

UNIVERSITY
of GUELPH
KEMPTVILLE
CAMPUS

CHANGING LIVES
IMPROVING LIFE

Daytime Menu Selections

Available up to 3pm each day

“We will Cater on Campus or to
Your Location..... Anywhere!”

(Minimum number of 20 people required for off site catering)

Leah Finley

Co-ordinator, Conference and Catering Services

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Refreshment Breaks

A

Coffee, Tea, Water,
Fresh Homemade Morning Snacks or Cookies and Squares
\$2.75 per person

B

Coffee, Tea, Juice, Water,
Bagels and Cream Cheese, Fresh Fruit, Yogurt & Granola
\$6.50 per person

C

Coffee, Tea, Water,
Assorted Juice or Soft Drinks, Fruit Platter
Selection of Fresh Baked Goods, which may include:
Cinnamon Rolls, Danish, Cookies, Squares, Tea Biscuits,
Mini Croissants, Mini Muffins, Scones, Bagels with Cream Cheese
5.50 per person

D

Coffee, Tea, Juice or Soft Drinks
Assorted Morning or Afternoon Snacks
\$4.25 per person

E

Coffee, Tea, Water
Assorted Juice or Soft Drinks
\$3.25 per person

Refreshment Break Top Up

Coffee, Tea, Water
Assorted Juice or Soft Drinks
Assorted Morning or Afternoon Snacks
\$3.50 per person

Breakfast Selections

The Country Side

Chilled Fruit Juice

Scrambled Eggs

Home Fried Potatoes

Served with Fresh Fruit Platter and

Whipped Yogurt Topping

Your Choice of Side Bacon or Pork Sausage

Freshly Brewed Colombian Coffee and Orange Pekoe Tea

\$ 10 per person

The Farmers Market

Chilled Fruit Juice

Scrambled Eggs

Home Fried Potatoes

Buttermilk Pancakes or Thick Texan French Style Toast

Served with Pure Kemptville Campus Maple Syrup

Your choice of Side Bacon or Pork Sausage

Fresh Fruit Platter or Fresh Fruit Cup

A basket of Freshly Baked Cheddar Tea Biscuits and Assorted Bagels

Served with Butter, Preserves and Cream Cheese

Freshly Brewed Colombian Coffee and Orange Pekoe Tea

\$ 13 per person

Hot Luncheons

All of the Following Entrees include a Selection of Freshly Baked Rolls and Butter, your Choice of Salad, Assorted Homemade Desserts (found on last page), Freshly Brewed Colombian Coffee, Orange Pekoe Tea. All cold beverages are extra.

Roast Chicken

Breast of Chicken glazed with Teriyaki, Honey Garlic, Rosemary & Garlic or BBQ Sauce served with Savoury Rice Pilaf or Herb Roasted Potatoes, choice of vegetables.

***1/4 Chicken \$ 14 *BBQ Half Chicken \$18**

Salmon Fillet

Baked Salmon with Lemon-Dill Butter served with Roast Red Potatoes and Fresh Garden Whole Green Beans.

\$ 18

Mini Chicken Wellingtons

Breast of Chicken with Mushroom Duxelles wrapped in puff pastry served with a mixed rice pilaf and winter mixed vegetables.

\$ 18

Beef Burgundy Sauté

Strips of Beef sautéed with Mushrooms, simmered in a Burgundy Sauce. Served with Buttered Egg Noodles or Rice, accompanied by choice of vegetable.

\$ 16

Hot Luncheons (Continued)

Roast Hip of Beef

Hearty Roast Beef, Your choice of Herb Roasted Potatoes or White and Wild Rice,
Seasonal vegetables, with your choice of Salad.

\$ 18

Beef Kebobs

Your choice of Rice Pilaf or White and Wild Rice, seasonal vegetables,
With your choice of Salad.

\$ 16

Hawaiian Chicken Kebabs

Chicken Kebobs with Pineapple and Green Peppers,
served with Seasoned Turmeric Rice
and Green Onions with your choice of Salad.

