

SAMPLE FILM MENU

Day 1

SALADS

Greek Bomba Orzo Salad V / GF

Feta and Kalamata Olives

Leafy Garden Greens VG / GF

Choice of Vinaigrettes

MAINS

Slow Braised Beef Short Ribs GF / DF

Merlot Reduction Jus

Roasted Yukon Gold and Sweet Potatoes

VG/DF

Pan Seared Chicken Parmesan GF

Tomato and Mozzarella

Cheese Tortellini with Spinach Alfredo V

Breaded Sole Fillet DF

Lemon and Tartare

Tomato, Lentil Rice Pilaf VG / GF

Broccoli, Glazed Heirloom Carrots, and

Roasted Zucchini VG / GF

Braised Red Lentils VG / GF

Vegetable, Tomato, Basil Ragout

DESSERTS

Strawberry Cheesecake and Chocolate Cake
Squares V

Chocolate Chip Cookies VG / GF

Fresh Fruit VG / GF

Day 2

SALADS

Fennel, Apple, and Kale Slaw VG, GF

Lemon Honey Dressing

Tomato, Cucumber, Bocconcini, Quinoa

Basil Pesto Vinaigrette V / GF / Nut Free

Soup: Vegetable Minestrone V, GF

MAINS

Caribbean Spiced Jerk Chicken GF / DF

Rice and Red Bean VG / GF

Teriyaki Beef Stir Fry DF

Bean Sprouts and Snap Peas

Lo Mein Noodles DF

Sesame, Soy, Scallions

Atlantic Salmon GF / DF

Herb Maple Mustard Marinade

Mini Baked Potatoes VG / GF

Bacon, Sour Cream

Green Beans, Roasted Cauliflower, Baby

Carrots VG / GF

Szechuan Tofu Stir Fry VG / GF

DESSERTS

Black Forrest and Blueberry Cheesecake V

Chocolate Chunk Brownies VG / GF

Fresh Fruit VG / GF

V - Vegetarian

VG - Vegan

GF - Gluten Free

DF - Dairy Free

SAMPLE FILM MENU

Day 3

SALADS

Spicy Dill Golden Beets and Pickled Red Beets **VG / GF**

Kale and Napa Slaw **VG / GF**

Classic Caesar Salad **V**

MAINS

Szechuan Chicken Stir Fry **GF / DF**
Julienne Veggies

Steamed Basmati Rice Pilaf **VG / GF**

Montreal Smoked Brisket **GF / DF**
Hand Carved with Mustards and Breads

Mini Roast Rosemary Potatoes **VG / DF**

Fillet of Haddock with Creamy Dill Au Gratin **GF**

Veggie Lasagna **V**
Zucchini, Eggplant, Peppers, Ricotta

Broccolini, Spiced Butternut Squash, Roasted Brussels **VG / DF**

Zucchini Noodles **VG / DF**
Carrot, Bell Peppers, Portobello, Fresh Herbs

DESSERTS

Apple Fruit Flan **V**

Lemon Blueberry Loaf Cake **VG / GF**

Fresh Fruit **VG / GF**

Day 4

SALADS

Mexican Tomato, Black Bean, Corn, and Barley **DF**

Spinach, Arugula, Mandarin Salad **VG / DF**
(Choice of Vinaigrettes)

MAINS

Chicken Taco Station **GF / DF**
Citrus Slaw, Chipotle Dressing, Guacamole

Whole Grain Wild Rice **VG / DF**

Grilled BBQ Pork Chops **GF / DF**
Apple Compote

Butternut Squash Agnolotti **V**
Tomato Parmesan

Ontario Rainbow Trout Fillet **GF / DF**
Grilled Asparagus

Sweet Potato Mash **GF**

Yellow Beans, Broccoli, and Roasted Carrots **VG / DF**

Lima Bean **VG / DF**
Kale, Tomato

DESSERTS

Caramel Crunch **V**

Ginger Cookies **VG / GF**

Fresh Fruit **VG / GF**

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SAMPLE FILM MENU

Day 5

SALADS

Quinoa and Spiced Chickpeas **VG / GF**

Arugula and Kale Garden Greens **VG / GF**

MAINS

Chicken Wings **GF / DF**

Hot, BBQ, or Honey Garlic Dip

Cheese and Potato Perogies

Sour Cream, Bacon, and Onions

Striploin Steak Medallions **GF / DF**

Natural Jus Reduction

Scalloped Potatoes **V / GF**

Cornmeal Crusted Perch Fillet **GF / DF**

Sautéed Cherry Tomatoes

Quinoa Rice Pilaf **VG / GF**

Rapini, Roasted Beets, and Cauliflower

VG / GF

Butternut Squash Coconut Thai Curry

VG / DF

Basmati Rice

DESSERTS

Lemon Coconut or Carrot Cake **V**

Chocolate Raspberry Lava Cake **VG / DF**

Fresh Fruit **VG / GF**

Day 6

SALADS

Bombay Cauliflower with Fire Roasted

Peppers **VG / GF**

Traditional Coleslaw **VG / GF**

Soup: Lentil and Split Peas **VG / GF**

MAINS

Butter Chicken Curry **GF**

Julienne Vegetables & Naan Bread

Whole Grain Basmati Rice **VG / GF**

Beef Chop Steak **GF / DF**

Caramelized Onion Demi

Roast Yukon Gold Potatoes **VG / DF**

Grilled Swordfish **GF / DF**

Citrus Pineapple Salsa

Penne a la Vodka

Bok Choy, Yellow Zucchini, and

Broccoli **VG / DF**

Chana and Black Bean Masala **VG / DF**

DESSERTS

Crème Brulee and Chocolate Truffle Cake **V**

Cranberry Carrot Loaf **VG / DF**

Rice Krispy Squares **V**

Fresh Fruit **VG / GF**

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Day 7

SALADS

Mediterranean Roast Veggies VG / DF

Zucchini, Eggplant, and Peppers

Garden Greens VG / GF and **Kale Caesar** V / GF

Soup: Vegetable Orzo Lentil VG

MAINS

Chicken Skewers GF / DF

Tzatziki

Rice and Vegetable Pilaf VG / GF

Bell Peppers and Green Peas

BBQ Beef and Broccoli Stir Fry GF / DF

Spiralini Baked Cheddar Mac and Cheese V

Pan Seared Cod Fillet GF / DF

Cherry Tomato, Capers, and Asparagus

Rosemary Fingerling Potatoes VG / GF

Heirloom Carrots, Sautéed Swiss Chard, and Broccolini VG / GF

Cabbage Rolls with Rice, Quinoa, and Vegetables VG / DF

DESSERT

Strawberry Romanoff V

Vegan Wild Berry Crisp VG / DF

Fresh Fruit VG / GF



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