



# School Lunch Program Menu

We proudly serve over a dozen schools across the North Shore with our Hot and Cold Lunch Programs. We currently offer both a **Hot Pasta Lunch Menu** and a **Deli Day Menu**. We would love the opportunity to speak with you regarding your schools' needs for the programs. We provide cost effective and homemade creations for your children. The following list gives you a peek into what we can offer. We are always looking at new and exciting dishes that the kids will enjoy and your input inspires us. All items are delivered to the schools in heat proof bags. Food is packed in recyclable, biodegradable and microwaveable containers. We look forward to hearing from you!

## Pasta Day

### Penne with Meat Sauce

Small (12 oz) - \$ 4.75  
Large (16 oz) - \$ 5.50

### Mac & Cheese

Small (12 oz) - \$ 5.00  
Large (16 oz) - \$ 6.50

### Gluten Free Gnocchi

GF

with Marinara

Small (12 oz) - \$ 6.25  
Large (16 oz) - \$ 7.50

### Penne Marinara

Small (12 oz) - \$ 4.25  
Large (16 oz) - \$ 4.75

### Cheese Tortellini

with Marinara or Alfredo sauce

Small (12 oz) - \$ 5.75  
Large (16 oz) - \$ 6.25

### Penne with Butter

Small (12 oz) - \$ 4.00  
Large (16 oz) - \$ 4.75

### Parmesan Topping

Alfredo, Mac & Cheese and Tortellini are not offered with added Parmesan topping as they already have Parmesan in the sauces.

\$ 1.25

# Sandwiches and Subs

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## Ham & Cheese Sub

4 inch - \$ 4.25  
8 inch - \$ 6.50

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## Salami & Cheese Sub

4 inch - \$ 4.25  
8 inch - \$ 6.50

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## Turkey & Cheese Sub

4 inch - \$ 4.25  
8 inch - \$ 6.50

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## Cheese Sub

4 inch - \$ 4.00  
8 inch - \$ 6.25

All sandwiches are made on your choice of White or Whole Wheat bread with green lettuce and non-hydrogenated margarine, include a packet of mayo and mustard in the bag. Customization of each sandwich is also available.

# Burgers, Pizzas & More

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## Chicken Caesar Wrap

10 inch Cheese Tortilla, Crisp Romaine Lettuce,  
Grilled Chicken Breast and Caesar Dressing

\$ 7.00

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## Chicken Quesadilla

Seasoned Diced Chicken, Re-fried Beans, and  
Cheddar Cheese. Served with Salsa.

\$ 6.50

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## Crispy Chicken Burger

3 ounce Patty on a Whole Wheat Bun with Lettuce  
and Tomato; Mayo and Mustard Packs on the Side  
(By Request)

\$ 7.00

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## Vegan Grilled Cheese

\$ 4.00

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## All-Beef Hot Dogs

Mayo, Mustard and Ketchup Packets on the Side  
(By Request)

\$ 4.00

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## Veggie Dogs

Mayo, Mustard and Ketchup Packets on the Side  
(By Request)

\$ 4.00

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## Chicken Nuggets

5 Nuggets with Plum Sauce

\$ 6.25

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## Grilled Cheese

\$ 4.00

Legend - **GF** Gluten Free **DF** Dairy Free **V** Vegan

# Rice Bowls

Chicken Teriyaki with Veggies on Rice

\$ 6.00

BBQ Meatballs on Rice

\$ 6.00

Butter Chicken on Rice

GF

\$ 6.00

Rice bowls available in large size only

# Soup Selections

Homemade Chicken Noodle Soup

\$ 4.75

Homemade Creamy Tomato Soup

\$ 4.75

All soups are school approved Knorr products,  
available in large size only.

# Fresh Hand Cut Salads

Caesar Salad

Small - \$ 4.50

Large - \$ 5.50

Add Grilled Chicken to Large - \$ 3.50

Garden Salad

GF

Italian and Ranch Dressing Options (on the side)

Small - \$ 4.00

Large - \$ 5.00

Legend -

GF Gluten Free

DF Dairy Free

V Vegan

# Fun Snack Boxes

## Chips & Salsa

With Corn Tortilla Chips

\$ 4.00

## Veggies and Dip

GF

with Ranch Dressing

\$ 4.50

# Sweet Treats

## Oatmeal Raisin Cookie

\$ 2.00

## Banana Bread

\$ 2.50

## Chocolate Chip Cookie

\$ 2.00

## Rice Krispy Square

\$ 2.25

# Drinks

## Milk & Chocolate Milk

\$ 2.00

## Orange & Apple Juice Boxes

\$ 1.75

Legend -

GF

Gluten Free

DF

Dairy Free

V

Vegan

## CONTACT INFO




### ADDRESS

102 Garden Avenue  
North Vancouver, BC, V7P 3H2

PHONE - 604 990 6996

EMAIL - admin@amoveablefeastcafe.com

## SOCIAL MEDIA

 facebook.com/amoveablefeastcatering  
 twitter.com/amfcatering  
 instagram.com/chef\_mina

## HOURS OF OPERATION

Our hours of operation are based around your catering needs. Administrative hours are outlined below.

## ADMINISTRATIVE HOURS

Monday - Friday 8 am - 4 pm

Saturday - By appointment only

Sunday - Closed

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