\$ 16

Baked Ham

Maple Baked Ham with scalloped potatoes, vegetables
With your choice of Salad

\$ 16

5 oz. Chicken Breast

Breast of Chicken with a Dijon Mushroom Sauce,
with mixed brown and White Rice Pilaf,
Medley of Baby Carrots, Broccoli and Cauliflower and your choice of Salad

\$ 18

Roasted Turkey

Roasted Turkey, your choice of Herb Roasted Potatoes or White and Wild Rice,
Seasonal vegetables, with your choice of Salad.

\$18

Vegetarian Luncheon Selections

The below items can be substituted for vegetarian guests, available for no additional cost with every luncheon menu. Quantity and 24 hours notice required

Ratatouille Polenta

A mix of Eggplant, Zucchini and Tomato over a bed of Polenta, topped with Feta Cheese.

Mediterranean Couscous

A delicious blend of Mediterranean Vegetables on a bed of Couscous.

South-Western Tortilla Pie

Layers of tortillas with Salsa, Spinach, Black Beans and Cottage Cheese, topped with Mozzarella Cheese.

Vegetarian Shepard's Pie

Shepard's Pie made with Beans, Vegetables and Mashed Potatoes.

Eggplant and Tomato Parmesan

Layers of sliced Eggplant and Tomatoes in an Herbed Tomato Sauce, topped with a delicious mixture of Cheeses.

Mexican Rice and Roasted Vegetable Enchilada

Mashed Potatoes and Oven Roasted Vegetables, wrapped in a Tortilla and topped with Cheese and Salsa.

Vegetarian Chili

Cheese & Spinach Cannelloni

Creamy and delicious topped with Mozzarella Cheese.

Vegetarian Lasagna

Baked Lasagna in a creamy White Wine Sauce and traditional cheeses, served with toasted Garlic Bread.

Vegetarian Kabobs

With steamed rice and Tofu

Salad Selections

Cost included with each luncheon entrée selection, or additional salads may be ordered for the following prices:

Market Greens Salad \$ 2

Crisp Iceberg and Romaine Lettuce, Fresh Tomatoes, Carrots, Cucumbers and Red Onion with your choice of Dressings on the side (low fat dressing upon request)

Simply Caesar \$ 3

Crisp Romaine Lettuce, Croutons, Bacon Bits and Parmesan Cheese tossed with a Creamy Caesar Dressing

Mikonos Greek \$ 4

Iceberg and Romaine Lettuce mixed with Cucumbers, Tomatoes, Black Olives and Feta Cheese tossed in a zesty Greek Dressing

Spinach and Mandarin or Strawberry \$ 3

Fresh Spinach topped with Mandarin Oranges, Red Onion, Mushrooms and Slivered Almonds and served with a Poppy Seed Dressing

Signature Bliss Potato Salad \$ 3

A tasty combination of sweet and Yukon gold potatoes tossed with green onions, fresh ginger, lime juice, olive oil and fresh cilantro

Roasted Red Pepper Pesto Pasta \$ 3

Tri-coloured Fusilli tossed with Red Peppers, Sun-dried Tomatoes, Broccoli Floret's, Toasted Almonds or Pine Nuts and Pesto Dressing

Variety Coleslaw \$ 2

Red and Green Cabbage, Carrots, Sweet Peppers and Green Onions served with a Creamy Coleslaw Dressing

Energy Plus Salad \$ 4

Harvest selection of fresh vegetables: Broccoli, Cauliflower, Zucchini tossed with Crisp Apple, Raisins & Nuts with Herbed Vinaigrette

Tuscan Bean Salad \$ 4

Black Beans, Kidney Beans, Chickpeas and Navy Beans with diced Red Pepper, Spanish onion and fresh Cilantro in a sweet Tomato Vinaigrette

Build-Your-Own Luncheon

Your choice for only \$14 per person

Our build-your-own lunches feature your choice of one starter, entrée and dessert. Also included are Rolls and butter, Coffee/Tea (Linen, Water and Glasses on each table). The perfect recipe for a successful event.

