

Menu Options

CANADIAN CUISINES

Lemon & Herb Chicken

Grilled chicken cutlets topped with roasted red peppers & capers in a lemon & herb sauce

Veggie Towers in Tomato Basil Sauce

Portobello mushrooms, bell peppers, zucchini, eggplant topped with provolone cheese in a tomato basil sauce

Creamy Mushroom Chicken

Chicken cutlets & mushrooms in a creamy grappa sauce

ITALIAN CUISINES

Chicken Parmesan

Breaded chicken cutlets, deep fried and topped with provolone cheese and a marinara sauce

Vegetarian Lasagna

Bell peppers, mushrooms and cheese lasagna in a tomato sauce

Classic Beef Lasagna

Beef lasagna with cheese and green peppers in a tomato sauce

CARIBBEAN CUISINES

Jerk Chicken

Chicken thigh & drumstick in jerk seasoning

Curry Vegetables

Seasonal veggies in curry sauce

Curry Chicken

Chicken thigh & drumstick in curry sauce

GREEK CUISINES

Chicken Souvlaki

Seasoned chicken skewers served with grilled veggies

Seasoned Grilled Veggies

Grilled veggies served with potato wedges in tomato sauce

INDIAN CUISINES

Butter Chicken

Boneless chicken in a butter yogurt marinade

Curry Vegetables Stew

Seasonal veggies in curry stew and naan bread

Tandoori Chicken

Chicken thigh & drumstick in a tandoori marinade and naan bread

HEALTHY CHOICES

Vegan Lasagna

Tofu & spinach lasagna in tomato basil sauce

Vegetarian Chili

Kidney bean chili in a hearty vegetable tomato sauce

Wild Mushroom Risotto

Wild porcini mushrooms and arborio with green peas garnished with parsley

Crispy Tofu Quinoa Salad

Crispy Tofu, quinoa, onions, tomatoes and zucchini

Quorn Spaghetti Bolognese

Spaghetti and minced quorn topped, mushrooms and onions in a vegetarian bolognese sauce

SIDE DISHES

Penne in a Tomato Basil Sauce

Penne in a tomato basil sauce

Red Kidney Bean Rice

Red kidney bean rice

Deep Fried Plantains

Deep fried plantains

Sliced Garlic Bread

Sliced garlic bread

White Rice

Steamed white rice

FlexiPlan Options

PICK 5

Tasty Mediterranean

Chicken Parmesan	1
Classic Beef Lasagna	1
Chicken Souvlaki	2
Veggie Towers in Tomato Basil Sauce	1

Meat n Potatoes

Lemon & Herb Chicken	1
Creamy Mushroom Chicken	1
Chicken Parmesan	1
Classic Beef Lasagna	1
Seasoned Grilled Veggies	1

Healthy Choices

Vegan Lasagna	1
Crispy Tofu Quinoa Salad	1
Vegetarian Chili	1
Quorn Spaghetti Bolognese	1
Wild Mushroom Risotto	1

Asian/Caribbean Flavour

Jerk Chicken	1
Curry Chicken	1
Butter Chicken	1
Tandoori Chicken	1
Curry Vegetable Stew	1

Veggie Delight

Vegetarian Lasagna	1
Curry Vegetable Stew	1
Curry Vegetables	1
Seasoned Grilled Vegetables	1
Wild Mushroom Risotto	1

PICK 20

Tasty Mediterranean

Chicken Parmesan	4
Classic Beef Lasagna	4
Chicken Souvlaki	4
Seasoned Grilled Veggies	4
Wild Mushroom Risotto	4

Meat n Potatoes

Lemon & Herb Chicken	4
Creamy Mushroom Chicken	4
Classic Beef Lasagna	4
Chicken Souvlaki	4
Seasoned Grilled Veggies	4

Healthy Choices

Vegan Lasagna	4
Crispy Tofu Quinoa Salad	4
Vegetarian Chili	4
Quorn Spaghetti Bolognese	4
Wild Mushroom Risotto	4

Asian/Caribbean Flavour

Jerk Chicken	4
Curry Chicken	4
Butter Chicken	4
Tandoori Chicken	4
Curry Vegetable Stew	2
Curry Vegetables	2

Veggie Delight

Vegetarian Lasagna	4
Curry Vegetable Stew	4
Curry Vegetables	4
Wild Mushroom Risotto	4
Seasoned Grilled Vegetables	2
Vegetarian Chili	2

Tasty Mediterranean

Chicken Parmesan	5
Classic Beef Lasagna	4
Chicken Souvlaki	5
Veggie Towers in Tomato Basil Sauce	4
Seasoned Grilled Veggies	4
Wild Mushroom Risotto	4
Vegetarian Lasagna	4

Meat n Potatoes

Lemon & Herb Chicken	5
Creamy Mushroom Chicken	4
Chicken Souvlaki	4
Chicken Parmesan	4
Classic Beef Lasagna	5
Seasoned Grilled Veggies	4
Veggie Towers in Tomato Basil Sauce	4

Healthy Choices

Vegan Lasagna	6
Crispy Tofu Quinoa Salad	6
Vegetarian Chili	6
Quorn Spaghetti Bolognese	6
Wild Mushroom Risotto	6

Asian/Caribbean Flavour

Butter Chicken	4
Tandoori Chicken	4
Curry Chicken	4
Jerk Chicken	4
Curry Vegetables Stew	4
Curry Vegetables	4

Veggie Delight

Vegetarian Lasagna	5
Curry Vegetables Stew	5
Curry Vegetables	4
Wild Mushroom Risotto	4
Seasoned Grilled Veggies	4
Vegetarian Chili	4
Quorn Spaghetti Bolognese	4