

Classic


Meal Plan

Breakfast: 7:00 AM - 9:00 AM

Lunch: 11:30 AM - 1:30 PM

Dinner: 6:00 PM - 8:00 PM

Meal Plan service requested outside of these times may incur additional charges.

30+ 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pancakes & Syrup (230 cal)	Western Scrambled Eggs (160 cal)	French Toast W\ Syrup (280 cal)	Vegetable Frittata (180 cals)	Pancakes & Syrup (230 cal)	French Toast W\ Syrup (280 cal)	Scrambled Eggs (100 cal)
	Breakfast Beef Sausage (60 cal) Or Vegan Mexican Soft Taco (260 cal), Hash Brown Potatoes (290 cal) Toast, Butter & Jam (150 cal)	Pork Breakfast Ham (60 cal) Hash Brown Potatoes (290 cal) Or Vegan Vegetable Scrambled Hash (220 cal) Toast, Butter & Jam (150 cal)	Pork Bacon (40 cal) Scrambled Eggs (100 cal) Or Vegan Bean Vegetable Casserole (210 cal) Toast, Butter & Jam (150 cal)	Pork Breakfast Ham (60 cal) Hash Brown Potatoes (290 cal) or Vegan Cranberry Quinoa Porridge (cal 210) Toast, Butter & Jam (150 cal)	Pork Bacon (40 cal) Scrambled Eggs (100 cal) Or Vegan Southwest Tofu Scramble (210 cal) Toast, Butter & Jam (150 cal)	Breakfast Beef Sausage (60 cal) Hash Brown Potatoes (290 cal) Or Vegan Chipotle Beans (350 cal) Toast, Butter & Jam (150 cal)	Hash Brown Potatoes (290 cal) Pork Bacon (40 cal) Or Vegan Apple Cinnamon Raisin Oatmeal (295 cal) Toast, Butter & Jam (150 cal)
	Included with Breakfast: Assorted Cold Cereals (160-375 cal), Juice, Coffee & Tea served with Dairy & Dairy-free Milk (0-150 cal)						
Lunch	Pasta Bake with Italian Pork Sausage (480 cal)	Beef Fajitas (175 cal)	Grilled Chicken on a Bun (380 cal)	Chicken Caesar Wrap (585 cal)	Mild Chicken Curry (500 cal)	Crispy Chicken Tenders (4pc/person) (300 cal)	Minestrone Soup (90 cal)
	Baked Feta Pasta (300 cal)	Vegetable & Meatless Chicken Fajitas (180 cal)	Caesar Salad Wrap W\ Tofu (570 cal)	Red Curry Tofu & Vegetables (270 cal)	Red Curry Tofu & Vegetables (270 cal)	Mac and Cheese (565 cal)	Assorted Deli & Vegetarian Sandwiches (465-640 cal)
	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)	Grilled Panini w/ Hummus & Roasted Vegetables (510 cal)	Caesar Salad Wrap W\ Tofu (570 cal)	Brown Rice Pilaf (140 cal)	Potato Wedges (80 cal)	Steamed Vegetables (30 cal)
	Garlic Bread (60 cal) Caesar Salad (100 cal) Garden Salad (20 cal)	Greek Salad (110 cal) Garden Salad (20 cal)	Steamed Vegetables (30 cal) Garden Salad (20 cal)	Vegetables (30 cal) Potato Salad (120 cal) Garden Salad (20 cal)	Steamed Vegetables (30 cal) Garden Salad (20 cal)	Garden Salad (20 cal)	Garden Salad (20 cal)
	Fruit Salad (110 cal)	Fresh Whole Fruit (60-90 cal)	Steamed Vegetables (30 cal) Garden Salad (20 cal)	Salad (120 cal) Garden Salad (20 cal)	Fruit Salad (110 cal)	Fresh Whole Fruit (60-90 cal)	Fresh Whole Fruit (60-90 cal)
	Included with Lunch: Cold Beverages (0-150 cal)						
Dinner	Butter Chicken (320 cal)	Herb Roasted Chicken Thigh (120 cal)	Chicken Parmigiana (320 cal)	Hungarian Beef Stew (225 cal)	Teriyaki Beef Meatballs (130 cal)	Chicken Cacciatore (140 cal)	Beef Lasagna (300 cal)
	Chickpea Curry (210 cal)	Crispy Baked Tofu (190 cal)	Cheese Tortellini Casserole (360 cal)	Tomato & Roasted Eggplant Stew (300 cal)	Cantonese Tofu (120 cal)	Penne Pasta Tossed W\ Marinara sauce (230 cal)	Alfredo Vegetable Lasagna (260 cal)
	Basmati Rice (90 cal)	Mashed Potatoes (240 cal)	Butter Linguine (150 cal)	Mashed Potatoes (240 cal)	Steamed Vegetables (30 cal)	Mashed Potatoes (240 cal)	Caesar Salad (100 cal)
	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)	Vegetable Fried Rice (190 cal)	Steamed Vegetables (30 cal)	Garden Salad (20 cal)
	Naan(30 cal) Garden Salad (20 cal)	Garden Salad (20 cal)	Garden Salad (20 cal)	Garden Salad (20 cal)	Asian Mandarin Salad (40 cal)	Garden Salad (20 cal)	Steamed Vegetables (30 cal)
	Assorted Tarts (400-450 cal) Or Fresh Whole Fruit (60-90 cal)	Dinner Rolls (100 cal)	Dinner Rolls (100 cal)	Dinner Rolls (100 cal)	Dinner Rolls (100 cal)	Garlic Bread (60 cal)	Garlic Bread (60 cal)
		Carrot Cake (400 cal) Or Fresh Whole Fruit (60 - 90 cal)	Chocolate Cake (240 cal) Or Fresh Whole Fruit (60-90 cal)	Chocolate Pudding (240 cal) Or Fresh Whole Fruit (60-90 cal)	Chocolate Pudding (240 cal) Or Fresh Whole Fruit (60-90 cal)	Apple Pie (370 cal) Or Fresh Whole Fruit (60-90 cal)	Rocky Road Brownie (190 cal) Or Whole Fresh Fruit (60-90 cal)
	Included with Dinner: Assorted Cold Beverages (0-150 cal), Coffee & Tea served with Dairy & Dairy-free Milk (0-150 cal)						

Meat & Vegetarian entrees are prepared at a 80:20 ratio unless otherwise specified. Catering order confirmation required 14 days prior to the event day.

Table linen and linen napkins are NOT included.

Minimum of 30 orders required for this menu.

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HUMBER
Central Events Office