

# 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**  
\$12.95


Pancakes & Syrup (230 cal)  
Hard Boiled Eggs (75 cal)  
Pork Bacon (40    
Apple Cinnamon Raisin  
Oatmeal (325 cal)

Mexican Breakfast Tacos (260 cal)  
Pork Sausage Links (180 cal)  
Diced Potatoes (190 cal)  
Toast, Butter & Jam (150 cal)





Salsa Scrambled Eggs (160 cal)  
Vegetable Scramble Hash (280 cal)  
Pork Ham (60 cal)  
Toast, Butter & Jam (150 cal)

Western Scrambled Eggs (160 cal)  
Breakfast Bean & Vegetable Casserole (190 cal)  
Pork Bacon (40 cal)  
Toast, Butter & Jam (150 cal)

Vegetable Frittata (180 cal)  
Pork Ham (60 cal)  
Hash Brown Potatoes (290 cal)  
Cranberry Quinoa Porridge (210 cal)

Pancakes & Syrup (230   
Southwest Tofu Scramble (200 cal)  
Pork Bacon (40 cal)  
Toast, Butter & Jam (150 cal)

Scrambled Eggs (100 cal)  
Pork Sausage Patties (240 cal)  
Hash Brown Potatoes (290 cal)  
Chipotle Beans (350 cal)

**Included with Breakfast:** Assorted Cold Cereals (160-370 ) , Fresh Whole Fruit (60-90 ) , Assorted Muffins & Pastries (160-375 ) , Juice, Coffee & Tea served with Dairy & Dairy-free Milk (0-150 )

**Lunch**  
\$14.95

Chicken Noodle Soup (85 cal)  
Minestrone Soup (90 cal)  
Assorted Sandwiches & Wraps (465-640 cal)  
Steamed Vegetables (30 cal)  
Garden Salad (20 cal)  
Potato Salad (250 cal)





Pasta Bake with Italian Pork Sausage (480 cal)  
Pasta with Tomato & Zucchini (300 cal)  
Steamed Vegetables (30 cal)  
Garlic Bread (60 cal)  
Garden Salad (20 cal)  
Caesar Salad (100 cal)

Beef Fajitas (175 cal)  
Vegetable & Meatless Chicken (500 cal)  
Fajitas (180 cal)  
Steamed Vegetables (30 cal)  
Three Bean Salad (85 cal)  
Garden Salad (20 cal)

Mild Coconut Chicken Curry (285 cal)  
Vegetarian Coconut Chickpea Curry (270 cal)  
Rice Pilaf (130 cal)  
Steamed Vegetables (30 cal)  
Spinach Sundried Tomato Salad (110 cal)


Teriyaki Beef Meatballs (285 cal)  
Vegetable Chow Mein (95 cal)  
Vegetable Fried Rice (200 cal)  
Steamed Vegetables (30 cal)  
Asian Mandarin Salad (98 cal)

Grilled Chicken on a Bun (380 cal)  
Grilled Panini w/ Hummus & Roasted Vegetables (510 cal)  
Steamed Vegetables (30 cal)  
Spinach Sundried Tomato Salad (110 cal)  
Coleslaw (40 cal)

Crispy Chicken Tenders (300   
Cajun Mac and Cheese (565   
Potato Wedges (80 cal)  
Steamed Vegetables (30 cal)  
Coleslaw (40   
Garden Salad (20 

**Included with Lunch:** Whole Fresh Fruit (60-90 ) Cold Beverages (0-150 )

**Dinner**  
\$18.95

Beef Lasagna (300 cal)\*\*  
Vegetarian Lasagna (210 cal)\*\*  
*Vegan option upon request: Pasta Primavera (330 cal)*  
Steamed Vegetables (30 cal)  
Garlic Bread (160 cal)  
Garden Salad (20 cal)  
Caesar Salad (100 )  
Assorted Tarts (400-450 cal)

Indonesian Coconut Chicken (320 cal)  
Roasted Hoisin Tofu (190 cal)  
Spicy Mongolian Noodles (540 cal)  
Steamed Vegetables (30 cal)  
Chinese Cabbage Salad (100 cal)  
Dinner Rolls (100 cal)  
Assorted Pudding (60-90 cal)

Chicken Parmigiana (320 cal)  
Cheese Tortellini Casserette (360 cal)  
*Vegan option upon request: Vegan Chili (530 cal)*  
Butter Linguine (150 cal)  
Steamed Vegetables (30 cal)  
Kale Caesar Salad with Chickpeas (150 cal)  
Garlic Bread (160 cal)  
Dessert Squares (240 cal)

Hungarian Beef Stew (225 cal)  
Tomato & Roasted Eggplant Stew (300 cal)  
Steamed Rice (130 cal)  
Steamed Vegetables (30 cal)  
Quinoa Salad (120 cal)  
Dinner Rolls (100 cal)  
Carrot Cake (400 cal)

Bahamian BBQ Chicken (130 cal)  
Mediterranean Pasta with Beans (280 cal)  
Steamed Vegetables (30 cal)  
Mexican Potato Mash (275 cal)  
Garden Salad (20 cal)  
Garlic Bread (160 cal)  
Berry Crumble Bars (240 cal)

Chicken Cacciatore with Pasta (230 cal)  
Mushroom Sloppy Joes (210 cal)  
Steamed Vegetables (30 cal)  
Caesar Salad (100 cal)  
Garden Salad (20 cal)  
Garlic Bread (160 cal)  
Apple Pie (370 cal)

Roast Pork Loin (230   
Vegetable Bean Cassoulet (260 cal)  
Mashed Potatoes (150 cal)  
Roasted Root Vegetables (50 cal)  
Dinner Rolls (100 cal)  
Spinach Sundried Tomato Salad (110 cal)  
Chocolate Cake (190 cal)

**Included with Dinner:** Whole Fresh Fruit (60-90 ) Assorted Cold Beverages (0-150 cal), Coffee & Tea served with Dairy & Dairy-free Milk (0-150 cal)

\*\*Minimum order of 12 applies

**Meat & Vegetarian entrees are prepared at a 60:40 ratio unless otherwise specified.**

**Catering order confirmation required 14 days prior to the event day.**

**Table linen and linen napkins are NOT included.**

**Buffet Style. Charges may apply for serving staff.**

**Minimum of 30 orders required for this menu.**

**2024 | Prices are subject to change. Taxes are not included.**



**HUMBER**

Central Events Office