Starters (Choose One)

Soup
Garden Salad
Caesar Salad
Greek Salad
Pasta Vegetable Salad
Thai Noodle Salad
Spinach Mandarin Salad
Thai Rice Salad
Marinated Vegetable Salad

Entrees (Choose One)

Beef Stroganoff, Buttered Egg Noodles, Mixed Vegetables
Chicken Jambalaya, Green Beans, and Garlic Bread
Southwestern BBQ Pulled Pork Sandwich,
Mashed Potatoes, Kernel corn
Five Spice Beef and Pepper Stir Fry
Vegetable Fried Rice, Steamed Vegetable Medley
Make your own fajitas served with all the fixings
Italian Sausage and Pepper Subs, O'Brien Potatoes
Turkey Cutlets, Oven Roast Potatoes, Carrot Coins
Chicken Chow Mein, Mushroom Fried Rice & Stir Fried Vegetables
Jerk Chicken, Caribbean Rice and Peas, Coleslaw
Traditional Beef, Turkey or Chicken Pot Pie,
Steamed Parsley Potatoes and Broccoli
Quiche Lorraine, Seafood or Spinach Quiche
Traditional or Vegetarian Lasagna
Cheese Stuffed Tortellini, Tomato Sauce and Garlic Bread
Fettucini w Spinach Cream Sauce or Pasta Primavera
Teriyaki Chicken Stir Fry w Cantonese Noodles & Oriental Veggies
Chicken and Broccoli Crepes w O'Brien Potatoes & Carrot Coins
Chicken Enchiladas with Mexican Rice and Buttered Corn
Chili Your choice of regular or vegetarian
Pizza Buffet a variety selection 2-3 pieces per person
Creamy Chicken Lasagna served with toasted Garlic Bread.
Italian Cheese Stuffed Canneloni Cheese stuffed Cannelloni
with Herbed Tomato Sauce,
Sweet and Sour Pork Served with Veg Fried Rice & Egg Rolls

Desserts (Found on last page)

Cold Luncheons

*All of the following entrees include a selection of
Fresh Baked Rolls and Butter or Baguette Wedges, Fresh Fruit Salad,
Freshly Brewed Colombian Coffee and Orange Pekoe Tea
Choice of Tempting Dessert*

Salmon Plate

Fillet of Salmon with Dill Sauce,
Lemon Parsley Rice,
Marinated Asparagus
and Cherry Tomatoes,
Served with your Choice of Salad.

\$ 18

Chicken Breast Plate

Chicken Breast with Sun-dried tomato,
Herb rice,
Stuffed Tomato
Served with your Choice of Salad.

\$ 18

Salad Plate

Garden salad,
Shaved Roast Beef,
Black Forest Ham,
Smoked Chicken Breast,
Cheddar Cheese,
Egg Salad.

\$14

Sandwich Luncheons

THE TRADITIONAL STYLE

A selection of Albacore Tuna, Red Sockeye Salmon, Egg Salad, Chicken, Black Forest Ham, Roast Beef, and Canadian Cheddar, served on Whole Wheat, White or Multigrain Bread.

Served with Fruit Platter or Soup
Choice of Salad or Garden Crisp Vegetables & Dip
Tempting Dessert Squares
Coffee and Tea
\$12 per person

THE DELI CLASSIC

A tempting selection of Kaisers, Panini Rolls, Bagels, Rye and Multi Grain Bread stacked with Black Forest Ham, Montreal Smoked Meat, Roast Beef, Turkey, Tuna, and Salmon plus Canadian Cheddar or Swiss Cheese, and finished with Lettuce and Tomatoes.
Accompanied by Kosher Dills, Regular and Dijon Mustard.

Served with Choice of Salad
Market Fresh Fruit Platter or Soup
Tempting Dessert Squares
Coffee and Tea
\$ 14 per person

IT'S A WRAP

Herbed tortillas wrapped around tempting fillings from Chicken salad, Tuna, Egg salad, Smoked Chicken, Black Forest Ham, Roast Beef and Veggie cream cheese with Roasted Vegetables

Served with Fruit Platter or Soup of the Day
Tempting Dessert Squares
\$14 per person

DO IT YOURSELF

A unique presentation of sliced meats, cheese and garnishes served with assorted breads and buns and a selection of condiments and garnishes.

