



Corporate Hot Lunch Menus

Price includes choice of entrée, choice of salad, rolls with butter & assorted small desserts
Prices based on service of single entrée to groups of 12 or more, delivery & pick up charges will apply
Lunch prices only - Add \$3 to convert to a dinner entrée

\$13 Items

LASAGNA
With meat sauce

BEEF STEW
Braised tender chunks of beef with garden vegetables
in a rich gravy

SHEPHERD'S PIE
A traditional favourite of ground beef and vegetables,
topped with mashed potatoes

MAC & CHEESE
A wonderful blend of cheeses mixed with pasta double
baked with a touch of bacon

BEEF OR TURKEY CHILI
Try the classic or the heart smart

VEGETARIAN STIR FRY
Variety of fresh vegetables sautéed with teriyaki
sauce and served with white rice

\$15 Items

CHICKEN WITH PAPAYA BBQ SAUCE
Breast of chicken marinated in our own papaya BBQ
sauce lightly grilled served over white rice topped
with cashews

CHICKEN TETRAZINI
Chunks of chicken with peppers, mushrooms and fresh
herbs topped with Swiss cheese on a bed of pasta

CHICKEN CACCIATORE
Chunks of chicken in a creamy tomato sauce with
peppers, mushrooms and fresh herbs on a bed of pasta

CHICKEN WITH SUMMER VEGETABLES
Chicken sautéed with fine herbs and fresh market
vegetables served with a light cream sauce over a bed
of pasta

CHICKEN STIR FRY
Chicken sautéed with a variety of vegetables &
teriyaki sauce and served with rice

BEEF STIR FRY
Beef sautéed with a variety of vegetables & teriyaki
sauce and served with rice

\$17 Items

CHICKEN TARRAGON
Sliced breast of chicken served with a tarragon
cream sauce, honey glazed carrots and rice

BEEF BOURGIGNON
Tender pieces of braised beef with red wine, leeks and
pearl onions served with garlic mashed potatoes

PORK LOIN WITH MUSHROOM SAUCE
Roast pork loin served with a creamy mushroom
sauce with garlic mashed potatoes

JERKED PORK LOIN
Roasted pork loin rubbed with a Jamaican jerk sauce
served with vegetable rice pilaf

CHUTNEY & LIME CHICKEN SKEWERS
Skewered chunks of chicken and bell peppers basted with a mango lime chutney
served with a vegetable medley & curried rice

\$20 Items

ORANGE ROASTED SALMON
Poached with caramelized onions & oranges
Served with a rice pilaf and vegetable medley

All meals include the following:

Choice of Salad

**SPINACH & STRAWBERRY, GREEK, CITRUS PECAN, TOSSED GARDEN, BROCCOLI & FETA, CAESAR,
MANDARIN ORANGE & ALMOND or CARROT & PINEAPPLE COLESLAW**

Assorted Homemade Small Desserts

**Includes brownies, Nanaimo bars, haystacks, date squares,
lemon squares, southern bars and more!**

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