



Sample Menu
 4 Week Rotation
 Monday to Friday
 Last Updated January 2018

416-913-2288
 contact@icater.ca
 www.icater.ca

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Kafta	Spaghetti w/Meatballs	Chicken Cordon Blue	Mexican Rice with Beef Sausage	Spicy Salsa and Beef Pasta
Minced chicken marinated with spices	Spaghetti Pasta	Stuffed Chicken (Broccoli & Cheese)	Basmati rice with peas and red peppers	Ground Beef
Mushroom Rice	Meatballs in Tomato Sauce	Rice pilaf	Beef Sausage	Pasta with onions and red and green peppers
Tzatziki Sauce	Parmesan Cheese	Mushroom Sauce	Tomato Sauce	Salsa
Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll
Butter	Butter	Butter	Butter	Butter

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Blackened Basa Fish	Lasagna Meat (Beef)	Tandoori Chicken	Hamburger	Chicken Fajita Pasta
Seasoned Basa	Beef Lasagna	Marinated Chicken	Potato Wedges	Seasoned Chicken
Mushroom Rice	Green Salad with dressing on the side	Basmati Rice with peas and carrots	Condiments	Fajita Mix (Onions, diced tomatoes, red peppers and green peppers)
Garlic & Tomato Sauce				Penne Pasta
Dinner Roll	Garlic Bread Slice	Naan Bread		Tomato Sauce
Butter				Dinner Roll
				Butter

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Greek Style Chicken	Chicken Pot Pie	Parmesan Crusted Tilapia	BBQ Chicken	Beef Maxicali
Greek Style Chicken	Chicken Pot Pie with Gravy	Lightly Crusted Tilapia (Bread Crumbs, Parmesan Cheese)	BBQ Chicken Leg	Seasoned Beef Fajita Strips
Vegetable Rice	Mixed Vegetables (Carrots, peas, green beans and corn)	Mashed Potatoes	Vegetable Rice	Spanish Rice with green peppers, garlic and tomato sauce
Greek Salad		Honey Glazed Carrots	Green Salad with dressing on the side	Mixed Vegetables (Carrots, peas, green beans and corn)
Dinner Roll	Dinner Roll	Tartar Sauce	BBQ Sauce	Whole Wheat Tortilla
Butter	Butter	Dinner Roll	Dinner Roll	
		Butter	Butter	

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Peri Peri Chicken	Mac & Cheese	Beef Stroganoff	Cheese Tortellini	Sweet and Sour Chicken
Marinated Peri Peri Chicken in a peri peri sauce	Macaroni and cheese with chicken	Sauteed pieces of beef served in a sauce	Tortellini served in a marinara sauce with 3 cheeses	Chicken marinated in a sweet and sour sauce
Rice Pilaf with onions and carrots	Green Salad with dressing on the side	Fusilli with mushrooms and onions	Green Salad with dressing on the side	Basmati Rice with peas and carrots
		Mushroom sauce		Steamed Vegetables
Dinner Roll	Dinner Roll	Dinner Roll	Italian Bread	Dinner Roll
Butter	Butter	Butter	Butter	Butter