



## Catering Menu Ingredient List

<b>Sandwiches</b>	
<b>Menu Item</b>	<b>Ingredients</b>
Egg Salad	Whole Wheat Bread, Egg, Onion, Salt, Pepper, Mayonnaise, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites
Tuna salad	Whole Wheat Bread, Tuna, Onion, Pepper, Salt, Mayonnaise, Green Onion, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites
Chicken salad	Whole Wheat Bread, Chicken, Green Onion, Pepper, Salt, Mayonnaise, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites
Ham & Cheddar	Whole Wheat Bread, Ham, Cheddar Cheese, Contains: Wheat, egg, mustard, milk, brown bread
Turkey & Swiss	Whole Wheat Bread, Deli Turkey, Swiss Cheese, & Mayonnaise, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites
Roast & Cheddar	Whole Wheat Bread, Roast Beef, Mustard, Cheddar Cheese, Mayonnaise, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites
Bologna & Cheddar	Whole Wheat Bread, Deli Bologna, Mustard, Cheddar Cheese, Mayonnaise, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites,
<b>Assorted Sub 8"</b>	
<b>Menu Item</b>	<b>Ingredients</b>
BBQ Rib Sub	Pork, flour, BBQ sauce, mozza cheese & mayonaise, bread -Contains- Wheat, egg, mustard, sulphites
Pizza Sub	Flour, Sugar, Yeast, Salt, Tomato Pizza Sauce, Parm Cheese, Salt, Pepper, Oregano, Pepperoni, Ham Cheddar & Mozza Cheese, Bread, - Contains; Wheat, egg, mustard, milk, sulphites
Roast Beef & Cheddar Sub	Cheddar Cheese, Roast Beef, Mayonnaise, Mustard, Bread, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites,
Assorted Meat Sub	Lettuce, Tomato, Bacon, Turkey, Cheddar Cheese, Mayonnaise, Bread, Contains: Wheat, egg, mustard, milk, ham, brown bread contains sulphites,
Ham & Cheddar Sub	Ham, Cheddar Cheese, Mayonnaise, Bread, Contains: Wheat, egg, mustard, milk, brown bread contains sulphites,

<b>Entrees</b>	
<b>Menu Item</b>	<b>Ingredients</b>
Dry Boneless Ribs	Pork, flour, lemon pepper, lemon, ranch dip , Contains: soy, wheat, gluten, milk, eggs
Clubhouse Sandwich	Whole Wheat Bread, Bacon, cheddar cheese,turkey, tomato, lettuce, mayonnaise, Contains: wheat, milk, egg, mustard
Shepherd's Pie	Beef, Potatoes, Peas, Carrots, Pepper, Salt, Seasoning Salt, Onions & Milk, May Contain: Wheat, Dairy, Sulphates
Meat Lasagna	Beef, Cheese, Oregano, Basil, Parm Cheese, Cheddar Cheese, Mozza Cheese, Tomato & Wheat Pasta Noodles, May Contain: Wheat, Dairy, Sulphates
Beef & Lamb Donaire	Beef, lamb, soy, dehydrated vegetable (onion, garlic), salt, spices, MSG, sugar, canola oil, corn starch & flour, May Contain: Wheat, milk & egg
<b>Assorted pizzas</b>	
<b>Menu Item</b>	<b>Ingredients</b>
Ham & Pineapple Pizza	Flour, Sugar, Yeast, Salt, Tomato Pizza Sauce, Parm Cheese, Salt, Pepper, Oregano, Basil, Pineapple. Ham, Cheddar & Mozza Cheese, Bread, - Contains; Wheat, egg, mustard, milk, sulphites
Pepperoni & Cheese Pizza	Flour, Sugar, Yeast, Salt, Tomato Pizza Sauce, Parm Cheese, Salt, Pepper, Oregano, Basil, Pepperoni, Cheddar & Mozza Cheese, Bread, - Contains; Wheat, egg, mustard, milk, sulphites
Cheese Pizza	Flour, Sugar, Yeast, Salt, Tomato Pizza Sauce, Parm Cheese, Salt, Pepper, Oregano, Basil, Cheddar & Mozza Cheese, Bread, - Contains; Wheat, egg, mustard, milk, sulphites
<b>Chicken Wings</b>	
<b>Menu Item</b>	<b>Ingredients</b>
Teriyaki Chicken Wings	Chicken wings, wheat flour oil, spices & teriyaki sauce , corn starch, garlic, salt, molasses, caramel colour, sodium benzoate, potassium sorbate
Honey Garlic Chicken Wings	Chicken wings, wheat flour, spices, sugar, honey, corn starch, garlic, salt, molasses, caramel colour, sodium benzoate, potassium sorbate
Salt & Pepper Chicken Wings	Chicken wings, wheat flour, spices, sugar, honey, corn starch, garlic, salt, molasses, caramel colour, sodium benzoate, potassium sorbate

