



The Lighter Side

All listed menus will include a Selection of Freshly Baked Dinner rolls including and flat breads along with A sinfully generous platter of freshly baked gourmet cookies such as white chocolate macadamia nut and chocolate chunk as well as a platter of sweets such as brownies, cheese cake and lemon bars.

Menu #1

Char broiled Atlantic salmon with a tropical fruit salsa on a bed of crisp greens accompanied with a marinated Vegetable salad and long grain and wild rice salad

Marinated Vegetable Salad

Grilled Fennel, Zucchini, Leek, Onion and Peppers with Feta cheese served on a bed of Greens

Long Grain and wild rice salad

Tossed with chopped cilantro, roasted almonds, coloured peppers and shallots in a light rice wine vinaigrette

Menu #2

Balsamic grilled boneless skinless breast of chicken on a bed of lettuce with a tangy black bean salsa served along with a leafless Greek Salad and rice pilaf salad.

Leafless Greek Salad

Chunks of Vine Ripened Tomatoes and English Cucumber tossed with Calamata Olives, Feta Cheese and Oregano in a Greek Dressing

Rice Pilaf Salad

Wild Rice with Sun-Dried Cranberries, Almonds and a savory Curry dressing



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Menu #3

Thinly sliced medium rare Roast Striploin of beef crusted with grainy mustard, shallot and fine herbs served with a marinated vegetable salad, mini red skin potato salad.

Marinated Vegetable Salad

Grilled Fennel, Zucchini, Leek, Onion and Peppers with Feta cheese served on a bed of Greens

Red Potato Salad

Mini Red Potatoes, Onions, Black Olives and Scallions seasoned with fresh Herbs and tossed in a Red Wine and Lemon vinaigrette

Menu #4

Oven roasted loin of pork with an apple pepper chutney served with Thai Mango Salad and Mediterranean Pasta Salad

Mediterranean Pasta Salad

Cooked Penne, Feta Cheese, Roasted Red Pepper and Grape Tomatoes in an Italian vinaigrette

Thai Mango Salad

Crisp greens tossed with Sweet Mango, Cucumber and Toasted Sesame seed in a Tangy dressing



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Menu #5

Blackened Turkey Breast with a Raspberry-cranberry compote and served with Canadian potato salad and Mexican style mixed greens salad

Mexican style mixed greens salad

With corn Niblets, diced tomato, red onion and mixed bell peppers tossed in a spicy Mexican vinaigrette.

Canadian Potato Salad

Hearty potatoes, onions, black olives and scallions seasoned with fresh herbs and tossed in a red wine vinegar & lemon vinaigrette