



Sample Lunch Menu

Day 1

Greek Style Bomba Orzo Salad with Feta and Kalamata Olives (GF)
Leafy Garden Greens with Choice of Vinaigrettes (V, GF)

Slow Braised Beef Short Ribs with Merlot Reduction Jus (GF, DF)
Roasted Yukon Gold and Sweet Potatoes (V, GF)

Pan Seared Chicken Parmesan with Tomato and Mozzarella (GF)
Cheese Tortellini with Spinach Alfredo

Breaded Sole Fillet with Lemon and Tartare (DF)
Tomato, Lentil Rice Pilaf (V, GF)

Broccoli, Glazed Heirloom Carrots, and Roasted Zucchini (V,GF)
Vegan Braised Red Lentils with Vegetable, Tomato, Basil, Ragout (GF, DF)

Strawberry Cheesecake and Chocolate Cake Squares
Vegan Chocolate Chip Cookies (V, GF)
Fresh Fruit

Day 2

Fennel, Apple, and Kale Slaw with Lemon Honey Dressing (V, GF)
Tomato, Cucumber, Bocconcini, Quinoa with Pesto Vinaigrette (GF, Nut Free)
Soup: Vegetable Minestrone (V, GF)

Caribbean Spiced Jerk Chicken (GF, DF)
Rice and Red Bean (V, GF)

Teriyaki Beef Stir Fry with Bean Sprouts and Snap Peas (DF)
Sautéed Lo Mein Noodles with Sesame Soy & Scallions (DF)
Atlantic Salmon with Herb Maple Mustard Marinade (GF, DF)
Mini Baked Potatoes (V, GF)

Green Beans, Roasted Cauliflower, and Baby Carrots (V, GF)
Vegan Szechuan Tofu Stir Fry (V, GF)

Black Forrest and Blueberry Cheesecake
Vegan Chocolate Chunk Brownies (V, GF)
Fresh Fruit

Day 3

Spicy Dill Golden Beets and Pickled Red Beets (V, GF)
Kale and Napa Slaw (V, GF)
Classic Caesar Salad

Szechuan Chicken Stir Fry with Julienne Veggies (GF, DF)
Steamed Basmati Rice Pilaf (V, GF)

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GF= Gluten Free, DF= Dairy Free, V= Vegan



Carving Station with Montreal Glazed Brisket (GF, DF)
Assorted Mustards and Breads
Mini Roast Rosemary Potatoes (V, GF)
Fillet of Haddock with Creamy Dill Au Gratin (GF)
Veggie Lasagna with Zucchini, Eggplant, Peppers, Ricotta
Broccolini, Spiced Butternut Squash, and Roasted Brussels (V, GF)
Vegan Zucchini noodles with Carrot, Bell Peppers, Portobello, and Fresh Herbs (V, GF)

Cookie Butter Cheesecake and Apple Fruit Flan
Vegan Lemon Blueberry Loaf Cake (V, GF)
Fresh Fruit

Day 4

Mexican Tomato, Black Bean, Corn, and Barley (DF)
Spinach, Arugula, and Mandarin Salad Choice of Vinaigrettes (V, GF)
Chicken Taco Station with Crispy Citrus Slaw and Chipotle Dressing (GF, DF)
Salsa, Sour Cream, Guacamole, and Cheese
Whole Grain Wild Rice (V, GF)
Grilled BBQ Pork Chops with Apple Compote (GF, DF)
Butternut Squash Agnolotti with Tomato Parmesan
Ontario Rainbow Trout Fillet with Grilled Asparagus (GF, DF)
Sweet Potato Mash (GF)
Yellow Beans, Broccoli, and Roasted Carrots (V, GF)
Vegan Lima Bean with Kale, Tomato, and Vegetables (V, GF)

Caramel Crunch and Wild Berry Torte
Vegan Ginger Cookies (V, GF)

Day 5

Quinoa and Spiced Chickpeas (V, GF)
Arugula and Kale Garden Greens (V, GF)
Chicken Wings with Hot, BBQ, or Honey Garlic Dip (GF, DF)
Cheese and Potato Perogies with Sour Cream, Bacon, and Onions
Grilled Striploin Steak Medallions with Natural Jus Reduction (GF, DF)
Scalloped Potatoes (GF)
Cornmeal Crusted Perch Fillet with Sautéed Cheery Tomatoes (GF, DF)
Quinoa Rice Pilaf (V, GF)
Rapini, Roasted Beets, and Cauliflower (V, GF)
Vegan Butternut Squash Coconut Thai Curry with Basmati Rice (V, GF)



Lemon Coconut or Carrot Cake
Vegan Chocolate Raspberry Lava Cake (V, GF)
Fresh Fruit

Day 6

Bombay Cauliflower with Fire Roasted Peppers (V, GF)
Traditional Coleslaw and Leafy Garden Greens (V, GF)
Soup: Lentil and Split Peas (V, GF)

Butter Chicken Curry with Julienne Vegetables (GF) & Naan Bread
Whole Grain Basmati Rice (V, GF)
Beef Chop Steak with Caramelized Onion Demi (GF, DF)
Roast Yukon Gold Potatoes (V, GF)
Grilled Swordfish with Citrus Pineapple Salsa (GF, DF)
Penne a la Vodka
Bok Choy, Yellow Zucchini, and Broccoli (V, GF)
Vegan Chana and Black Bean Masala (V, GF)

Crème Brulee and Chocolate Truffle Cake
Vegan Cranberry Carrot Loaf (V, GF) & Rice Krispy Squares
Fresh Fruit

Day 7

Balsamic Marinated Mediterranean Roast Veggies. Zucchini, Eggplant, and Peppers (V, GF)
Garden Greens and Kale Caesar
Soup: Vegetable Orzo Lentil (V, DF)

Chicken Skewers (GF, DF) with Tzatziki
Rice and Vegetable Pilaf with Bell Peppers and Green Peas (V, GF)
BBQ Beef and Broccoli Stir Fry (DF)
Spiralini Baked Cheddar Mac and Cheese
Pan Seared Cod Fillet with Cherry Tomato, Capers, and Asparagus (GF, DF)
Rosemary Fingerling Potatoes (V, GF)
Heirloom Carrots, Sautéed Swiss Chard, and Broccolini (V, GF)
Vegan Cabbage Rolls with Rice, Quinoa, and Vegetables (V, GF)

Dobos Torte and Strawberry Romanoff
Vegan Wild Berry Crisp (V, GF)
Fresh Fruit