



# The Good Companions

*Supporting a Vibrant Community*

## Catering Menu

Item	Price
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### Breakfast

<b>Continental Breakfast</b> .....	<b>\$ 4.00</b>
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An assortment of fresh baked mini croissants, mini Danishes, muffins, and fruit sticks accompanies by butter, jams and cream cheese. Coffee, tea, water and/or juices. Creamers, milk and sweeteners included.

<b>Little Extras</b> .....	<b>\$ 2.00</b>
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Individual yogurts, granola, seasonal fruit platters or kebobs.

<b>Hot Buffet Breakfast</b> .....	<b>\$ 8.00</b>
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Scrambled eggs, crispy bacon, sausages, home-fried potatoes  
Pancakes or waffles with maple syrup or fruit topping and cinnamon whipped cream  
Fresh fruit salad  
A variety of fresh pastries and muffins with jams and cream cheese  
Coffee, tea, water and/or juices

### Coffee Breaks

Choose from a selection of hot and cold beverages and freshly brewed coffee and tea (sold by 10 cup minimum\*). Decaffeinated coffee available upon request.

Columbian coffee, cup* .....	<b>\$ 8.50</b>
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Brewed tea, cup* .....	<b>\$ 8.50</b>
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Herbal tea .....	<b>\$ 1.00</b>
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Milk – 2% white, chocolate and skim .....	<b>\$ 0.85</b>
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Juices by the jug .....	<b>\$ 5.00</b>
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Juices 175 ml container .....	<b>\$ 0.85</b>
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Soft drinks 341 ml .....	<b>\$ 1.00</b>
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Bottled water 500 ml .....	<b>\$ 1.00</b>
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Ice water by the jug.....	n/c
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Compliment your beverage with a selection of delicious, fresh baked muffins, pastries, and fruit

Muffins .....	\$ 1.00
Scones.....	\$ 0.75
Cheese Danish .....	\$ 1.00
Chocolate Danish.....	\$ 1.00
Cheese Tea Biscuit.....	\$ 1.25
Fresh Cookies (2) .....	\$ 0.80
Bakery Squares .....	\$ 1.00
Chocolate Dipped Strawberries (per dozen) .....	\$ 5.00
Cut Fruit.....	\$ 1.75

## **Platters**

### **Traditional Closed Faced Sandwiches, one and one-half per person..... \$ 3.00**

A selection of traditional deli-meats and fillings served on brown and white Bread. An assorted display may include:

Roast Beef  
Turkey Breast  
Ham and Cheese  
Tuna Salad  
Egg Salad  
Cheese, Lettuce and Tomato

### **Deli Deluxe Sandwiches, one and one-half per person..... \$ 4.00**

A selection of deli-meats and fillings served on 12 grain, rye croissants, Kaiser Buns, and whole wheat tortillas. An assorted display may include:

Roast Beef and Cheese  
Shaved Ham and Swiss cheese  
Turkey Breast and Cheese  
Chicken Salad  
Egg Salad  
Salmon Salad

### **Gourmet Bread Sandwiches, one and one-half per person..... \$ 6.00**

A selection of assorted meats and fillings served on foccacia bread, whole wheat wraps, Chibata buns and Panini bread. An assorted display may Include:

Grilled Chicken Breast with Pesto Mayonnaise  
Roast Beef with Onion and Swiss cheese  
Grilled Red Pepper, Havarti Cheese and Zucchini  
Grilled Chicken with Sun-dried Tomato  
Roast Turkey and Havarti Cheese  
Grilled Vegetables with Alfalfa Sprouts  
Ham, Havarti Cheese, and Turkey  
Chunky Chicken Salad  
Grilled Eggplant, Mozzarella Cheese, Tomato, Onion

