


# Traditional

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 \$9.50	Scrambled Eggs (100 cal) Pork Bacon (40 cal) Apple Cinnamon Raisin Oatmeal (325 cal)	Mexican Breakfast Soft Tacos (260 cal) Pork Ham (60 cal) Toast, Butter & Jam (150 cal)	Vegetable Scrambled Hash (280 cal) Pork Sausages (180 cal) Toast, Butter & Jam (150 cal)	Breakfast Bean & Vegetable Casserole (190 cal) Pork Bacon (40 cal) Toast, Butter & Jam (150 cal)	Vegetable Frittata (180 cal) Pork Ham (60 cal) Cranberry Quinoa Porridge (210 cal)	Southwest Tofu Scramble (200 cal) Pork Sausage Patty (240 cal) Toast, Butter & Jam (150 cal)	Plain Omelets (130 cal) Pork Bacon (40 cal) Chipotle Beans (350 cal)
	Breakfast includes: Fresh Whole Fruit (60-90 cal) Assorted Muffins & Pastries (160-375 cal), Juice, Coffee & Tea served with dairy and dairy-free milk (0-150 cal)						
	Chicken Noodle Soup (85 cal) Minestrone Soup (90 cal) Assorted Sandwiches & Wraps (465-640 cal) Garden Salad (20 cal) Fruit Salad (60-90 cal)	Pasta Bake w/ Italian Sausage (480 cal) Pasta w/ Tomato & Zucchini (300 cal) Caesar Salad (100 cal) Garden Salad (20 cal) Garlic Bread (140 cal) Fresh Whole Fruit (60-90 cal)	Beef Fajitas (175 cal) Vegetable & Meatless Chicken Fajitas (180 cal) Three Bean Salad (85 cal) Garden Salad (20 cal) Fruit Salad (60-90 cal)	Grilled Chicken on a Bun (380 cal) Grilled Panini w/ Hummus & Veggies (510 cal) Coleslaw (40 cal) Greek Salad w/ Feta on the side (60 cal) Fresh Whole Fruit (60-90 cal)	Teriyaki Beef Meatballs (285 cal) Cantonese Tofu (170 cal) Vegetable Fried Rice (200 cal) Asian Mandarin Salad (98 cal) Fruit Salad (60-90 cal)	Mild Coconut Chicken Curry (500 cal) Chickpea Coconut Curry (270 cal) Rice Pilaf (130 cal) Spinach Sundried Tomato Salad (110 cal) Fresh Whole Fruit (60-90 cal)	Crispy Chicken Tenders (4 pc/person) (300 cal) Cajun Mac and Cheese (565 cal) Garden Salad (20 cal) Potato Wedges (80 cal) Fruit Salad (60-90 cal)
	Lunch includes: Assorted Cold Beverages (0-150 cal)						
Dinner \$16.65	Beef Lasagna (300 cal) ** Vegetarian Lasagna (210 cal) <i>Vegan option upon request: Pasta Primavera (330 cal)</i> Garlic Bread (160 cal) Garden Salad (20 cal) Dessert Squares (240 cal)	Butter Chicken (560 cal) Tikka Masala Tofu (85 cal) Cumin Scented Basmati Rice (215 cal) Dinner Rolls (100 cal) Garden Salad (20 cal) Assorted Pudding (60-90 cal)	Chicken Cacciatore (230 cal) Tomato Lentil Stew (150 cal) Steamed White Rice (140 cal) Garlic Bread (160 cal) Garden Salad (20 cal) Apple Pie (370 cal)	Sweet & Sour Pork Loin (230 cal) Vegetable Bean Cassoulet (380 cal) Roasted Potatoes (130 cal) Dinner Rolls (100 cal) Garden Salad (20 cal) Chocolate Cake (190 cal)	Bahamian BBQ Chicken (130 cal) Mediterranean Pasta (280 cal) Mexican Potato Mash (275 cal) Black Bean & Quinoa Salad (280 cal) Garlic Bread (160 cal) Berry Crumble Dessert Bars (240 cal)	Beef Casserole w/ Penne & Peppers (480 cal) Tofu Vegetable Casserole (150 cal) Mixed Grain Salad (300 cal) Garlic Bread (160 cal) Dessert Squares (240 cal)	Argentinian Chicken (350 cal) Ratatouille (130 cal) Rice Pilaf (140 cal) Garden Salad (20 cal) Garlic Bread (160 cal) Dessert Squares (240 cal)
	Dinner includes: Choice of dessert or Fresh Whole Fruit (60-90 cal), Assorted Cold Beverages (0-150 cal), and Coffee & Tea served with dairy and dairy-free milk						

*\*\* Minimum order of 12 applies*



HUMBER  
Central Events Office

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.