

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 Bread

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.

Glazed Ham Steak Five ounce Ham Steak lightly flavored with a sweet Dijon glaze, garnished with fresh fruit. Accompanied by Rice Pilaf or Buttered Noodles, Spinach Salad, and Fresh Baked Rolls.

Grilled Pork Chop Five ounce Chop, garnished with apple sauce. Accompanied by Roast potatoes, Baby Salad Greens, and Fresh Baked Rolls

Lasagna Bolognese 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.

International Flavours

*Southern Thai Cashew Nut Chicken -- Indian Butter Chicken -- Phad Thai
Lemon Grass and Ginger Beef – Jambalaya -- Brazilian Skirt Steak*

All Menu items are served with fresh vegetables when appropriate and dessert.

For top quality, some menu items are meant to be eaten upon delivery!!

Minimum of 15 guests for delivery, 13.50 per person plus taxes

Bottled Water and Soft-drinks are 1.50 each