



Day 1

Organic Garden Salad & Spicy Dill Beets

Napa, Fennel, Apple Slaw (V, GF)

Roast Chicken Breast, Balsamic Veggies (GF, DF)

Mushroom Rice Pilaf (GF, DF)

Beef Sesame Teriyaki Stir Fry (DF)

Rigatoni with Tomato Basil, Capers, and Eggplant

Atlantic Salmon Fillet with Mustard Maple Marinade (GF, DF)

Roast Potatoes, Caramelized Onions, Sweet Potatoes (V, GF)

Broccoli, Green Beans, Carrots, Pepper Squash (V, GF)

Roast Cauliflower, Tomato Braised Lentils (V, GF)

Vegan Brownies (GF) & Fresh Fruit

Day 2

Tomato, Cucumber, Bocconcini, Kale (GF)

Organic Garden Greens Salad

Szechuan Chicken & Veggie Stir Fry (GF)

Basmati Turmeric Rice Pilaf (V, GF)

Tender Roast Beef with Horseradish (GF, DF)

Home Style Roast Potatoes (V, GF)

Pan Seared Haddock Fillet with Lemon & Tartare (GF, DF)

Triple Cheese Veggie Lasagna

Butternut Squash Coconut Thai Curry (V, GF)

Green Beans, Roast Carrots, Broccoli, Cauliflower (V, GF)



Daily Dessert & Fresh Fruit

Vegan Chocolate Chip Cookies (V, GF)

Day 3

Organic Garden Greens, Spinach & Arugula

Vegan Broccoli, Napa, Quinoa, & Cranberry (GF, DF)

Vegetable & Lentil Soup (Vegan, GF, DF)

South Western BBQ Beef Stir Fry (GF, DF)

Rice & Red Beans (GF, DF)

Caribbean Spiced Jerk Chicken (GF, DF)

Butternut Squash Agnolotti with Tomato Parmesan

Cod Loins with Lemon Dill, White Wine (GF, DF)

Yukon Gold Potato & Caramelized Onions (GF, DF)

Broccoli, Cauliflower, Carrots, Squash (GF, DF)

Vegan Sweet Potato & Black Lentil Masala (GF, DF)

Daily Dessert & Fresh Fruit

Vegan Marble Vanilla Chocolate Cake Squares (V, GF)

Day 4

Greek Salad, Tomato, Cucumber, Feta, Kalamatas

Organic Garden Salad

Tender Braised Beef Short Ribs (GF, DF)

Tomato Rice Pilaf (V, GF)

BBQ Glazed Chicken Legs (GF, DF)

Baked Cheddar Mac & Cheese

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Pan Seared Sole Fillet with Lemon & Tartare (GF, DF)

Roast Cauliflower, Zucchini, Carrots, & Broccoli (V, GF)

Vegan Cabbage Rolls with Romana Beans, Quinoa, & Rice (V, GF)

Daily Fresh Fruit

Vegan Oatmeal Raisin Cookies (V, GF)

Day 5

Organic Garden Salad

Artichoke, Sun Dried Tomato, Quinoa, Napa (V, GF)

Grilled Striploin Steak Medallions (GF, DF)

Baked House Cut French Fries (V, GF)

Southern Fried Chicken (GF, DF)

Mushroom Rice Pilaf (V, GF)

Roast Cod Loins with Sautéed Veggies (GF, DF)

Cheese Tortellini with Tomato Parmesan

Roast Cauliflower & Lentils (V, GF)

Daily Dessert & Fresh Fruit

Vegan Mini Chocolate Cupcakes (V, GF)

Day 6

Organic Garden Salad

Kale & Napa Tabbouleh (Vegan)

Grilled Chicken Breast, Herb Reduction (GF, DF) & Tzatziki

Spanish Rice Pilaf (Vegan, GF)

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Tender Beef & Mushroom Stir Fry (GF, DF)

Sweet Potato & Black Lentils (Vegan, GF)

Rigatoni with Tomato Basil

Sesame Teriyaki Atlantic Salmon (GF, DF)

Zucchini, Eggplant Ratatouille with Chickpeas (Vegan, GF)

Broccoli, Cauliflower, Roast Carrots (Vegan, GF)

Daily Dessert & Fresh Fruit

Vegan Ginger Cookies (V, GF)

Day 7

Organic Garden Salad with Spinach & Arugula

Herb Marinated Barley with Tomato,
Cucumber, & Bell Peppers

Mini Beef Hamburgers! With all the fixings

Baked French Fry Potatoes (V, GF)

Sesame Teriyaki Chicken & Veggie Stir Fry (DF)

Steamed Whole Grain Rice (V, GF)

Rainbow Trout Fillet with Tomato & Fennel (GF, DF)

Baked Cheddar Mac & Cheese

Roast Zucchini Batons, Brussels, Cauliflower, Broccoli (V, GF)

Ratatouille Veggies with White Navy Bean (V, GF)

Daily Fresh Fruit

Vegan Blueberry Cake Squares (V, GF)

Day 8

Chickpea, Cucumber, Bell Pepper, Fresh Herbs

Organic Garden Salad

Mushroom Soup (GF, DF)

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BBQ Chicken Wings (GF, DF)
Cheese & Potato Perogies with Sour Cream
Pan Seared Pork Schnitzel with Tomato Spanish Sauce
Traditional Rice Pilaf (V, GF)
Salmon with Mango and Blackberry (GF, DF)
Broccoli, Carrots, Turnip, Bok Choy (V, GF)
Vegan Chickpea & Eggplant Masala (V, GF)

Vegan Vanilla, Chocolate Cup Cakes (GF, DF)
Fresh Fruit

Day 9

Spinach & Arugula Organic Garden Salad
Cauliflower Florets, Quinoa, & Julienne Veggies (V, GF)
Chicken Noodle Soup

Tandoori Spiced Butter Chicken (GF)
Steamed Basmati Rice (V, GF)
Pan Seared Turbot Fillet with Grilled Asparagus (GF, DF)
Homestyle Roast Potatoes (V, GF)
Grill Cheese Sandwiches 😊
Roast Sweet Italian Sausage
Cauliflower, Green Beans, Turnip, Carrot Batons (V, GF)
White Navy Bean Ratatouille Ragout (V, GF)

Daily Dessert Fresh Fruit
Vegan Sugar Short Bread Cookies (GF)



Day 10 Wrap Party!

Friday 'Happy Wrap' Lunch

Caesar Salad & Organic Garden Greens

Marinated Purple, Golden Beets

Anti Pasto with Prosciutto, Salami, Duck Paté, Pickles, & Hot Pepper Pepperoncini

Pan Seared Chicken Parmesan

Mushroom Agnolotti with Tomato Parmesan

Surf & Turf Grilled NY Striploin Steaks (GF, DF)

House Cut Baked French Fries (V, GF)

Atlantic Lobster Tails (GF, DF)

Rice Pilaf (V, GF)

Green Beans, Cauliflower, Carrots, Broccoli (V, GF)

Butternut Squash Thai Coconut Curry (V, GF)

Potato Samosas with Sweet Chili Dip (GF)

Daily Desserts & Fresh Fruit

Specialty Production Picture Cake

Chocolate Dipped Strawberry (V, GF)