

To Go Food Bar

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December 2007 to February 2008

Week #1

Day 1

Dec 3
Jan 8
Jan 28
Feb 18

Vegetable noodle soup
French pizza square – tomato and cheese topping
Green salad with sides of tomatoes, cucumbers and peppers
Slice of fresh fruit
Oatmeal cookie with raisins

Vegetarian option: see above

Dairy free: Pizza square with grilled veg

Day 2

Dec 5
Jan 9
Jan 30
Feb 20

Vegetable spring rolls with plum sauce
Vegetable fried rice (carrots, peas and corn)
Green salad with sides of tomatoes, cucumbers and peppers
Assorted small rolls
Fresh fruit salad
Mini chocolate chip cookie

Vegetarian option: see above

Day 3

Dec 7
Jan 11
Feb 22

Cheese tortellini in Alfredo sauce with garlic toasts (baguette, sliced)
Vegetable Crudit  with dip (cherry tomatoes, broccoli, carrots and celery)
Green salad with sides of tomatoes, cucumbers and peppers
Slice of cantaloupe
Mini blueberry muffins

Vegetarian option: see above

Dairy free: Pasta and tomato sauce

Week #2

Day 1

Dec 10
Jan 14
Feb 5
Feb 25

Penne pasta with fresh basil tomato sauce (parmesan cheese on side)
Cheddar cheese straws (short size)
Caesar salad (no croutons)
Green salad with sides of tomatoes, cucumbers and peppers
Apple bread triangle
Fresh grapes

Vegetarian option: see above

Day 2

Dec 12
Jan 16
Feb 6
Feb 27

Tomato soup
Grilled cheese Paninis (cut into triangles)
Green salad of cherry tomatoes, cucumbers and shredded carrots
Sliced whole wheat baguette
Carrot muffin
Watermelon

Vegetarian option: see above

Dairy free: Grilled chicken pieces in small wrap

Day 3

Dec 14

Jan 18

Feb 8

Feb 29

Chicken fingers with plum sauce

Roasted potato wedges with ketchup

Carrot sticks with ranch dip

Green salad with sides of tomatoes, cucumbers and peppers

Slice baguette

Banana bread triangle

Slice of watermelon

Vegetarian option: vegetarian nuggets

Week #3

Day 1

Dec 17

Jan 21

Feb 11

Penne pasta with fresh basil tomato sauce (parmesan cheese on side)

Carrot sticks

Green salad with sides of tomatoes, cucumbers and peppers

Small rolls

Melon slices

Mini lemon squares

Vegetarian option: see above

Day 2

Dec 19

Jan 23

Feb 13

Mini (2oz) beef burgers with toppings (ketchup, mustard and relish)

Polenta fries

Cucumber spears

Green salad with sides of tomatoes, cucumbers and peppers

Whole bananas (1/2 of banana each)

Mini biscotti

Vegetarian option: Veggie burgers

Day 3

Jan 25

Feb 15

Chicken satays with cucumber and yogurt sauce

Vegetable fried rice (carrots, peas, corn, and soy sauce)

Green salad with sides of tomatoes, cucumbers and peppers

Sliced whole wheat baguette

Mini chocolate chip cookie

Fresh fruit

Vegetarian option: Vegetable spring rolls