

Lunch & Dinner Menu 2024

Salads

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

Kale Caesar Salad with Garlic Croutons & Parmesan

Greek Quinoa with Tomato, Cucumber, Feta, Oregano & 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 with 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)

Waldorf Salad Grapes, Celery, Purple Cabbage, Apples, Cranberry (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 Root Vegetables, 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)

Grilled Chicken Souvlaki Skewers with Tzatziki (GF)

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 & Horseradish (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)

Meatloaf Chop Steak with Caramelized Onion Demi (DF)

Pork

Pan Sear Pork Cutlet with Tomato Spanish Sauce (DF)

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

Grilled BBQ Pork Chops with Apple Compote (GF, DF)

Crispy Pork Belly with Crackling, Herb Gremolata Marinade (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)

Grilled Swordfish with Chili Pineapple Chutney (GF, DF)

Pan Seared Branzino with White Wine, Lemon, & Capers (GF, DF)

BC Red Snapper Sautéed Red Onions & Sweet Peppers (GF, DF)

Cajun Black Tiger Shrimp Stir Fry with Onions, Bell Peppers (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)

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

Rice (V, GF)

Steamed Basmati, Wild Rice, Tomato Lentil Pilaf, Quinoa Rice, Rice & Beans, Fried Rice with Bok Choy & Bean Sprouts, Turmeric Spiced, or Spanish Rice Pilaf

Roast Potatoes & Vegetables (V, GF)

Yukon Gold Wedges, Baked French Fries, Mini Red or White Potatoes

Fingerling Potatoes, Scalloped 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

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



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 Octoberfest Sausage on a bun with Caramelized Onions & Sweet Peppers
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)