



# CATERING MENU BY ST. JOSEPH'S HOME CARE



**St. Joseph's**  
Home  Care

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# Breakfast

## EARLY RISER BUFFET

### A selection of:

Fresh fruit tray  
Assorted yogurts  
Freshly baked muffins & pastries  
Bacon, sausage OR ham  
Hot and cold cereals

### Your choice of one entree:

Scrambled eggs, hash browns and toast  
Pancakes with a variety of toppings  
Western, mushroom or cheese omelette  
French toast or Belgian waffles  
Eggs benedict  
Chilled juices  
Coffee (regular and decaf) and select teas

## THE CONTINENTAL

Your choice of juice, freshly baked muffins and pastries, fruit cocktail, and coffee and tea.

## SUNSHINE PLATE SERVICE BREAKFAST

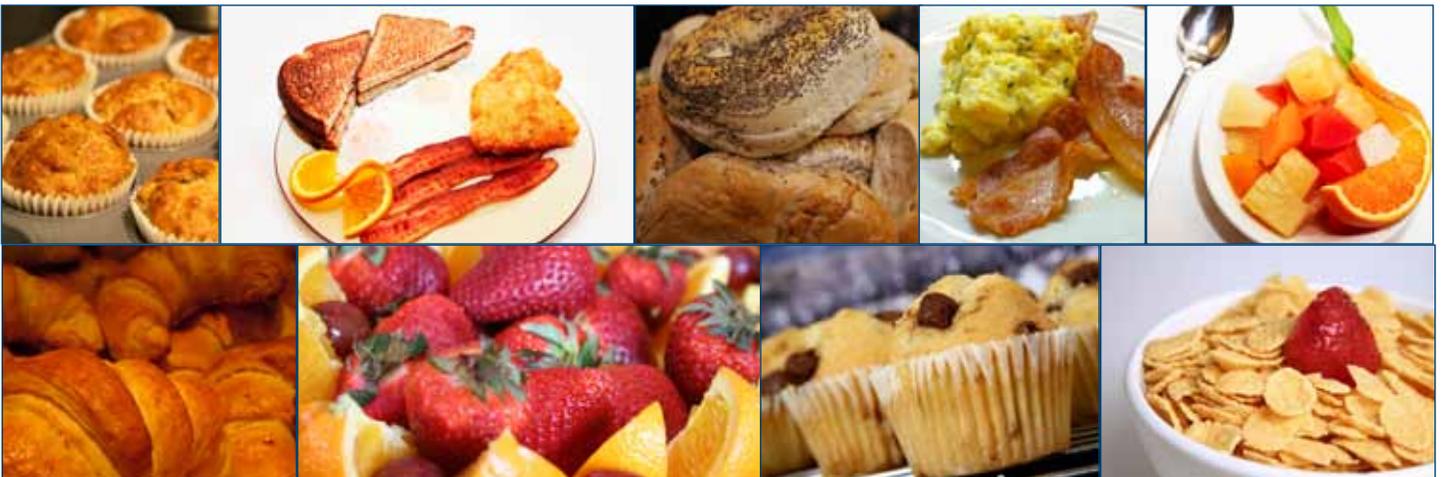
Breakfast juices  
Home fries & toast  
Assorted pastries  
Coffee and tea

Served with your choice of eggs:  
scrambled | over-easy | sunny side up

Omelettes (westerns, mushroom or cheese) are also available.

## A LA CARTE BREAKFAST MENU

Freshly baked muffins and/or pastries  
Bagels  
Individual portions of fresh fruit  
Fresh fruit platter  
Breakfast breads  
Individual hot chocolate  
Pitcher of chilled juice  
orange | apple | cranberry  
Coffee  
Regular | Decaf | Flavoured  
Tea



# Hot Lunch

*All hot lunch entrees include fresh baked bread, your choice of soup or house salad, chef's choice dessert, and coffee or tea.*

## **INDIVIDUAL QUICHE WITH GARDEN SALAD**

Your choice of broccoli and cheese OR lorraine

## **CHICKEN STIR FRY**

Served with egg fried rice

## **TRADITIONAL POT ROAST**

Served with roasted potatoes and seasonal vegetables

## **LASAGNA**

Vegetarian or meat lasagna

## **CHICKEN PARMIGIANA**

Pan-fried chicken breast topped with tomato sauce and a blend of cheese

## **CANNELLONI**

Cheese-stuffed shells served in tomato sauce

## **CHICKEN CHASSEUR**

Grilled boneless chicken breast served with mushroom tarragon sauce

## **LEMON CHICKEN**

Grilled chicken breast with a sauce made from the zest of fresh lemons and parsley

## **FISH & CHIPS**

Battered cod served with fries and coleslaw

## **ROASTED QUARTER CHICKEN BREAST**

Served with your choice of chasseur sauce or honey rosemary glaze

# Working Lunches

*Served buffet-style, working lunches include soup or salad, condiments, dessert and coffee/tea.*

**"Build your own" deli sandwich**

**Cocktail sandwich platter**

**Assorted wraps**



# Platter Service

## COCKTAIL SANDWICH PLATTER

Bite-sized sandwiches with a variety of fresh fillings that include ham, roast beef, egg salad, tuna salad, salmon salad, and chicken salad

Sizes: *small (6 sandwiches) | medium (12 sandwiches) | large (18 sandwiches)*

## KAISER SANDWICH PLATTER

Deli style sandwiches on fresh kaiser rolls with an assortment of fillings including ham & cheese, roast beef, tuna salad and egg salad