### **Fresh Seasonal Vegetables..... \$ 1.75**

An assortment of fresh seasonal vegetables served with dip

<b>Cut Fresh Seasonal Fruit</b> .....	<b>\$ 2.00</b>
An assortment of fresh seasonal fruit	
<b>Domestic Cheese Tray</b> .....	<b>\$ 3.25</b>
A selection of domestic cheeses including mild cheddar, marble, Swiss, Gouda and Havarti	
<b>Imported Cheese Tray</b> .....	<b>\$ 4.75</b>
A selection of imported cheeses that could include Brie, Camembert, Emmenthal, Gouda, Stilton, Danish Havarti, or goat cheese	
<b>Pâté Tray</b> .....	<b>\$ 4.00</b>
A selection of Pâté served with toasted bread rounds and crackers	
<b>Pumpnickel Bread with Spinach Dip</b> .....	<b>\$ 2.00</b>
Spinach vegetable dip served in a pumpnickel bread bowl with assorted breads and crackers for dipping	
<b>Hot Artichoke and Cheese Dip Platter</b> .....	<b>\$ 3.00</b>
Hot artichoke and cheese dip platter served with assorted bread rounds	
<b>Warm Brie with Real Canadian Maple Syrup</b> .....	<b>\$ 3.50</b>
A round of warm brie drizzled with real Canadian maple syrup and chopped garlic served with assorted bread rounds	
<b><u>Sandwich Plates</u></b>	
<b>Sandwich Quarter Plate</b> .....	<b>\$ 4.50</b>
One regular sandwich with deli meat or filling cut and quartered and served On an individual plate with crudités and dip	
<b>Specialty Sandwich Plate</b> .....	<b>\$ 6.50</b>
One specialty sandwich with a salad of choice, crudités and dip and served On an individual plate	
<b>Vegetable Plate</b> .....	<b>\$ 4.00</b>
An assortment of fresh crudités and two salads of choice served on an individual Plate	
<b>Fresh Fruit Plate</b> .....	<b>\$ 3.50</b>
An assortment of fresh fruit served on an individual plate with a honey yogurt dip	
<b>Salad Plate</b> .....	<b>\$ 5.00</b>
A selection of three of our lunch salads on one plate	
<b>Add chicken or salmon</b> .....	<b>\$ 7.00</b>

## Lunch Salads

<b>Chicken Caesar</b> .....	<b>\$ 6.00</b>
Romaine lettuce, grilled chicken breast, parmesan cheese, croutons, bacon Bits served with a classic Caesar dressing	
<b>Chef Salad</b> .....	<b>\$ 6.00</b>
Lettuce, tomatoes, cucumber, peppers, purple cabbage, and red onions with A julienne of turkey and ham with a choice of dressing	
<b>Tortellini Salad</b> .....	<b>\$ 7.00</b>
Cheese tortellini, red, green and yellow peppers, red onions, parmesan Cheese, julienne of prosciutto, and sun dried tomatoes	
<b>Asian Noodle Salad</b> .....	<b>\$ 6.00</b>
Julienne celery, carrots, mushrooms, red and yellow peppers, green onions With Cantonese noodles, grilled chicken breast and sesame ginger dressing	
<b>Nicoise with Salmon</b> .....	<b>\$ 7.00</b>
Assorted greens salad with sliced red onion, red and green pepper, yellow Zucchini and slices of salmon with choice of dressing	

## Lunch Buffet

<b>“The Board Room” Lunch Buffet</b> .....	<b>\$ 9.00</b>
Soup du jour or tomato juice Assorted deli-style sandwiches Fresh crudités and dip Assorted cookies and squares Freshly brewed coffee, tea, juice, water or soft drink	
<b>Deluxe Lunch Buffet</b> .....	<b>\$ 12.00</b>
Crudités and dip platter Choice of three regular salads Trays of assorted regular and specialty sandwiches Fruit tray Assortment of squares, cookies Freshly brewed coffee, tea, juice, water or soft drink	
<b>Add our daily homemade soup</b> .....	<b>\$ 2.00</b>
<b>The Italian Pasta Buffet</b> .....	<b>\$ 15.00</b>
Caesar Salad Marinated Vegetable Salad Tossed Salad with two dressings Garlic Toast and Garlic Bread Sticks Cheese Tortellini with Pesto Sauce Lasagna Chicken Fettuccini Alfredo Assorted soft drinks, freshly brewed coffee, tea or juice	

