

To Go Food Bar

1133 Yonge Street Toronto Canada M4T 2Y7
Tel 416-921-1717 Fax 416- 921-5169 togofoodbar.com

September 2011 to December 2011

Week #1

Day 1

Penne pasta with fresh basil and tomato sauce
Roasted Chicken Drumsticks
Caesar salad
Green salad with sides of cucumbers
Mini biscotti
Fresh fruit

Vegetarian option: see above
Dairy free: see above

Day 2

Grilled Cheese
Vegetable Crudit 
To Go Potato Chips
Mini muffin
Fresh grapes

Vegetarian option: grilled vegetable wrap
Dairy free: grilled vegetable wrap

Day 3

Soft shelled taco with ground beef and cheese filling
freshly made corn chips and salsa
Green salad
sides of cucumbers and carrots
Brownie square
Fresh fruit

Vegetarian option: vegetarian tacos
Dairy free: vegetarian tacos-no cheese

Day 4

Pizza Pizza/Italian Day (alternating Thursdays)
Pasta with tomato sauce
Garlic Bread
Caesar Salad
Fresh Fruit
Dessert

Day 5

Chicken fingers with plum sauce
Roasted potato wedges with ketchup
Carrot sticks
Banana Bread triangle
Fresh fruit

Vegetarian option: vegetarian nuggets
Dairy free option: See above

Week #2

Day 1

Chicken Parmesan
Diced Corn and Carrots
Green salad
Fresh fruit salad
Mini chocolate chip cookie

Vegetarian option: vegetarian parmesan cutlets
Dairy free: vegetarian cutlets - no cheese

Day 2

Penne pasta with fresh basil tomato sauce
Roasted Chicken Drum Sticks
Caesar salad
Fresh fruit
Mini cookies

Vegetarian option: see above
Dairy free: see above

Day 3

Mini (2oz) beef burgers with toppings (ketchup, mustard and relish)
Freshly made corn chips and salsa
Cold slaw with vinaigrette dressing
Green salad
Fresh fruit
Apple bread

Vegetarian option: vegetarian burgers
Dairy free option: See above

Day 4

Pizza Pizza/Italian Day (alternating Thursdays)
Pasta with tomato sauce
Garlic Bread
Caesar Salad
Fresh Fruit
Dessert

Day 5

Chicken Satays
Vegetable fried rice (carrots, peas, corn and soya sauce)
Green salad with sides of tomatoes, cucumbers and peppers
Mini chocolate chip cookie
Slice of watermelon

Vegetarian option: vegetable spring rolls
Dairy free option: see above

Week #3

Day 1

Chicken Chili
Cucumber Spears
Garlic Toasts
Green salad with sides of tomatoes, cucumbers and peppers
Cookie
Fruit

Vegetarian option: Vegetarian Chili
Dairy free: See above

Day 2

Broccoli & Cheddar Quiche
Caesar salad
Cup Cake
Fresh Fruit

Vegetarian option: same
Dairy free: vegetarian cutlet

Day 3

Fish sticks with tartar sauce
Rice pilaf with diced vegetables
Green salad with sides of tomatoes, cucumbers and peppers
Fresh fruit
Mini blueberry muffins

Vegetarian option: Spring rolls with plum sauce
Dairy free: see above

Day 4

Pizza Pizza/Italian Day (alternating Thursdays)
Pasta with tomato sauce
Garlic Bread
Caesar Salad
Fresh Fruit
Dessert

Day 5

Whole wheat Spaghetti and turkey meatballs with fresh basil tomato sauce
(Parmesan cheese on side)
Carrot sticks
Green salad with sides of tomatoes, cucumbers and peppers
Melon slices
Mini squares

Vegetarian option: see above
Dairy free option: see above

Liza Hardoon

Chef/Owner To Go Food Bar

Liza Hardoon is the owner and creative force of To Go Food Bar, 1133 Yonge St., Toronto. She studied at the Cordon Bleu in Paris and at Peter Kump's School in New York City. Former owner of the Parrot Restaurant, Ms Hardoon now devotes her energies to full time event planning and catering from her Yonge St. location.