



Perley Health Catering Menu

613.526.7171 x 2615

f&nsupervisors@perleyhealth.ca



Start of The Day

Morning selections include freshly brewed Van Houtte coffee, tea, juice and ice water.

Day Break - Continental

\$4.99 per person

Your choice of fresh baked muffins, cinnamon buns, or danishes. Served with butter, and a variety of jams.

Healthy Start

\$5.99 per person

Fresh fruit slices and yogurt.

Hot Breakfast

\$7.99 per person

Fluffy scrambled eggs, breakfast sausage, crispy bacon, light seasoned home fries, and fresh croissants.



Sides for your Breakfast

Yogurt

\$1.99 per person

Cinnamon buns

\$2.49 per person

Danish

\$2.49 per person

Milk

\$1.79 per person

Tea Biscuits or scones

\$1.79 per person

Freshly Baked Muffins

\$2.49 per person

Fresh Fruit Salad

\$3.49 per person

Croissants

\$2.49 per person

Coffee Break Packages

Healthy Break

Fresh Fruit, a variety of Canadian Cheese, chilled juice, coffee, tea, and water.

\$9.99 per person

Cookie Jar

Fresh baked cookies, chilled juice and soft drinks.

\$5.49 per person

Snack Attack

Selection of Potato chips, cookie and chilled juice soft drinks and water.

\$6.49 per person

Sweet Break

Assortment of gourmet squares, and freshly brewed Coffee and Tea.

\$3.99 per person



Beverages

Tea and Coffee

\$1.99 per person

Pop and Juice

\$2.49 per person

Punch

\$1.49 per person

Milk Chocolate or 2%

\$1.79 per person

Samplers

Fresh Fruit Platter

Selection of Seasonal sliced fresh fruit.

\$3.99 per person

Cheese and Fruit Platter

Selection of Seasonal sliced fresh fruit, Canadian Cheese served with assorted crackers.

\$6.99 per person

The Cheese Sampler

Selection of Canadian cheese served with a variety of specialty crackers.

\$5.99 per person

International Cheese Platter

Imported Gourmet cheese served with specialty crackers.

\$7.99 per person

Garden Vegetables and Dip

Assortment of Crisp fresh cut vegetables served with a tasty dip

\$4.99 per person



Sweets

Assorted Gourmet Dessert Squares

\$1.99 per person

Gourmet assortment of dessert squares, including Nanaimo bars, brownies, lemon or butter tart squares, date squares and mini cream puffs.

Gourmet Cookies

\$1.49 per person

Selection of gourmet cookies, chocolate chip, oatmeal raisin, double chocolate, and white chocolate macadamia.

Specialty Pies

\$2.99 per person

Choose from these favorites: Apple, Pecan, Lemon, and Cherry.



Sandwich Selections

Traditional Style

Assorted Sandwiches on Whole Wheat, Multi Grain, Rye, Bread. Includes egg salad, tuna salad, chicken salad, ham and cheese and sliced turkey.

\$5.99 per person

All Wrapped Up

A variety of sliced deli meats, lettuce, cheese, tomato wrapped to perfection.

\$6.99 per person



Sandwich Sides

Bowl of Soup

\$3.99 per person

Assorted Pickles

\$2.49 per person

Creamy Coleslaw

\$3.99 per person

Macaroni Salad

\$3.99 per person

Potato Salad

\$3.99 per person

Carrot and Raisin Salad

\$3.99 per person

Chef Salad

\$4.99 per person

Caesar Salad

\$5.99 per person

Lunch and Dinner Entrées

Entrées consist of one hot entrée, potato, rice, and one hot vegetable or salad.

Entrées include, freshly brewed Van Houtte Coffee, tea, and herbal tea, and a selection of chilled juices, soft drinks, and dessert

Chicken Entrées

\$21.99 per person

Chicken and Wild Mushrooms

Chicken Breast in a Wild Mushroom Cream Sauce

Curry Chicken

Chicken Breast in a Creamy Curry Sauce

Classic BBQ Chicken

Tender seasoned BBQ Boneless Chicken Breast

Butter Chicken

Boneless Chicken Breast in a rich creamy sauce.

Chicken Souvlaki

Boneless Chicken Breast, grilled Vegetables on a skewer



Lunch and Dinner Entrées

Beef and Pork Entrées

\$21.99 per person

Beef Bourguignon or Beef Stroganoff

A rich stew with onions and mushrooms in a wine or cream sauce

Stuffed Pork Loin

Pork stuffed with apricot, prunes, apple, with a rich wine sauce

Pork Souvlaki

Tender garlic and lemon pork skewers

Asian Style Beef Stir Fry

Satay beef and Asian vegetables



Pasta Entrées

Pasta Entrées

\$19.99 per person

Home Style Classic Beef Lasagna

Home Style Vegetable Lasagna

Salmon Entrée

\$21.99 per person

Grilled Filet of Salmon

Cream sauce



Delivery and Set-up of Catering and including clean up after event.

10 people or less - \$25.00. Over 10 people - \$40.00.

- 72 hours advance notice is required for all catering
- In the event 72 hours lead time is not provided, and the department is able to process the request with food items that we have on site, there will be an additional charge applied to your catering request depending on the number of people the catering is for.
 - There will be an additional charge of \$10.00 added to the catering cost for caterings between one and five people
 - There will be an additional charge of \$20.00 added to the catering cost for caterings between six and nine people
 - There will be an additional charge of \$40.00 added to the catering cost for caterings for ten people and above
- 48 hours advance notice is required for beverages only
- 48 hours notice (minimum) is required for cancellations

(There will be a charge for cancellations without the required 48 hours notice)

All internal catering requisitions are required to have account numbers identified at the time the requisition is submitted.

For special requests, additional information or assistance with your planning please contact Cafeteria and Catering Supervisor 613.526.7171 x 2615 or email fnsupervisors@perleyhealth.ca