



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

\$13.95 Items

LASAGNA

Your choice of Traditional meat or market vegetarian

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, TURKEY OR VEGETARIAN CHILI

Try the classic or the heart smart

VEGETARIAN STIR FRY

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

\$15.95 Items

SOUP & SANDWICH COMBO

Your choice of either our Home-style or Deluxe sandwiches with a fresh homemade soup
 (See our soup menu for options)

CHICKEN WITH PAPA YA 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 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

CHICKEN WITH SUMMER VEGETABLES

Chicken 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

\$17.95 Items

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

\$21.95 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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