



Individual Boxes & Bowls Sample Menu

Salads

1. Arugula, Kale, Spinach, Radicchio, Tomato, Cucumber, Heirloom Carrots
2. Traditional Caesar Salad with Croutons & Parmesan
3. Julienne Veggie Slaw with Carrot, Cucumber, Bell Peppers, & Napa Cabbage
4. Asian Napa Slaw with Edamame & Sesame Soy
5. Greek Quinoa, Tomato, Cucumber, Feta, & Kalamata Olives
6. Chickpea, Mixed Bean, & Diced Veggies
7. Broccoli, Napa, Quinoa Cranberry, with Garlic Aioli
8. Green Bean Niçoise with Hard Boiled Eggs, Sun Dried Tomato, Kalamata Olives
9. Pickled Spicy Dill Beets
10. Tomato, Cucumber, Bocconcini with Dill

Mains

1. Chicken Parmesan, Rigatoni with Tomato Basil, & Veggies
2. BBQ Quarter Chicken, Rice Pilaf, & Veggies
3. Chicken Teriyaki with Julienne Vegetables & Steamed Rice
4. Tandoori Spiced Butter Chicken with Basmati Rice, & Naan
5. Red Thai Curry Chicken, Jasmine Rice, & Bok Choy
6. Grilled Striploin Steak, Mushroom Demi, Roast Potatoes, Veggies
7. Tender Roast Beef, Home Fry Potatoes, Seasonal Veggies
8. Beef & Mushroom Stir Fry with Dill, Mini Roast Potatoes
9. Hearty Beef and Vegetable Stew



10. Traditional Shepherds Pie
11. Spaghetti with Meat Balls & Garlic Bread
12. Atlantic Salmon with Mustard Maple Marinade, Grilled Asparagus
13. Pan Seared Cod Fillet, Steamed Rice, Broccoli, Carrots, Green Beans
14. Roast Haddock Loins, Lemon Caper, Mini Red Potatoes, Veggies
15. Breaded Sole Fillet with Baked French Fries, Seasonal Veggies
16. Black Tiger Shrimp Creole Stir Fry, Rice, & Veggies
17. Vegan Butternut Squash Thai Coconut Curry
18. Vegan Zucchini Noodles, Portobello Mushrooms, and Quinoa
19. Vegetable Ratatouille with Quinoa and Brown Lentils
20. Sweet Potato Thai Coconut Curry, Steamed Rice, Veggies
21. Braised Red Lentils, Roast Cauliflower, Home Fry Potatoes, Veggies

Dessert

1. Fresh Fruit Cantaloupe, Honey Dew, Pineapple, Grapes, Strawberries
2. Blueberry Cheesecake, Strawberry Cheesecake, NY Cheesecake
3. Chocolate Banana, White Chocolate Raspberry, Tiramisu
4. Strawberry Vanilla, Key Lime, Lemon Meringue
5. Vegan Chocolate Chip Cookies, Double Chocolate Cookies
6. Vegan Chocolate or Vanilla Mini Cupcakes
7. Vegan Coconut Cake Squares, Marble Cake Squares, Blueberry Cake Squares
8. Vegan Chocolate Fudge Brownies



Sandwiches & Wraps

1. Fried Chicken Sandwich with Slaw & Pickles
2. Chicken Parmesan with on Kaiser Bun
3. Sweet Chili Chicken Wrap with Sweet Onions & Peppers
4. Jerk Chicken Wrap with Rice & Beans
5. Grilled Strip Loin Steaks with Caramelized Onions & Mushrooms
6. 6 oz Beef Burger with Lettuce, Tomato, Pickle
7. Breaded Sole Fillet with with Lemon Slaw and Tartare
8. Black Bean Veggie Burgers (Vegetarian)
9. Sweet Potato, Rice and Bean Wrap (Vegan)
10. Falafel on Pita with Garlic Dip (Vegan)

The safety of our staff and customers is always our top priority. Capitol Catering has modified our operating procedures to offer our same great healthy and nutritious menu items, in a safe and secure physical distanced method. Cooks and delivery staff wearing PPE to stay safe. Only a small crew of essential personnel are allowed within our facility and kitchen. We are working with the Ontario Public Health Department to follow all guidelines. Daily monitoring of health standards and increased wash and sanitizing stations have been implemented.

We are offering a daily selection of individual packaged hot meals delivered and set up on site. Served in Recyclable take out containers with individually wrapped biodegradable disposable cutlery.