fisherman Pocket, Whole Wheat Pita, Green Peas, Lettuce, Cheese, Tartar Sauce,
Fresh Fruit, Milk

Friday – Beef Chili, Organic Tortilla Chips, Garden Salad, Dressing, Whole Wheat Dinner Buns,
Fresh Fruit, Milk

WEEK 3

Monday – Whole Wheat Spaghetti and Meatballs, Broccoli Florets and Pepper Sticks, Whole Wheat Bread,
Parmesan Cheese, Fresh Fruit, Milk

Tuesday – Portuguese Chicken Drumsticks with Chick Peas and Tomatoes, Steamed Rice,
Carrot Sticks, Whole Wheat Mini Pitas, Fresh Fruit, Milk

Wednesday – All Beef Tacos, Lettuce, Tomatoes, Cheese, Sour Cream, Taco Shells, Fresh Fruit, Milk

Thursday – Fish Sticks, Diced Potatoes, Tomato Wedges, Ketchup, Whole Wheat Buns, Fresh Fruit, Milk

Friday – Baked Lasagna, Cucumber Sticks, Breadsticks, Fresh Fruit, Milk

WEEK 4

Monday – Chicken and Vegetable Stew, Rice Pilaf, Dark Rye Bread, Fresh Fruit, Milk

Tuesday – Spaghetti Alfredo, Garlic Bread, Parmesan Cheese, Celery Sticks, Fresh Fruit, Milk

Wednesday – Naturally Smoked Kielbasa, “Smashed” Potatoes, Carrot and Pepper Sticks,
Whole Wheat Buns, Ketchup, Fresh Fruit, Milk

Thursday – Chicken Noodle Soup, Assorted Whole Wheat Sub Sandwiches, Cucumber Sticks,
Mustard, Fresh Fruit, Milk

Friday – Multigrain Tilapia, Spanish Style Rice, Almost Greek Salad, Dressing, Ketchup,
Whole Wheat Mini Pitas, Fresh Fruit, Milk

FALL & WINTER AM & PM SNACK MENU 2010-2011

RUNNYMEDE ADVENTURE CLUB

MON.	TUES.	WED.	THURS.	FRI.
AM. Cereal & Milk	(Hot Oatmeal,	Rice Krispies,	Cheerios, Shreddies,	and sometimes fruit)
PM. Nachos & Salsa & Fresh Fruit	Various Breakfast Cereals & Milk & Bananas	Cucumbers, Baby Carrots & Green Beans & Melba Toast & Dip	Whole Wheat English Muffins & Cheddar Cheese Melt & Red Peppers	Multigrain Crackers & Pea Butter & Clementines
AM. Cereal & Milk	(Hot Oatmeal,	Rice Krispies,	Cheerios, Shreddies,	and sometimes fruit)
PM. Vegetable Soup & Whole Wheat Crackers & Cream Cheese & Fresh Fruit	No Sugar Applesauce & Arrowroot Crackers & Fresh Fruit	Fresh Vegetables & Naan Bread & Tzatziki	Whole Wheat Tortilla Shells & Lettuce, Tomatoes, Salsa & Cheddar Cheese	Tuna Salad & Melba Toast & Fresh Fruit
AM. Cereal & Milk	(Hot Oatmeal,	Rice Krispies,	Cheerios, Shreddies,	and sometimes fruit)
PM. Mini Whole Wheat Pitas & Baby Carrots & Hummus	Fruit Yogurt ~ strawberry, blueberry, vanilla ~ & Various Cereals	Fresh Vegetables & Breadsticks & Tahini	Homemade Cranberry Oat Muffins & Fresh Fruit	Cheese Cubes & Whole Wheat Crackers & Fresh Fruit

***Fresh Vegetables Include – Zucchini, Cucumber, Red & Green Peppers, Carrots, Green Beans

****Fresh Fruit Includes – Oranges, Apples, Pears, Bananas, Clementines