## Baked Goods

Menu Item	Ingredients
<b>Squares</b>	
Rice Krispie Squares	Butter, marshmallow, salt, vanilla & rice krispies, May contain: Peanuts, egg, milk, sulphites
Puffed Wheat Squares	Wheat, Brown sugar, margarine, corn syrup, cocoa, salt, vanilla, milk, May contain: Peanuts, egg, milk, sulphites
Macaroons	Cocoa, Milk, Sugar, Vanilla, Oatmeal, Salt, Coconut, Margarine, May contain: Peanuts, egg, milk, sulphites
Banana Bread	Wheat, flour, brown sugar, bananas, margarine, eggs, salt, baking soda, baking powder & salt, May Contain: Milk, Wheat (Gluten), soy, nuts & sulphites
Brownies	Milk, wheat flour, soy, wheat, eggs, sugar, chocolate, cocoa butter, vanilla extract, baking soda, barley, soy, May contain: egg, sesame seeds, milk, sulphites
Nanaimo Bars	Chocolate, coconut, graham crumbs, sugar, salt, & margarine, May contain: Peanuts, egg, milk, sulphites
Cinnamon Bun with cream cheese icing	Chocolate, coconut, graham crumbs, sugar, salt, & margarine, May contain: Peanuts, egg, milk, sulphites
<b>Sausage Pastry Roll</b>	
Sausage Pastry Roll	Wheat flour, ground beef, margarine, eggs, salt & bread crumbs, May Contain: Milk, Wheat (Gluten), soy & sulphites
<b>Apple Fruit Pastry</b>	
Apple Fruit Pastry	Wheat, flour, apple, sugar, margarine, canola oil, eggs, salt, cinnamon & vinegar, May Contain: Milk, Wheat (Gluten), soy & sulphites
<b>Soft Baked Pizza Pretzel</b>	
Soft Baked Pizza Pretzel	Wheat, flour, golden sugar, margarine, vegetable oil, eggs, sea salt, tomato, spices, garlic & sesame seeds, sea salt, tomato, spices, garlic & sesame seeds, May Contain: wheat (gluten), soy, eggs, nuts, sulphites
<b>Baked Muffin</b>	
Baked Muffin	Wheat, flour, sugar, semi-sweet chocolate, cocoa butter, canola oil, eggs, salt & molasses, milk, baking soda, May Contain: Milk, Wheat (Gluten), soy & sulphites
<b>Carrot Loaf with cream cheese icing</b>	
Carrot Loaf with cream cheese icing	Wheat flour, salt, yeast, egg, baking soda, sugar, brown sugar, cinnamon, nutmeg spice, carrots, vegetable & canola oil, margarine, vanilla, Icing contains-Icing sugar, cream cheese, milk, salt, vanilla, margarine
<b>Assorted Cookies</b>	
<b>Oatmeal Raisin</b>	
Oatmeal Raisin	Wheat, flour, oats, sugar, raisins, butter, canola oil, eggs, salt & molasses, May Contain: Milk, Wheat (Gluten), soy & sulphites
<b>Choc Chip</b>	
Choc Chip	Wheat, flour, sugar, semi-sweet chocolate, cocoa butter, canola oil, eggs, salt & molasses, May Contain: Milk, Wheat (Gluten), soy & sulphites

Double Chocolate	Wheat, flour, chocolate chips, sugar, butter, cocoa butter, vegetable oil, eggs, salt & molasses, May Contain: Milk, Wheat (Gluten), soy & sulphites
Monster	Wheat, flour, sugar, smi-sweet chocolate, cocoa butter, canola oil, eggs, salt & molassaes, food coloring, May Contain: Milk, Wheat (Gluten), soy & sulphites
<b>Personal Pie</b>	
Strawberry Rhubarb Personal Pie	Brown sugar, white sugar, salt, margarine, flour, cinnamon, baking soda, baking powder, vanilla & oatmeal, strawberries, rhubarb, May contain: egg, milk, sulphites
Cherry Personal Pie	Brown sugar, white sugar, salt, margarine, flour, cinnamon, baking soda, baking powder, vanilla & oatmeal, cherries, May contain: egg, milk, sulphites
Apple Personal Pie	Brown sugar, white sugar, salt, margarine, flour, cinnamon, baking soda, baking powder, vanilla & oatmeal, apple, May contain: egg, milk, sulphites
<b>Salads</b>	
<b>Menu Item</b>	<b>Ingredients</b>
Potato Salad	Potatoes, canola oil, sugar, vinegar, salt, onion, carrots, red & green peppers, spices, mustard, turmeric seasoning salt, Contains: Wheat, egg, mustard, milk, may contain sulphites
Pasta Salad	Duram wheat pasta, senmolina flour, tomato powder, spinach powder, peppers, onions, celery, carrots, mayonnaise, vinegar, sugar, salt, pepper, seasoning salt, Contains: Wheat, egg, mustard, milk, may contain sulphites
Fresh Fruit Salad	May Contain: Combination of Watermelon, cantaloupe, honeydew, pineapple, orange slices, red grapes, green grapes
Chef Salad Bowl	Iceberg lettuce, cherry tomatoes, carrots, ham, turkey, boiled egg, cheddar & mozza cheese & ranch dressing May contain: wheat, egg, milk, sulphites
Caesar Salad Bowl	Romaine Lettuce, parmesan cheese, croutons, seasoning, chicken, bacon bits, lemon, Caesar dressing, May contain: wheat, egg, milk, sulphites
Fresh Veggie Cup	May contain combination of Carrots, tomato, celery, broccoli, cauliflower & ranch dip, snap peas
Yogurt Fruit Parfait Cup	Vanilla yogurt & oats, granola, May Contain: mixed berries- blue berries, black berries raspberries, peach, orange, May contain: sulphites, dairy, peanuts & fruit