



## Lunch & Dinner Menu 2023

### **Salads**

Organic Garden Greens with Arugula, Radicchio, Tomato, Cucumber, & Carrots (V, GF)

Traditional Caesar Salad with Garlic Croutons & Parmesan

Greek Quinoa with Tomato, Cucumber, Feta, & Kalamata Olives (GF)

Napa Cabbage & Kale Slaw with Julienne Carrots, Chili Scallion Dressing (V, GF)

Oriental Napa & Purple Cabbage Slaw with Edamame & Sesame Soy Dressing (V)

Chickpea, Mixed Bean, & Diced Carrots, Bell Peppers, Fresh Herbs (V, GF)

Broccoli, Napa, Quinoa, Cranberry, with Garlic Aioli (GF, DF)

Green Bean Niçoise with, Sun Dried Tomatoes, & Kalamata Olives (V, GF)

Pickled Spicy Dill Beets with Romaine Greens (V, GF)

Tomato, Cucumber, Bocconcini with Creamy Dill Vinaigrette (GF)

Rotini Pasta Salad with Red Onion, Bell Peppers, Black Olives, & Sun-Dried Tomatoes

Potato Salad with Dill, Grainy Mustard, Red Wine Vinaigrette (GF, DF)

### **Soups**

Butternut Squash, Broccoli & Cheddar, Creamy Mushroom, Minestrone (V, GF) or Chicken Noodle (DF)

### **Bowls served warm**

Mexican Cajun Rice, Black Bean, Corn, Pico de Gallo, Guacamole, Crispy Tortillas, with a Chipotle Crema

Teriyaki Stir Fry with Lo-Mein Noodles, Sautéed Carrots, Bell Peppers, Onions, Snap Peas, Bean Sprouts, Edamame Beans, Red Cabbage, Sesame Seeds (V)

Butternut Squash Thai Coconut Curry with Steamed Rice, Roasted Eggplant, Onions, Bell Peppers, Quinoa, & Scallions (GF, V)

Protein add on: Grilled Chicken, Atlantic Salmon, Grilled Striploin Steak, Sautéed Shrimps, or Tofu

### **Chicken**

Pan Seared Chicken Parmesan with Tomato, Mozzarella, and Parmesan

Pan Seared Chicken Breast with Mushroom Brandy Sauce (GF, DF)

BBQ Quarter Rotisserie Chicken (GF, DF)

BBQ Chicken Wings (GF, DF)

Chicken Breast Stuffed with Ricotta, Spinach, & Roasted Red Peppers with Brandy Sauce (GF)

Bacon Wrapped Chicken Breast with Ham and Cheese (GF)

Chicken Teriyaki with Bean Sprouts, Snap Peas, Bok Choy, Bell Peppers, Onions, and Edamame (DF)

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



Tandoori Spiced Butter Chicken with Basmati Rice (GF)

Caribbean Spiced Jerk Chicken with Rice & Beans (GF, DF)

Red Thai Curry Chicken, Jasmine Rice, & Bok Choy (GF, DF)

Chicken Fajitas with Onions, Bell Peppers, Salsa, Sour Cream, Guacamole, & Cheese

### **Beef**

Grilled Striploin Steak with Mushroom Demi, & Roast Potatoes wedges (GF, DF)

Grilled Beef Tenderloin & Vegetable Kebabs

Tender Roast Beef with Red Wine Demi (GF, DF)

Beef Tenderloin Tips with Bacon, Mushroom & Red Wine Demi (GF, DF)

Hearty Beef and Vegetable Stew with Green Beans, Carrots, Turnips, & Potatoes (GF, DF)

Traditional Shepherds Pie with Green Peas, Carrots, Corn, & Mashed Potatoes (GF, DF)

### **Pork**

Pan Sear Pork Cutlet with Tomato Spanish Sauce

BBQ Spareribs with Rice Pilaf or Roast Potatoes (GF, DF)

### **Fish**

Atlantic Salmon Fillet with Mustard Maple Marinade (GF, DF) or Teriyaki Glaze with Grilled Asparagus (DF)

Ontario Rainbow Trout with Cherry Tomato, Lemon, & Capers (GF, DF)

Pan Seared Cod Fillet, Grilled Asparagus (GF, DF)

Roast Haddock Loins, Lemon Caper Dill Sauce (GF, DF)

Breaded Sole Fillet with Lemon, & Tartare (DF)

Cajun Black Tiger Shrimp Stir Fry with Onions, Bell Peppers, & Steamed Rice (GF, DF)