**Full Luncheon Buffet**

- Crudités and dip platter
- Choice of three regular salads
- Choice of potato or rice
- Choice of vegetable
- Choice of rolls with butter
- Choice of one hot entrée (includes vegetarian entrée) ..... \$ 15.00
- Choice of two hot entrées (includes vegetarian entrée) ..... \$ 18.00
- Add carved roast of beef to your meal..... \$ 4.00**

**Selection of Hot Entrées**

- Beef Stroganoff
- Beef Bourguignon
- Beef Ravioli
- Steak and Kidney Pie
- Steak and Mushroom Pie
- Cabbage Rolls
- Lasagna
- Chicken à la King
- Chicken Supreme
- Chicken Stir Fry
- Chicken Alfredo
- Chicken Fajitas
- Pirogues
- Seafood Crêpes
- Stuffed Sole
- Seafood Newburg

**Vegetarian Entrées**

- Lasagna Blanco
- Cheese Tortellini with Pesto Cream Sauce
- Spinach Quiche
- Eggplant Parmesan
- Mushroom Broccoli Crêpe

**Vegan Entrées**

- Couscous Stuffed Tomatoes
- Pasta with Tomato Basil Vegetable Sauce
- East Indian Curry Chickpeas, Black Bean Casserole
- Three Bean Chili
- Szechuan Tofu Stir Fry

**Soup Selection..... \$ 2.00**

- Choose from our selection of homemade soups, served with crackers and
- Melba toast
- Beef Vegetable
- Chicken Noodle
- Chicken Rice
- Cream of Broccoli
- Cream of Butternut Squash
- Cream of Carrot with Ginger

Cream of Cauliflower  
 Creamy Clam Chowder  
 Cream of Leek and Potato  
 Cream of Wild Mushrooms  
 Lentils and Tomato with Garlic  
 Minestrone Soup  
 Old Fashion Beef and Barley  
 Onion Soup  
 Tomato Bisque  
 Traditional Canadian Pea with Smoked Ham  
 More varieties available upon request

**Served Luncheons**

All served luncheons include freshly baked rolls and butter, choice of salad or soup, coffee and tea. Vegetarian meals available on request.

Beef Stroganoff with Buttered Noodles and Herbed Carrots.....	<b>\$ 12.50</b>
Chicken Stir Fry with Vegetable Fried Rice.....	<b>\$12.50</b>
Beef Stir Fry with Vegetable Fried Rice .....	<b>\$ 12.50</b>
Boneless Breast of Chicken on a bed of Herbed Noodles with a Thyme Mustard ..... Sauce and Julienne of Vegetables	<b>\$ 12.50</b>
Garlic Chicken with Basmati Rice and fresh seasonal vegetables.....	<b>\$ 12.50</b>
Salmon Fillet with a Lemon Pepper Sauce served with Duchess Potatoes and ..... Fresh Broccoli Spears	<b>\$ 14.50</b>
Stuffed Sole with Wild Mushroom Brown Rice and Garlic Green Beans.....	<b>\$ 15.50</b>
Carved Roast Beef au Jus served with Garlic Mashed Potatoes with mixed ..... Green Vegetables	<b>\$ 15.50</b>
<b>Add a tantalizing homemade dessert from our dessert selection .....</b>	<b>See price list in Dessert section</b>

## The Great Outdoor Events

All BBQ's include lettuce, tomatoes, onions and condiments.

### **Traditional BBQ..... \$ 6.00**

Choice of hamburger, hot dog or veggie burger (2 per person)  
Potato Chips  
Assorted Soft Drinks

### **Backyard BBQ..... \$10.00**

Choice of hamburger, hot dog, or veggie burger (2 per person)  
Potato Salad  
Coleslaw  
Tossed Salad with two dressings  
Assorted soft drinks  
Assorted small cookies and watermelon

### **Gourmet BBQ Event ..... \$ 15.00**

Assorted dinner rolls with butter  
Choice of 3 salads  
Choice of beef steaks or grilled teriyaki chicken breasts  
Assorted soft drinks  
Assorted bakery squares and watermelon

## Selections

### Served Dinners

All served dinners come complete with freshly baked rolls and butter, one choice of salad and dressing, choice of potato, rice or pasta, two vegetables, and freshly brewed coffee and tea.

