

Boxed Lunches

	Option 1	Option 2	Option 3	Option 4
Salad	Quinoa Salad (210 cals)	Pasta Salad (310 cals)	Potato Salad (250 cals)	Bean & Lentil Salad (230 cals)
Fruit	Apple (80 cals)	Orange (50 cals)	Banana (90 cals)	Pear (60 cals)
Sandwich	Sandwich Selections: (Kaiser) Ham & Cheddar, mayo & lettuce/ Turkey & Swiss, cranberry mayo & lettuce/ Chicken & Shredded Mozzarella, mustard, mayo & lettuce/ Roast Beef & Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini & eggplant (260-810 cals)*	Sandwich Selections: (Sub Style bread) Ham & Cheddar, mayo & lettuce/ Turkey & Swiss, cranberry, mayo & lettuce/ Chicken & Shredded Mozzarella, mustard, mayo & lettuce/ Roast beef & Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini & eggplant (260-810 cals)*	Sandwich Selections: (Panini breads) Ham & Cheddar, mayo & lettuce/ Turkey & Swiss, cranberry, mayo & lettuce/ Chicken & Shredded Mozzarella, mustard, mayo & lettuce/ Roast beef & Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini & eggplant (260-810 cals)*	Sandwich Selections: (Ciabatta) Ham & Cheddar, mayo & lettuce/ Turkey & Swiss, cranberry, mayo & lettuce/ Chicken & Shredded Mozzarella, mustard, mayo & lettuce/ Roast beef & Swiss, horseradish and lettuce/ Veggie - Grilled peppers, zucchini & eggplant (260-810 cals)*
Dessert	Assorted Mini Cookies (130 cals)	Mini Brownies (190 cals)	Assorted Mini Cookies (130 cals)	Mini Brownies (190 cals)

All lunches include one Bottled Water - 500ml.

Meat & Vegetarian options are prepared at an 85:15 ratio unless otherwise specified.
Catering order confirmation required 14 days prior to the event day.
Prices are subject to change. Taxes are not included.



HUMBER
 Central Events Office