### **Vegetarian**

Butternut Squash Thai Coconut Curry with Steamed Rice, Roasted Eggplant, Onions, Bell Peppers, Quinoa, & Scallions (V, GF)

Chili with Kidney Beans, Black Beans, Veggie Ground, & Quinoa (V, GF)

Eggplant Parmesan with Zucchini, Bell Peppers, Tomato & Daiya Cheese (V, GF)

Lima Beans Braised with Tomato, Caramelized Onions, & Kale (V, GF)

Zucchini Noodles with Tofu, Onions, Carrots, Bell Peppers, Basil Pesto (V, GF, nut free)

Lentil Ratatouille with Zucchini, Eggplant, Tomatoes, & Quinoa (V, GF)

Braised Red Lentils & Curried Roast Cauliflower (V, GF)

Chickpea Masala with Roasted Eggplant & Zucchini (V, GF)

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## **Pasta**

Penne Bolognese with Chicken or Beef and Garlic Bread

Penne with Tomato Basil Rosé

Fettucine Alfredo with Sun-Dried Tomatoes

Bowtie Pasta with Pesto Alfredo

Baked Cheddar Mac and Cheese

Cheese Tortellini with Tomato Basil

Ravioli Stuffed with Cheese & Spinach

Meat Lasagna with Mozzarella, Parmesan, & Beef Bolognese Sauce

Spaghetti with Tomato Marinara, Meat Balls, & Garlic Bread

Veggie Lasagna with Eggplant, Zucchini, Bell Peppers, Spinach, Parmesan, & Mozzarella

Penne, Linguini, Fettuccini, Ravioli, Agnolotti, Gnocchi, Tortellini, Bowtie, Lo-Mein Noodles

Gluten Free Pasta Available: Penne, Vermicelli, Brown Rice

## **Sauces**

Tomato Rosé, Alfredo, Bolognese, Pesto, Tomato Basil, Mushroom Cream, and Puttanesca

## **Roast Potatoes & Vegetables (V, GF)**

Yukon Gold Wedges

Baked French Fries

Mini Red or White Potatoes

Fingerling Potatoes

Broccoli, Green Beans, Heirloom Carrots,

Spiced Pepper Squash, Caramelized Rutabagas, Roast Cajun Cauliflower

Balsamic Grilled Zucchini, Eggplant, Bell Peppers & Red Onions

Yellow or Purple Beets

## **Sandwiches & Wraps *served warm***

Southern Fried Chicken with Chili, Radish, Scallion Slaw, & Pickles

Chicken Parmesan on Kaiser Bun with Tomato & Mozzarella

Sweet Chili Chicken Burrito with Sautéed Onions, Peppers, & Rice

Grilled Striploin Steak on a Bun, Red Wine Demi, Caramelized Onions, and Sweet Peppers

Banquet Burger with Cheese, Bacon, Lettuce, Tomato, & Pickles

Breaded Sole Fillet Taco with Lemon Dill Slaw and Tartare

BBQ Pulled Pork with Napa Cabbage Slaw

Grilled Sausage on a bun with Caramelized Onions & Sweet Peppers

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Black Bean Veggie Burgers (V)

Sweet Potato, Rice, and Black Bean Wrap (V)

Eggplant Parmesan on Kaiser Bun with Tomato & Mozzarella (Vegetarian)

Veggie Wrap with Roast Balsamic Eggplant, Zucchini, Bell Peppers, & Onion with Hummus (V)

**Sandwiches served on an assortment of breads, rolls, kaisers, and wraps**

Roast Beef with Horseradish,

Turkey with Cranberry Mayo & Lettuce

Ham and Cheese with Dijonnaise

Smoked Salmon with Cream Cheese on Pumpernickel

Egg Salad, Tuna Salad, and Chicken Salad

Italian Cold Cut Combo

Grilled Veggie and Hummus Wraps

**Dessert**

Assorted Cake Squares Vanilla Caramel, Triple Chocolate, Orange, & Nanaimo

Blueberry Cheesecake, Strawberry Cheesecake, NY Cheesecake

Chocolate Truffle, Carrot Cake, Lemon & Coconut Cakes

Rice Krispy Squares

Fresh Fruit Salad Cantaloupe, Honey Dew, Pineapple, Grapes, Strawberries (V, GF)

Vegan Chocolate Chip Cookies, Double Chocolate Cookies (V, GF)

Vegan Chocolate Fudge Brownies (V, GF)