

My Meeting Space Catering Menu

Updated: Monday, April 19, 2021

A La Carte Items

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| Assorted Danish | Per Piece. | \$2.25 |
| Assorted Granola Bars | Per Piece. | \$2.00 |
| Assorted Muffins | Per Piece. (Served with butter/margarine) | \$2.05 |
| Assorted Yogurt | Per Piece. | \$1.75 |
| Butter Tarts | Per Piece. | \$1.75 |
| Cheese Buns | Per Piece. | \$2.00 |
| Cinnamon Buns | Per Piece. | \$2.15 |
| Croissants | Per Piece. | \$2.05 |
| Fresh Fruit Cup | Per Piece. | \$2.05 |
| Whole Fruit | A fresh piece of whole fruit, based on seasonal availability. Per piece. | \$1.75 |
| Yogurt Parfait | Yogurt cup with fruit and granola. | \$2.50 |

Lunch Selections

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| Boxed Sandwich Lunch | Includes a sandwich, dessert and pop in a boxed lunch container. | \$12.00 |
| Deli Sandwich | A single Deli Sandwich | \$6.50 |
| Deli Style Sandwich Platter | Assorted sandwiches on a selection of fresh buns and breads, includes turkey, ham, beef, tuna and salmon salad. | |
| Small | Serves 5 | \$23.00 |
| Medium | Serves 10 | \$41.25 |
| Large | Serves 15 | \$62.50 |
| Gourmet Wrap Platter | Egg salad, tuna salad, salmon salad, chicken salad, sliced meats and vegetables. | |
| Small | Serves 5 | \$25.50 |
| Medium | Serves 10 | \$43.50 |
| Large | Serves 15 | \$65.50 |
| Gourmet Wraps Bundle | Egg salad, tuna salad, salmon salad, chicken salad, sliced meats and vegetables. Served with a drink selection and side salad or dessert. Per guest. | \$10.50 |

Pizza

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| Pizza Bundles | Per guest. Served with a drink selection and side. | |
| Cheese & Pepperoni | | \$7.50 |
| Meat Lover's Bundle | | \$9.50 |
| Vegetarian Bundle | | \$9.50 |
| Whole Pizza | 8 Slices. Cost per pizza | |
| Cheese & Pepperoni | | \$16.50 |
| Vegetarian | | \$18.50 |
| Hawaiian | | \$20.50 |
| Meat Lover's | | \$20.50 |

Salads

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| Salad Side | Choice of Caesar Parmesan, Greek & Feta, Pasta, Potato or Tossed. PerGuest. | \$2.60 |
| Salad Bowl | Serves 10 | |
| California Spring Mix | | \$15.50 |
| Potato | | \$15.50 |
| Tossed Garden | | \$15.50 |
| Caesar Parmesan | | \$18.50 |
| Greek & Feta | | \$18.50 |
| Pasta Salad | | \$18.50 |
| Traditional Greek Salad | Tomato, cucumber, onion, feta and Greek Dressing. | \$18.50 |
| Traditional Spinach Salad | Spinach, onion, mandarin oranges and dressing. | \$18.50 |

Hot Entrees

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| Chicken Caesar Wraps | Served with a drink selection and dessert. Per Guest. | \$10.50 |
| Cheese Manicotti in a Basil Tomato Sauce | Served with garden salad, roll and butter. Served with a drink selection. PerGuest. | \$12.45 |
| Vegetable Quiche | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. | \$12.45 |
| Lasagna - Meat | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. | \$12.45 |
| Lasagna - Vegetarian | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. | \$12.45 |
| Chicken Kebab | Served with rice, Greek salad, tzatziki sauce and pita. Served with a drinkselection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$15.45 |
| Lemon Chicken | Served with wild rice, roll and butter. Includes a drink selection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$15.45 |
| Jerk Chicken | Served with wild rice, roll and butter. Includes a drink selection. Price per person. | \$15.75 |
| Penne Chicken in Roasted Pepper Sauce | Served with garden salad, roll and butter. Includes a drink selection. PerGuest. <i>*This item can also be made Gluten Free.</i> | \$15.75 |
| Stuffed Chicken Dinner | Stuffed Grilled Chicken Breast served with Saffron Basmati Rice and garden mixed vegetables, leaf salad with feta cheese and a drink selection. Per Guest. | \$15.75 |
| Butter Chicken | Served with wild rice, and garden salad. Includes a drink selection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$17.45 |
| Chicken Supreme | Pan seared chicken breast, with vegetable pilaf and garden mixed vegetables.Served with a drink selection. Per Guest. | \$17.45 |
| Chicken Stir Fry | Served with rice, roll and butter. Includes a drink selection. Per Guest. <i>*This option cannot be made vegetarian. Please choose Vegetarian Stir Fry.</i> <i>*This item can also be made Gluten Free.</i> | \$15.75 |
| Vegetarian Stir Fry | Served with rice, roll and butter. Includes a drink selection. Per Guest. | \$15.75 |

