

Four Menu items certified Heart Health by the Canada Food Guide



Fussili Pasta Marinara- Tri-Color Fussili Pasta and fresh vegetables served in marinara sauce consisting of fresh garlic, onion and plum tomato. Accompanied by Baby Salad Greens, and Herbed Garlic Sticks

Chicken Stir Fry- Sautéed strips of chicken served with fresh vegetables on a bed of aged basmati rice. Accompanied by Baby Spinach Salad, and Fresh Baked Rolls,

Grilled Breast of Lemon and Rosemary Chicken, Accompanied by Wild Rice Pilaf, Garden Salad, and Fresh Baked Rolls.

Beef and Vegetable Stir Fry- Sautéed sirloin of beef served with a variety of seasonal vegetables. Accompanied by asian rice noodles, Garden Salad, and Fresh Baked Rolls.

Regular Menu Items

Beef Bourguignon Sautéed sirloin of beef served in red wine demi-glaze sauce consisting of sliced mushrooms, onion and beef stock.

Lasagna Bolognaise consisting of basil, olive oil, plum tomatoes, parmesan cheese, garlic Accompanied by Caesar Salad and Herbed Garlic Bread.

Chicken Chasseur- Grilled Breast of Chicken served in Chasseur sauce consisting of mushroom, onion and tomato concasse. Accompanied by Rice Pilaf or Buttered Noodles, Garden Salad, and Fresh Baked Rolls.

Chicken Pot Pie- Hearty blend of Chicken, Pearl Onions, Green Peas and Carrots served in Chicken Veloute, topped with Puff Pastry. Accompanied by Rice Pilaf, Garden Salad, and Fresh Baked Rolls.

Minimum 40 guests (or less = plus staff travelling time)

All items include either Fresh Fruit Platter, Assorted Premium Dessert Squares or Fresh Baked Pies, Coffee/Tea & Bottled Water

\$14.75 per person paper service

\$15.75 per person china service

\$16.75 per person china and linen

Plus 5% staff gratuity