### **Roast Prime Rib of Beef "au jus" ..... \$ 22.99**

Roast prime rib served with natural juice sauce accompanied with traditional Yorkshire pudding

### **Marinated Chili Rubbed Beef Tenderloin..... \$25.99**

A medallion of chili rubbed beef tenderloin topped with Portobello mushrooms and roasted garlic sauce

### **Cranberry Chicken Mango ..... \$ 20.99**

A breast of chicken deliciously topped with cranberry and mango salsa

### **Chicken Kiev ..... \$ 21.99**

Breast of chicken stuffed with garlic butter, lightly breaded and served with a tarragon cream sauce

### **Chicken Breast Suprême..... \$ 20.99**

Boneless breast of chicken served with a mushroom cream sauce

### **Apple Chutney Pork Loin ..... \$ 22.99**

An herb crusted medallion of pork tenderloin covered with sweet apple chutney

**Filet of Salmon Chardonnay Wine**.....\$ 21.99  
Filet of salmon, poached and served with a Chardonnay wine dill cream sauce,  
dusted with fresh herbs

**Chicken Wellington**.....\$ 22.99  
Boneless breast of chicken topped with sautéed onions and mushrooms,  
baked in puff pastry and served with dill cream sauce

**Vegetable Selections**

Cauliflower au Gratin  
Green Beans Almandine  
Honey Glazed Baby Carrots  
Steamed Broccoli  
Vegetable Medley  
Fresh Julienne of Vegetables

**Potato / Rice / Pastas Selections**

Duchess Potato  
Garlic Roasted Mashed Potato  
Oven Roasted Potato  
Baked Potato  
Scalloped Potato  
Rice Pilaf  
Wild and Long Grained Rice

**Desserts**

Homemade Pies ..... \$ 2.50  
Individual Pineapple Upside Down Cake ..... \$ 2.00  
Opera Cake..... \$ 4.00  
Caramel Mousse Cream Puff..... \$ 4.00  
Pineapple and Raspberry Sorbet in a Crêpe Cup ..... \$ 4.00  
White Chocolate Mousse with Raspberry Coulis ..... \$ 4.00  
Strawberry Shortcake (seasonal)..... \$ 3.50  
Assorted Cheesecakes ..... \$ 3.50  
Ice Cream Sundae Bar ..... \$ 3.00



## **Hors d'oeuvres and Canapés (price per dozen)**

### **Cold**

Assorted Gourmet Canapés.....	\$ 17.99
Vegetarian Tortilla Rolls.....	\$ 15.99
Chicken Stuffed Mini Bouchées.....	\$ 15.99
Smoked Salmon Canapés.....	\$ 17.99
Chilled Jumbo Shrimp with Seafood Sauce.....	\$ 17.99
Smoked Salmon Wrapped Asparagus.....	\$ 17.99

### **Hot**

Swedish Meat Balls.....	\$ 10.99
Mini Quiche Lorraine.....	\$ 10.99
BBQ Chicken Wings.....	\$ 12.99
Pastry Sausage Rolls.....	\$ 12.99
Stuffed Mushroom Caps.....	\$ 12.99
Vegetable Spring Rolls.....	\$ 14.99
Mini Spanakopita Triangles.....	\$ 14.99
Chicken Tarragon in Phyllo.....	\$ 14.99
Chicken Satay.....	\$ 14.99
Beef Satay.....	\$ 14.99
Mushroom Tart.....	\$ 15.99
Mini Beef Wellington.....	\$ 15.99
Smoked Salmon Crêpe.....	\$ 15.99
Lobster Phyllo.....	\$ 17.99

**Kitchen Accessories:**

Dishes .....	\$4.00/dozen
Glassware .....	\$2.00/dozen
Cutlery .....	\$2.00/dozen
Tablecloths (small) .....	\$3.00/each
Tablecloths (large).....	\$6.00/each
Chafing Dishes with two Sternos .....	\$10.00 each
Coffee urn- small (does not include coffee) .....	\$5.00/each
Coffee urn – large (does not include coffee) .....	\$20.00/each
Kitchen Room Rental.....	\$20.00/hr