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| Chickpea Casserole | With garden salad with a drink selection. Price per person. | \$12.45 |
| Creole Rice & Beans | served with a garden salad and a drink selection. Per person. | \$12.45 |
| Mexican Rice & Beans | served with a garden salad and a drink selection. Per person. | \$12.45 |
| Triple Bean Platter | served with a drink selection. Per person. | \$10.50 |
| Gluten Free Luncheon | The daily gluten free lunch, served with a drink selection. Per Guest. | \$13.45 |
| Vegan Luncheon | A vegan friendly lunch, served with a drink selection. Per Guest. | \$13.45 |
| Halal | A daily Halal selection, served with a drink selection. Per Guest. | \$13.45 |
| Kosher | A daily Kosher selection served with a drink selection. Per Guest. | \$13.45 |

Snacks

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| Afternoon Break | Assorted Soft Drinks, coffee & tea, tray of assorted cookies or whole fruit pieces | \$5.00 |
| Assorted Squares and Cookies Bundle | Served with iced tea, soft drinks, coffee, tea and water. Per person. | \$7.50 |
| Cheese and Cracker Bundle | A mix of cheese, crackers, fruit and yogurt. Served with coffee, tea, juice and water. Per Guest. | \$7.50 |
| Cheese & Crackers | An assortment of gourmet cheeses decorated with grapes and strawberries. Served with a variety of crackers. | |
| Small | Serves 15 | \$40.50 |
| Medium | Serves 25 | \$55.50 |
| Large | Serves 35 | \$70.50 |
| Fresh Vegetables & Dip Platter | An assortment of broccoli, cauliflower, cucumbers, celery, carrots and peppers. Served with dip. | |
| Small | Serves 20 | \$31.00 |
| Medium | Serves 30 | \$43.00 |
| Large | Serves 40 | \$50.50 |
| Fruit Platter | A colourful selection of strawberries, cantaloupe, honeydew, oranges, watermelon, kiwi and pineapple. Selection may vary with seasonal availability. | |
| Small | Serves 15 | \$32.50 |
| Medium | Serves 25 | \$52.50 |
| Large | Serves 35 | \$77.75 |
| Fruit & Cheese Platter | An assortment of fresh cut seasonal fruit and gourmet cheese. | |
| Small | Serves 15 | \$40.50 |
| Medium | Serves 25 | \$55.50 |
| Large | Serves 35 | \$70.50 |

Desserts

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| Cookies | A selection of fresh baked cookies. Priced per cookie. | \$1.50 |
| Rice Krispie Squares | A tray of Rice Krispie Treats. Minimum order of 20, price per piece | \$1.75 |
| Assorted Desserts | Assorted Cakes and Squares. Per piece. | \$2.50 |
| Cheesecake | per piece | \$2.50 |
| Date Squares | per piece | \$2.50 |

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| Lemon-Coconut Squares | per piece | \$2.50 |
| Nanaimo Bars | per piece | \$2.50 |
| Rocky Road Brownies | per piece | \$2.50 |
| Sweet Treats Platter | An assortment of Lemon Coconut squares, Nanaimo bars, Rocky Road brownies, Tripleberry Crumble, Date Squares, cheesecake and homemadebutter tarts. | |
| Small | Serves 10 | \$20.50 |
| Medium | Serves 20 | \$40.50 |
| Large | Serves 25 | \$50.50 |
| Simply Chocolate Platter | An assortment of Chocolate Deep Dutch Brownies, Tiger Brownies, HaystackBrownies, and Nanaimo Bars. 4 pieces per person. | \$39.50 |
| Triple Berry Crisp (Hot) | A pan of Hot Triple Berry Crisp. An Ontario Shores classic. Serves 30 | \$45.50 |

Specialty Cakes

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| | Choose from Strawberry Shortcake, Hazelnut Cream, Lemon & CreamShortcake, Carrot Cake or Triple Chocolate. | |
| Small | Serves 20 | \$30.50 |
| Medium | Serves 40 | \$65.50 |
| Large | Serves 75 | 125.50 |
| Cupcake | Gourmet frosted cupcakes. Minimum 12 | \$2.50 |

Beverages

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| Assorted Juices | each (255 ml) | \$2.05 |
| Assorted Soft Drinks | each (255 ml) | \$2.05 |
| Assorted Soft Drinks - Diet | each (255 ml) | \$2.05 |
| Bottled Water | Per bottle. | \$1.75 |
| Coffee | per cup. | \$2.10 |
| Ice Tea | each (255 ml) | \$2.00 |
| Juice Boxes | Assorted | \$1.00 |
| Milk 1% Chocolate | each (250ml) | \$1.55 |
| Milk 2% White | each (250ml) | \$1.55 |
| Tea - Assorted | A mix of herbal, orange pekoe and earl grey tea bags. Priced per cup. | \$1.80 |
| V8 Juice | each (125 ml) | \$2.00 |