



Corporate Hot Lunch Menus

Price includes choice of entrée, choice of salad, rolls with butter & assorted small desserts
Prices based on service of single entrée to groups of 12 or more, delivery & pick up charges will apply
Lunch prices only - Add \$3 to convert to a dinner entrée

\$13.95 Items

LASAGNA

Your choice of Traditional meat or market vegetarian

BEEF STEW

Braised tender chunks of beef with garden vegetables in a rich gravy

SHEPHERD'S PIE

A traditional favourite of ground beef and vegetables, topped with mashed potatoes

ASPARAGUS PENNE ALFREDO

Penne pasta with fresh bell peppers, onions & asparagus in a homemade Alfredo sauce

MAC & CHEESE

A wonderful blend of cheeses mixed with pasta double baked with a touch of bacon

BEEF, TURKEY OR VEGETARIAN CHILI

Try the classic or the heart smart

\$15.95 Items

CHICKEN WITH PAPAYA BBQ SAUCE

Breast of chicken marinated in our own papaya BBQ sauce lightly grilled served over white rice topped with cashews

CHICKEN TETRAZINI

Chunks of chicken with peppers, mushrooms and fresh herbs topped with Swiss cheese on a bed of pasta

CHICKEN CACCIATORE

Chunks of chicken in a creamy tomato sauce with peppers, mushrooms and fresh herbs on a bed of pasta

BEEF, CHICKEN OR VEGETARIAN STIR FRY

Choice of meat with a variety of vegetables & teriyaki sauce and served with rice

ITALIAN RICOTTA & ROSEMARY MEAT LOAF

Served in a marinara sauce with mashed potatoes

SWEET & SOUR PINEAPPLE CHICKEN

Chicken, pineapple, bell peppers and mushrooms basted with our homemade sweet & sour sauce served with rice (Chicken may be substituted with beef meatballs)

\$17.95 Items

AMBER ALE MAPLE GLAZED PORK LOIN

Roasted pork loin marinated in an amber ale & maple syrup sauce served with vegetable rice pilaf

CHICKEN TARRAGON

Sliced breast of chicken served with a tarragon cream sauce, honey glazed carrots and rice

PORK LOIN WITH MUSHROOM SAUCE

Roast pork loin served with a creamy mushroom sauce with garlic mashed potatoes

BEEF BOURGIGNON

Tender pieces of braised beef with red wine, leeks and pearl onions served with garlic mashed potatoes

CHUTNEY & LIME CHICKEN SKEWERS

Skewered chunks of chicken and bell peppers basted with a mango lime chutney served with a vegetable medley & curried rice

\$21.95 Items

PEPPER HONEY ROASTED SALMON

Salmon filets brushed and served in a pepper honey sauce Served with a rice pilaf and vegetable medley

BASIL RUBBED SALMON

Flavoured with extra virgin olive oil Served with a rice pilaf and vegetable medley

All meals include the following:

Choice of Salad

Spinach & Strawberry, Greek, Citrus Pecan, Tossed Garden, Broccoli & Feta, Caesar, Mandarin Orange & Almond or Carrot & Pineapple Coleslaw

Assorted Homemade Small Desserts

Includes Brownies, Nanaimo bars, Haystacks, Date Squares, Lemon Squares, Southern Bars and more!!!

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