

To Go Food Bar

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December 1, 2011 to February 28, 2012

Week #1

Day 1

Dec 19
Jan 23
Feb 13

Chicken fingers with plum sauce
Roasted potato wedges with ketchup
Carrot sticks
Banana Bread triangle
Fresh fruit Vegetarian **option: vegetarian nuggets**

Vegetarian option: see above

Day 2

Dec 20
Jan 24
Feb 14

Broccoli and Cheddar Quiche
Vegetable Crudit 
Green Salad
Mini muffin
Fresh grapes

Vegetarian option: see above

Day 3

Dec 21
Jan 25
Feb 15

Sheppard's Pie
Wholewheat garlic toasts
Green salad
Brownie square
Fresh fruit

Vegetarian option: vegetarian sheppard's pie

Day 4

Italian Day Dec 1 & Jan 26 -- Fusilli with tomato sauce or butter & cheese/Caesar/Garlic Bread /Fruit/Lemon square / Pizza Dec 22 & Feb 16

Day 5

Dec 2
Jan 27

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

Week #2

Day 1

Dec 5
Jan 30

Vegetable Spring Rolls with plum sauce
vegetable Fried Rice (carrots, peas, corn)
Green salad

Fresh fruit salad
Mini chocolate chip cookie

Vegetarian option: same

Day 2

Pasta Fagioli with mini meatballs
Crudité
Dec 6 Cheese Straws
Jan 10 Fresh fruit
Jan 31 Mini cookies
Feb 21

Vegetarian option: No meatballs

Day 3

Chicken Satays
Dec 7 Vegetable fried rice (carrots, peas, corn and soya sauce)
Jan 11 Green Salad with sides of tomatoes and cucumbers
Feb 1 Mini chocolate chip cookie
Feb 22 Slice of watermelon

Vegetarian option

Vegetarian option: vegetarian burgers

Day 4

**Italian Day Jan 12 & Feb 23—or Pizza – Dec 8 & Feb 2
Wholewheat Penne with tomato sauce or Plain Penne/Parmesan on the side/Caesar/
Fruit/Banana Bread**

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Day 5

Mini (2oz) chicken burgers with toppings (ketchup, mustard and relish)
Dec 9 freshly made corn chips and salsa
Jan 13 Garden salad
Feb 3 Fresh Fruit
Feb 24 Apple Bread

Week #3

Day 1

Sloppy Joes with wholewheat english muffins
Dec 12 Oct 31 Carrot sticks
Jan 16 Green salad with sides of tomatoes, cucumbers and peppers
Feb 6 Melon slices
Feb 27 Mini squares

Vegetarian option: vegetarian sloppy joes

Day 2 Tomato soup
Fried Chicken Drumsticks
Dec 13 Crudité
Jan 17 Cup Cake
Feb 7 Fresh Fruit
Feb 28

Vegetarian option: vegetarian quesadillas

Day 3 Turkey Tacos
Corn Chips and salsa
Dec 14 Green Salad
Jan 18 Mini Squares
Feb 8 Fresh Fruit
Feb 29

Vegetarian Option: vegetarian tacos

Day 4 Italian Day –Dec 15 & Feb 9-Ravioli / Caesar / Garlic Bread / Fruit / Lemon Loaf
Pizza- Jan 19 & March 1

Day 5 Mini Beef Burgers with ketchup, mustard & relish
Cucumber Spears
Dec 16 Garlic Toasts
Jan 20 Green salad with sides of tomatoes, cucumbers and peppers
Feb 10 Cookie
March 2 Fruit

Vegetarian option: Vegetarian Burgers