

Breakfast Options

Option 1

Scrambled Eggs mixed with assorted grilled vegetables

Turkey Bacon

Whole Grain Toast

Orange Juice, Apple Juice

Coffee and Tea

12.50 per person plus tax

Option 2

Fresh Fruit Salad

Scrambled Eggs mixed with assorted grilled vegetables

Turkey Bacon

Whole Grain Toast

Orange Juice, Apple Juice

Coffee and Tea

14.75 per person plus tax

Snack Options

Option 1

Yogurt

Trail Mix

Fresh Fruit Salad

6.50 per person

Option 2

Vegetables and Humus

56.50 per tray

Additional Breakfast/Break Options

Peanut Butter/Berry Preserves	1.00 per person
Greek Yogurt	2.50 per person
Yogurt	2.00 per person
Trail Mix	2.50 per person
Fresh Fruit Salad	3.95 per person
Oatmeal	2.00 per person
Whole Grain Toast	1.50 per person
Bagels	2.50 per person
Bran Muffins	2.00 per person
Oatmeal Cookies	1.50 per person
Coffee and Tea	1.50 per person
Assorted Fresh Vegetable (Tray feeds 20-30 people)	51.50 per tray
Assorted Fresh Fruit Tray (Tray feeds 20-30 people)	53.00 per tray

Beverages

Orange Juice	1.50 per person
Apple Juice	1.50 per person
Skim or 2% Milk	2.00 per person

Milk Alternatives Available Upon Request

Lunch Options

Option 1

Assorted Vegetable Tray
Whole Grain Wraps (1.5 wraps per person)
Turkey/Ham/Tuna/Veggie/Egg Salad
Tossed Salad (House Vinigrette on the side)
Coffee/Tea/Decaf
\$15.45 per person plus tax – buffet style service

Option 2

Assorted Vegetable Tray
Chicken Soup with Pastina
Tossed Salad
Whole Grain Mini Rolls
Coffee/Tea/Decaf
\$12.95 per person plus tax – buffet style service
\$15.95 per person plus tax – country style service

Option 3

Assorted Vegetable Tray
Whole Grain Rice
Boneless Skinless Chicken Strips
Sautéed Vegetables
Tossed Salad (House Vinegrette of the Side)
Whole Grain Rolls and Butter
Coffee/Tea/Decaf
\$21.95 per person plus tax – buffet style service
\$26.95 per person plus tax – country style service

Dinner Options

Option 1

Assorted Vegetable Tray
Whole Grain Rice with Button Mushrooms/Whole Grain Penne with Tomato Basil Sauce
Tossed Salad
Roast Chicken
Baby Carrots
Whole Grain Mini Rolls
Coffee and Tea
Fresh Fruit Salad
22.95 per person plus tax – buffet style service
26.95 per person plus tax – country style service

Option 2

Assorted Vegetable Tray
Whole Grain Rice with Button Mushrooms/Whole Grain Penne with Tomato Basil Sauce
Tossed Salad
Roasted Chicken
Baby Carrots
7oz Broiled Basa Fillet
Green Beans
Whole Grain Mini Rolls
Coffee and Tea
Fresh Fruit Salad
28.95 per person plus tax – buffet style service
36.95 per person plus tax – country style service

Additional Options

Minestrone Soup	3.95 per person
Whole Grain Bruschetta Pasta (Served Semi Warm)	4.50 per person
Whole Grain Assorted Wraps (1.5 wraps per person)	7.95 per person
Cherry Tomato, Cucumber, Black Olive and Bocconcini Salad	4.95 per person
Mixed Greens Topped with Beets and Goat Cheese Salad	5.95 per person
5 bean Salad	3.25 per person
Artichoke, Cheery tomato and Cucumber Salad	4.95 per person
String Beans	2.95 per person
Baby Carrots	2.95 per person
Grilled Portobello Caps	6.95 per person
Grilled Lemon Chicken	6.95 per person



In recognition of our commitment to providing healthier options to our clients, the Fogolar Furlan Club has become a Meet Smart certified caterer. This Meet Smart designation means that we offer affordable, healthy menu options for all meals and refreshment breaks.

Meet Smart menu options are well balanced and include fresh, wholesome foods that promote good health, including:

- A selection of vegetables or fruit
- Leaner protein options, including lean meats, fish, and legumes
- Whole grains for at least half of the grain choices
- Foods that contain minimal added sugar, salt, or unhealthy fats



Look for the above Meet Smart logo to identify menu options that meet these criteria. Many other menu options can be customized into Meet Smart options upon request. Please inquire for more details. The Meet Smart catering designation program is offered by Go For Health in collaboration with the Windsor-Essex County Health Unit. For more information on this program e-mail nutrition@wehealthunit.org or call 519-258-2146 ext. 3100.