

# LUNCHES

*Some menus require a min. of 8 guests per 72 hours notice may be required for some menus.*

**gf** = gluten free

**DF** = dairy free

## MENU #1

**\$14.75 Per Person \$16.75 Customized Orders**

### Assorted Hearty Sandwiches

(**gf** available) add \$2.00

Fresh Baked Grain Bread, Marble Rye, Croissant & Portugese Buns with a variety of fillings: House Roasted Lean Turkey Breast with Cranberry Chutney, Black Forest Ham & Swiss, Egg Salad with Fresh Dill, Chicken Breast & Green Apple, Cheese & Vegetable, and House Roasted Lean Beef. All Sandwiches are prepared with Fresh Ripe Tomato Slices, Cucumber, and Greens.

### Vegetable Crudités and Dip **gf**

Fresh Crisp Raw Vegetables accompanied by our Honey Mustard Dill Dip

### Fresh Baked Dessert Squares

(2 bites per person)

Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### Assorted Beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #2

**\$16.95 per person**

### Beef Shepherd's Pie **gf** **DF**

Lean Ground Beef & Pork with Vegetables & Mushrooms topped with Mashed Potatoes.

### Spinach Mandarin Salad **gf** **DF**

Fresh Spinach Leaves, toasted Sunflower Seeds, Red Onions, Mandarin Oranges and Poppy seed Vinaigrette.

### Fresh Baked Dessert Squares

(2 bites per person)

Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### Assorted beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #3

**\$16.95 Per Person**

### Beef & Italian Sausage Lasagna

Lean Beef & Italian Sausage with Spinach & Ricotta in a rich Tomato Sauce  
OR

### Vegetable Lasagna

Roasted Eggplant, Sweet Peppers, Sautéed Mushrooms & Fresh Basil in light Béchamel and rich Tomato Sauce

### Garden salad **gf** **DF**

Fresh Crisp Greens with Cucumber, Tomatoes, & Sweet Red Onion. Served with Poppyseed Vinaigrette

### Buttered Baguette

### Fresh Baked Dessert Squares

(2 bites per person)

Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### Assorted beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #4

**\$17.25 Per Person**

### Chicken Mango Salad **DF**

Tender Spinach, Green Apple, Toasted Almonds, Coconut, sliced Chicken Breast, fresh crisp Grapes and our Mango Dressing

### Vegetable Samosas

Pastries filled with Potato, Peas, Onion and Spices served with Spicy Apple Chutney

### Ginger Noodle Salad **DF**

With Asian Noodles, fresh crisp vegetables & Ginger Sesame Dressing

### Fresh Baked Cookies

An assortment of chocolate chip, harvest and ever changing varieties

### Assorted beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #5

**\$16.95 Per Person**

### Chicken & Mushroom Pasta Gratin

Penne Pasta and Tender Chicken with Sautéed Mushrooms in a Creamy Swiss Cheese Béchamel Sauce Finished with Parmesan Gratin on top and baked until golden

### Garden Salad **gf** **DF**

Fresh Crisp Greens with Cucumber, Tomatoes and Sweet Red Onion. Served with Poppyseed Vinaigrette

### Buttered Baguette

### Fresh Baked Dessert Squares

(2 bites per person)

Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### Assorted beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #6

**\$19.95 Per Person**

### Chicken Satays

Skewers of Chicken Breast in an Indonesian Peanut Sauce Rolled in Toasted Peanuts

### Ginger noodle Salad **DF**

with Asian Noodles, Fresh Crisp Vegetables and a Ginger Sesame Dressing

### Spinach Mango Salad **DF**

Tender Spinach leaves with Toasted Almonds, Coconut, and Apples with Mango Dressing

### Fresh Baked Dessert Squares

(2 bites per person)

Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### Assorted beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #7

**\$14.95 Per Person \$16.95 Customized Orders**

### Tortilla Roll Ups

A delicious alternative to Sandwiches. Soft whole wheat Flour Tortillas with assorted fillings: Cheese, Crisp Vegetables & Greens -Lean Roast Turkey, Vegetable, Black Forest Ham or Lean Roast Beef.

### Curry Mango Pasta Salad **DF**

Penne Pasta with Vegetables, Mandarin Oranges, Pineapple and our delicious Curry Mango Dressing

### Fresh Baked Dessert Squares

(2 bites per person)

Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### Assorted Beverages

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #8

**\$15.50 Per Person**  
**Grilled Paninis**

A Hot Sandwich on Focaccia Herb Bread with Grilled Chicken Breast, Pesto, Roasted Red Pepper, Ripe Garden Tomatoes, Red Onion and Melted Swiss Cheese. Vegetarian Available.

