

**RAC Catered Trans Fat Free Lunch Menu from Halpert Catering**  
**For Fall 2025/Winter 2026 ~ starts on Mon. Oct. 27<sup>th</sup>/25 with Week 1**

**HALPERT CATERING has a website link - [www.halpertcatering.com](http://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 Pepper Sticks, Whole Wheat Bread, Fresh Fruit, Milk**

**Tuesday – Chicken Breast Nuggets, Rice Pilaf, Ketchup, Baby Carrots, Onion Bun, Fresh Fruit, Milk**

**Wednesday – Potato Crusted Blue Cod, Couscous with Roasted Carrots, Tartar Sauce, Green Beans and Tomato Wedges, Pumpernickel Bread, Fresh Fruit, Milk**

**Thursday – Whole Wheat or Vegetable Pasta, Beef Meatball in Tomato Sauce, Parmesan Cheese, Asparagus and Baby Corn, Garlic Pita Bread, Fresh Fruit, Milk**

**Friday – Mushroom Chicken, Rice Pilaf, Cabbage and Mixed Green Salad, Dressing, Whole Wheat Villaggio Bread, Fresh Fruit, Milk**

**WEEK 2**

**Monday – Whole Wheat or Vegetable Pasta, Chicken Cacciatore, Parmesan Cheese, Pepper and Cucumber Sticks, Garlic Bun, Fresh Fruit, Milk**

**Tuesday – Beef and Beans Stir-fry, Rice Pilaf, Mixed Green Salad, Dressing, Marble Rye Bread, Fresh Fruit, Milk**

**Wednesday – Chicken Breast Chunk, Roast Potatoes, Ketchup, Broccoli Florets and Yellow Beans, Whole Wheat Bun, Fresh Fruit, Milk**

**Thursday – Whole Wheat or Vegetable Pasta, Ricotta Tomato Sauce, Parmesan Cheese, Cauliflower Florets and Celery Sticks, Challah Bread, Fresh Fruit, Milk**

**Friday – Crispy Pollack, Masala Rice, Ketchup, Green and Yellow Beans, Fresh Fruit, Milk**

**WEEK 3**

**Monday – Whole Wheat or Vegetable Pasta, Chicken Meatballs in Rose Sauce, Parmesan Cheese, Carrot and Cucumber Sticks, Corn Bread, Fresh Fruit, Milk**

**Tuesday – Turkey and Vegetable Soup, Salami, Chicken and Cheese Submarine Sandwich/Buns, Mustard, Fresh Fruit, Milk**

**Wednesday – Chili Chicken, Rice Pilaf, Yellow Beans and Celery Sticks, Whole Wheat Buns, Fresh Fruit, Milk**

**Thursday – Beef Lasagna, Mixed Green Salad, Dressing, Whole Wheat Bread, Fresh Fruit, Milk**

**Friday – Fish Pollack Burger, Rice Pilaf, Ketchup, Baby Carrots, Pull Apart Bun, Fresh Fruit, Milk**

**WEEK 4**

**Monday – Whole Wheat or Vegetable Pasta, Beef Bolognese, Parmesan Cheese, Cucumber and Pepper Sticks, Pumpernickel Bread, Fresh Fruit, Milk**

**Tuesday – Fish Sticks, Quinoa, Ketchup, Baby Carrots, Whole Wheat Buns, Fresh Fruit, Milk**

**Wednesday – Chicken Breast Burger, Fried Rice, Burger Sauce, Cauliflower Florets and Baby Corn, Burger Bun, Fresh Fruit, Milk**

**Thursday – Beef Tacos, Lettuce, Sour Cream, Whole Wheat Tortillas, Fresh Fruit, Milk**

**Friday – Chicken Kafta with Feta and Spinach, Roast Potatoes and Bell Peppers, Ketchup, Hot Dog Buns, Fresh Fruit, Milk**