Served with Pesto Pasta Salad or Coleslaw
Tempting Dessert Squares
\$16 per person

ASSORTED SUB PLATTER

Freshly baked sub buns filled with premium fillings and toppings

Assorted Super Sub

Roast Beef Sub

Vegetarian and Cheese Sub

Chicken Breast Sub

Ham and Cheese Sub

Tuna Salad Sub

Served with Coleslaw & Sun Chips
Choice of Dessert
Coffee, Tea and Assorted Cold Beverage
\$ 13 per person

Campus Café Buffet

Take a short stroll to our Campus Café
for a wonderful selection of luncheon options

Cost includes a choice of 3 hot entrees, side accompaniments, full salad bar, all beverages and dessert, including an ice cream bar.

All this for just \$11 per person plus HST

Boxed Luncheons

CLASSIC

Deluxe Kaiser Sandwich
With Assorted Fillings,
Tossed Salad with Dressing, or Crudités & Dip
Fresh Fruit,
Cookies or Dessert Squares,
Soft Drink, Juice or Milk
\$10 per person

DELUX

2 Deluxe Kaiser Sandwich with Assorted Fillings,
Pasta Salad, Crudités & Dip
Fresh Fruit
Cookies or Dessert Squares
Soft Drink, Juice or Milk

\$ 13 per person

Luncheon Barbeques

Enjoy our create-your-own Barbeque for your next event. We will barbeque your selection to perfection. Choice of regular luncheon desserts (found on last page) or add one of our specialty desserts listed below for an extra flair.

Choice of Two Salads

Also Included

Assorted Relish Tray, *Corn on the Cob can be added, when in season
Rolls and Butter, regular dessert
Coffee, Tea, Iced Tea, Lemonade

Chicken

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|----------------------------------------------|-------|
| ¼ BBQ'd Chicken | \$ 17 |
| 5 oz. Boneless Chicken Breast | \$ 20 |
| 4 oz Boneless Chicken Breast | \$17 |
| Chicken, Beef, Pork or Vegetarian Brochettes | \$ 18 |
| 1/9 Chicken (2 pieces each) | \$ 17 |

Pork

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|-------------------------|-------|
| Pork Chops | \$ 16 |
| Carved Pork Tenderloin | \$ 20 |
| Southwestern Style Ribs | \$ 20 |
| Assorted Sausages | \$ 14 |
| Pulled Pork Sandwich | \$ 15 |

Beef

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|--------------------------|-------|
| Hamburgers & Hot Dogs(2) | \$ 14 |
| 8 oz Prime Rib Steaks | \$25 |
| 8 oz Rib eye Steak | 25 |
| Carved Beef on a Bun | \$15 |
| Carved Roast Beef | \$20 |

Seafood

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|---------------|-------|
| Salmon Fillet | \$ 14 |
| Shrimp (6) | MP |
| Scallops (6) | MP |

Vegetarian

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|------------------------------------------------------|-------|
| Grilled Roast Vegetable Wraps | \$ 14 |
| Tofu Vegetable Brochettes | \$ 18 |
| Grilled Falafel | \$ 14 |
| Grilled Three Cheese and Black Bean Pizza | \$ 14 |
| Quesadillas with Feta Spinach and Olive Lemon Relish | \$ 14 |
| Veggie Burgers (2) | \$ 14 |

Specialty Barbequed Desserts

Additional

| | |
|------------------------------------------|------|
| Grilled Pineapple with Brown Sugar Glaze | \$3 |
| Barbecued Bananas with Vanilla Ice Cream | \$ 3 |
| Chocolate Raspberry Burritos | \$ 4 |
| Peanut Butter S'more Quesadillas | \$ 3 |

Desserts

Included with all luncheons, choose one:

Homemade Cookies and Squares

Pineapple or Peach Upside Down Cake

Carrot Cake with Cream Cheese Icing

Sliced Watermelon and Brownies

Fruit Crisp Selections

Selection of Parfaits

Assorted Fruit Tarts

Premium Desserts

Upgrade your luncheon dessert for an additional \$3 each, per person:

Signature Kemptville Campus Maple Syrup Cheesecake

Assorted Fruit Tortes and Flans

Gourmet Cakes – Black Forest, Tiramisu, Strawberry Shortcake

Variety of Pies