### **Garden Salad**

Fresh Greens with Cucumber, Tomato, Carrots & Sweet Red Onion. Served with Poppy seed Vinaigrette

### **Fresh Baked Dessert Squares**

(2 bites per person)  
Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### **Assorted Beverages**

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #9

**\$16.95 per person**  
**Chicken Pot Pie**

Fresh chicken with tender Vegetables, Chicken Gravy and Butter Pastry baked golden on top

### **Spinach Mandarin Salad**

Fresh Spinach Leaves, toasted Sunflower Seeds, Red Onions, Mandarin Oranges and Poppy seed Vinaigrette.

### **Freshly baked homemade cookies**

An assortment of Chocolate Chip, Harvest and ever changing varieties

### **Assorted Beverages**

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #10

**\$15.25 per person**  
**Chicken Quesadillas**

Tender fresh Chicken with Herbs and Spices, Cheeses and Salsa in Flour Tortillas. Served with Sour Cream and Salsa.

### **Mexican Corn Bean Salad**

Zucchini, Red Pepper, Blackbeans, Corn, Cilantro and Onion in a Lime Chili Dressing

### **Fresh Baked Homemade Cookies**

An assortment of Chocolate Chip, Harvest and ever changing varieties

### **Assorted Beverages**

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #11

**\$18.95 per person**  
**Greek Chicken Skewers**

Lean Breast of Chicken grilled with Herbs & Lemon

### **Spinach Phyllos (1 per person)**

Golden Phyllo Pastry filled with Spinach and Feta Cheese and Dill

### **Greek Salad**

English Cucumbers, Tomatoes, Black Olives, Red Onion & Feta Cheese with Balsamic Olive Oil Herb Dressing

### **Pita Bread with Tzatziki**

### **Fresh Baked Dessert Squares**

(2 bites per person)  
Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### **Assorted Beverages**

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #12

**\$14.95 per person**  
**Individual Roasted Vegetable Pizzas**

Fresh Basil Pesto, oven roasted Vegetables, Feta & Mozzarella Cheeses

### **Spinach Mandarin Salad**

Fresh Spinach Leaves with Mandarin Oranges, Red Onions, Toasted Sunflower Seeds & Poppyseed Vinaigrette

### **Fresh Baked Dessert Squares**

(2 bites per person)  
Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### **Assorted Beverages**

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## MENU #13

**\$14.95 per person**  
**Savoury Quiche**

Spinach Feta & fresh Tomato or Black Forest Ham with Swiss Cheese & Caramelized Onion

### **Garden Salad**

Fresh Crisp Greens with Cucumber, Tomatoes & Sweet Red Onion. Served with Poppyseed Vinaigrette

### **Fresh Baked Dessert Squares**

(2 bites per person)  
Apricot Squares, Chocolate Brownies, Pecan Caramel Bars, Lemon Coconut Squares, Nanaimo Bars, Fruit Crumble Bars and Butterscotch Squares

### **Assorted Beverages**

A variety of Fruit Juice Sparklers, Pop, Juice, Iced Teas or Bottled Water

## AL A CARTE MENU

*a minimum of 8 may apply on many of these menu items.*

Soups – ask about the soup of the day	12OZ	\$4.95
Gluten Free Chef's Salad		\$12.50
Chicken Quesadillas		\$7.25
Grilled Chicken Skewers		\$11.95
<i>(Thai Peanut Sauce or Greek Marinade)</i>		
Vegetable Samosas		\$2.95
Roasted Vegetable Pizza		\$7.25
Sandwiches		\$7.25
Paninis (Chicken or Vegetarian)		\$7.95
Wraps		\$7.50
Fruit Skewers		\$4.25
Veggies and Dip		\$3.95

## BOXED LUNCHES

**\$13.95 per person Custom orders \$15.95**

Assorted Sandwiches, with a choice of quinoa or coleslaw juice and a cookie.

# Cook's Day Off

FINE FOODS & CATERING LTD.

1883 FORT STREET VICTORIA BC V8R 1K1  
FAX: (250) 598-3248 TEL: (250) 598-3228  
WWW.COOKSDAYOFF.CA

## WORKING LUNCHES