

# February 2010 Menu - Terry Fox

Dancy Catering abides by the "Zero" Trans Fat Guidelines



## Dancy Catering Inc. (514) 914-1924

dancy@dancycatering.com  
www.dancycatering.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	<b><u>Dancy's Variety Day</u></b>  1) Grilled chicken burger with side salad 2) Whole wheat turkey wrap with side salad  Dessert: Yogurt	<b>2</b>	<b><u>Dancy's Variety Day</u></b>  1) Boneless baby back ribs served with salad & rice 2) Baked salmon filet served with rice & salad  Dessert: Granola bar	<b>3</b>	<b><u>Dancy's Variety Day</u></b>  1) Chicken nuggets served with rice & veggies 2) Mortadella (light) panini served with veggies & dip  Dessert: Cookie	<b>4</b>	<b><u>Dancy's Variety Day</u></b>  1) Pasta meat balls with garlic bread 2) Italian pizza with veggies & dip  Dessert: Fruit	<b>PED DAY</b>	
<b>8</b>	<b><u>Dancy's Variety Day</u></b>  1) Ricotta filled cannelloni with salad 2) Whole wheat tuna wrap with salad  Dessert: Yogurt	<b>9</b>	<b><u>Dancy's Variety Day</u></b>  1) Chicken strips (lightly breaded) served with veggies & dip 2) Mild chili & pita chips  Dessert: Muffin	<b>10</b>	<b><u>Dancy's Variety Day</u></b>  1) Hamburger served with side salad 2) Large chicken caesar salad with a bun  Dessert: Cookie	<b>11</b>	<b><u>Dancy's Variety Day</u></b>  1) Chicken brochette served with rice, tzatziki & salad 2) Large greek salad (tomatoes, cucumber, feta & olives) with spinach pie  Dessert: Jell-O	<b>12</b> <b><u>Litterless Friday</u></b>  1) Cheese pizza served with salad 2) Ham & cheese panini with salad  Dessert: Fruit	
<b>PED DAY</b>		<b>16</b>	<b><u>Dancy's Variety Day</u></b>  1) Grilled cheeseburger served with salad 2) Whole wheat turkey wrap with side salad  Dessert: Rice crispy treat	<b>17</b>	<b><u>Dancy's Brunch Day</u></b>  1) Pancakes served with fruit and cheese stick 2) Multigrain cereal (Cheerios) served with berries, mini muffin & cheese  Dessert: Cookie	<b>18</b>	<b><u>Dancy's Variety Day</u></b>  1) Pasta with rose sauce and garlic bread 2) Rosemary garlic pizza (white pizza) with veggies & dip  Dessert: Muffin	<b>19</b> <b><u>Litterless Friday</u></b>  1) Chicken burger served with coleslaw 2) Pastrami on rye bread with dill pickle & creamy cole slaw  Dessert: Fruit	
<b>22</b>	<b><u>Dancy's Variety Day</u></b>  1) Lasagna served with side salad 2) Chicken Caesar wrap (whole wheat) served with chicken noodle soup  Dessert: Yogurt	<b>23</b>	<b><u>Dancy's Variety Day</u></b>  1) Boneless baby back rib sub served veggies & dip 2) Chicken salad panini served with veggies & dip  Dessert: Granola bar	<b>24</b>	<b><u>Dancy's Variety Day</u></b>  1) Veal parmegiana served with side salad 2) Large multicolored pasta salad (carrots, cucumbers, shallots, cheese)  Dessert: Cookie	<b>25</b>	<b><u>Dancy's Variety Day</u></b>  1) Chicken brochette served with rice, tzatziki & salad 2) Large greek salad (tomatoes, cucumber, feta & olives) with spinach pie  Dessert: Jell-O	<b>26</b> <b><u>Litterless Friday</u></b>  1) Cheese pizza served with salad 2) Bagel cream cheese with side salad  Dessert: Fruit	