

Hot Breakfast



Ham frittata, home fries, and sausage

Scrambled eggs with bacon and hash browns

Pulled pork breakfast wrap with cheddar cheese and lettuce

Bagel B.E.L.T. with bacon, egg, lettuce, and tomato

Vegetable patty topped with tomato, stuffed with quinoa and dried fruit on a bed of 5 bean medley with tomato broth

Pancakes with sausage and homefries

Breakfast bacon wrap with scrambled eggs, potatoes and cheese



Cold Breakfast



Protein Pack: Boiled egg, cheese, crackers, grapes and hummus

Bacon, lettuce and tomato Sandwich

Breakfast vegan bowl with sweet potato, carrots, red cabbage, hummus and Moroccan quinoa

Breakfast bowl with quinoa & brown rice, honey, cottage cheese, assorted berries, cheddar cheese, & boiled egg.

Vegan Breakfast bowl with quinoa, chickpeas, shredded vegan cheese, assorted berries and grapes

Soups



Chicken Noodle Soup - Made with or without noodles

Cream of Broccoli Soup

Potato and Leek Soup

Barley and Vegetable Soup - Beef barley with prime cuts of meat, fresh vegetables and barley

Vegan Butternut Squash Soup with Apple Crisps (Vegan)

Carrot and Ginger Soup Vegan
Garden Vegetable Soup - Hearty vegetable soup made with fresh vegetables

Sandwiches & Wraps



Prosciutto panini with mozzarella cheese, tomato, and a pesto spread



Turkey club with bacon, lettuce, tomato and cheese
Seasoned roast beef with arugula and shaved parmesan cheese, red pepper dijon and tomatoes

Jerk Chicken wrap with napa slaw and rice and peas

Chicken shawarma wrap with rice, pickles and turnips
Southwest turkey wrap with salsa, cheddar, lettuce and an avocado spread

Three Bean vegan wrap with hummus and lettuce
Vegan-Veggie Delight with grilled eggplant, zucchini and sauteed peppers in balsamic dressing served on a wrap garnished with tomatoes and arugula

Vegan Tofu shawarma wrap with rice, pickles and turnip

Quinoa wrap with peppers, corn, black beans and a vegan chipotle sauce (Vegan)

Salads



Apple, nut and Goat Cheese Salad:
Sliced apples topped with arugula and radicchio with a beet vinaigrette and candied walnuts and blue cheese

Baby Spinach and Fresh Berry Salad-
with smashed candied pecans, goat cheese and a reduced balsamic vinaigrette

Creamy potato salad topped with fresh dill

Chicken Caesar Salad - Grilled chicken on top of a bed of romaine lettuce tossed in creamy caesar dressing

Greek Salad- served with Kalamata olives and goat cheese

Moroccan Couscous Salad with Chicken

Grilled Vegetable Salad - with red, yellow, and green peppers, zucchini and eggplant with a honey dressing

Vegan Salad - Mixed Green salad served with aged balsamic and oil dressing

Vegan Fattoush Salad - Levantine bread salad combined with mixed greens



Lunch



(Hot) - Chicken Fajita bowl with grilled chicken served with mexican rice, black bean salsa, jalapeno peppers, shredded cheese and sour cream

(Hot) - Tandoori chicken over a bed of vegetable rice

(Hot) - Honey Asian Pork with rice, broccoli, and water chestnuts

(Hot) - Shrimp Buddha with quinoa, Napa carrots, corn and cauliflower

Vegan (Hot)- Vegetable pasta al Forno with vegan cheeses and vegetables

Vegan (Hot)- Vegan tofu and chickpea cacciatore over a bed of beans and corn fried rice

(Hot) - Baked basa topped with black olives, capers and lemon, mashed potatoes and sauteed green beans

Vegan (Cold) - Vegan bowl with quinoa, black olives, tear drop peppers, eggplant, mixed bean salad with red peppers & vegan lemon vinaigrette dressing



Lunch



(Hot) - Chicken souvlaki with roasted potatoes and vegetables

(Hot) - Vegan stir fry with tofu

(Hot) - Shrimp Stir fry with rice noodles & sauteed vegetables

(Hot) - Vegan Chili with a garden green salad

(Hot) - Baked Chicken with a peach chutney, roasted potatoes and brussels sprouts

(Hot) - Polenta ratatouille with black olive

(Hot) - Piri Piri Chicken with rice and mixed vegetables

(Hot) - Baked Citrus cod with rice and mixed vegetables

(Hot) - Butter chicken with basmati rice



Boxed Lunch




Includes:

- Sandwich/Wrap Choice
Made on Whole Wheat,
Multigrain, White or rye
breads or wraps
 1. Turkey Roast beef
 2. Tuna
 3. Chicken shawarma Wrap
 4. Falafel Wrap
- Salad (mixed green,
pasta or potato)
- Fruit cup
- Cookie or square

Gourmet Boxed Lunch



Vegan – Asian noodle salad with Bok Choy, gourmet bean salad, fresh fruit salad & an avocado chocolate mousse 

Chicken – Teriyaki chicken, Asian noodle salad, grilled seasonal vegetables, fresh fruit salad and a plain butter tart or Nanaimo bar

Salmon – Teriyaki salmon, Asian noodle salad, grilled seasonal vegetables, fresh fruit salad and a plain butter tart or Nanaimo bar

Greek - Chicken Souvlaki, Greek salad, fruit cup, couscous, olives and a plain butter tart or Nanaimo bar

Beef Tenderloin – A beef tenderloin wrap, gourmet bean salad, fresh fruit salad and a plain butter tart or Nanaimo bar

Dinner



(Hot) - Roast beef with mashed potatoes and fresh vegetables

(Hot) - Grilled salmon with roasted potatoes and vegetables

(Hot) - Chicken Masala with cherry tomatoes, oven roasted potatoes and assorted mixed vegetables

(Hot) - Teriyaki chicken with rice and vegetables

(Hot) - Oven baked pork loins with baked beans, roasted potatoes and steamed vegetables

(Hot) - Italian style Beef Lasagna

(Hot) - Middle Eastern chicken kebab over parsley lemon rice and lentil stew

Vegan (Hot) - Grilled lemon cauliflower steaks topped with olive caper salsa served with mashed potatoes and black bean

Vegan (Hot) - Tofu stacked portobello mushroom with oven roasted potatoes and green beans

Vegan (Hot) - Stuffed pepper with market fresh vegetables and butternut squash



Dinner



(Hot) - Lemon tomato cod served with green beans and a honey ginger rice

(Hot) - BBQ pineapple Chicken with roasted potato and mushrooms

(Hot) - Chicken stroganoff served with vegetables and rice

(Hot) - Fish Cacciatore with basa, roasted potatoes and california mixed greens

(Hot) - Seafood Mac and Cheese

(Hot) - Momma Nerissa's mild jerk chicken with rice and peas

Vegan (Hot) - Coconut Korma over vegetable rice

Vegan (Hot) - Vegan Lasagna

Vegan (Hot) - Three bean lentil loaf served with roasted potatoes, brussel sprouts, mushrooms and topped with a vegan mushroom gravy