Sizes: *small (8 servings) | medium (18 servings)*

## WRAPS PLATTER

Ever popular wraps filled with an assortment of deli meats and savoury salads

Sizes: *small (9 wraps) | medium (14 wraps) | large (20 wraps)*

## VEGETABLE & DIP PLATTER

A variety of bite-sized vegetables with dip

Sizes: *small (6-8 servings) | medium (15-18 servings) | large (20-25 servings)*

## DESSERT SQUARES

A dessert favourite! Assorted squares including, butter tarts, brownies, nanaimo bars and other sweets

Sizes: *small (12 pieces) | medium (30 pieces) | large (40 pieces)*

## FRESH FRUIT PLATTER

A selection of fresh fruit served with yogurt dip

Sizes: *small (6-8 servings) | medium (15-18 servings) | large (20-25 servings)*

## COOKIE PLATTER

An assortment of freshly baked cookies

Sizes: *small (8 cookies) | medium (18 cookies) | large (25 cookies)*

## BREAKFAST PLATTER

Assorted muffins, tea biscuits and danishes

Sizes: *small (8 pieces) | medium (18 pieces) | large (25 pieces)*



# Barbeques

## Lunch time BBQ

Vegetable and dip platter

Baby green salad with assorted dressings  
Traditional potato salad  
Creamy coleslaw  
Tri-coloured pasta salad

Hamburgers and hot dogs - grilled to your liking  
Assorted condiments

*Dessert:*

Selection of ice cream served on a cone  
or  
Fresh fruit platter

## Classic Summer BBQ

Fresh rolls with butter

A selection of salads:

Tossed garden salad with assorted dressings  
Pasta salad  
Potato salad  
Creamy coleslaw

An assortment of desserts:

Fresh fruit platter  
Cookies and squares platter  
Ice cream served on a cone

Coffee, lemonade or iced tea

Your choice of two entrees:

BBQ boneless chicken breast  
Honey garlic or Italian sausage  
Grilled chicken breast  
5oz. Angus burger



# Plate Service Dinners

## Soups

### *Cream of:*

Mushroom | Cauliflower | Tomato | Asparagus |  
Chicken | Potato with bacon | Broccoli | Celery

### *Broth-based:*

Turkey vegetable | Beef vegetable |  
Carrot Autumn | Minestrone | Chicken noodle |  
Vegetable beef with barley

## Salads

### **TOSSED GARDEN SALAD**

Mixed greens including romaine, leaf, iceberg and radicchio topped with cucumber and tomato, and served with your choice of dressing

### **TRADITIONAL GREEK SALAD**

Crisp romaine lettuce tossed with tomatoes, feta cheese and black olives in a traditional vinaigrette, and served with pita wedges

### **CAESAR SALAD**

Served with creamy garlic and peppercorn dressing, bacon bits and croutons and topped with parmesan cheese and a lemon wedge

### **BABY SPINACH SALAD**

Baby spinach leaves topped with feta cheese, walnuts, raisins and red onion rings served with a poppy seed dressing

### **MIMOSA SALAD**

A variety of fresh lettuces topped with chopped eggs, orange segments and pine nuts with a ranch style dressing

### **SUMMER STRAWBERRY SALAD**

Fresh strawberries, spinach, bean sprouts and red onions topped with walnuts in a light vinaigrette

### **MANDARIN SALAD**

A refreshing mixture of baby lettuces topped with bean sprouts, almonds and mandarin oranges, served with a raspberry vinaigrette



# Plate Service Dinners

## Appetizer

### **SPANAKOPITA**

Spinach and feta cheese wrapped in phyllo pastry and served with a garnish of chopped tomato and olives with tzatziki sauce



## Poultry entrees

### **CHICKEN PARMIGIANA**

Pan-fried breaded chicken breast with a spicy tomato sauce topped with mozzarella cheese

### **CHICKEN MEDITERRANEAN**

A supreme chicken stuffed with feta cheese and spinach finished with a sweet red pepper sauce

### **HERB CHICKEN**

Butter-dipped chicken breast tossed with mixed herbs and bread crumbs

### **CHICKEN FORESTER**

Chicken stuffed with rice, sauteed mushrooms and onions served in a Marsala sauce

### **CHICKEN CHASSEUR**

Boneless chicken breast served in a mushroom tarragon sauce

### **CHICKEN ASIAGO**

Boneless chicken breast stuffed with Asiago cheese and sun-dried tomato in a tomato cream sauce

### **LEMON CHICKEN**

Grilled chicken breast with a sauce made from the zest of fresh lemons and parsley

### **ROAST TURKEY**

Roasted turkey served with traditional dressings and cranberry sauce



# Plate Service Dinners

## Meat entrees

### ROAST PRIME RIB BEEF AU JUS

We cook our prime rib to your liking and serve it with pan drippings. Add Yorkshire pudding on the side.

### BEEF STROGANOFF

Tender pieces of beef stewed in a mushroom cream sauce and served over rice or egg noodles

### ROAST BEEF TENDERLOIN

Roasted to perfection and served with a portobello, shiitake, and button mushroom sauce

### BEEF TIPS

Tender pieces of beef tips served in a red wine sauce

### POT ROAST

Slow-roasted to ensure tenderness and served with a traditional gravy

### GRILLED PORK CHOP

A thick pork chop grilled and seasoned with herbs and spices, and served with an apple chutney or dark mushroom sauce

### LAMB LOIN

Tender lamb loin seasoned with rosemary and garlic, and served with a tasty reduction

### MEDALLIONS OF ROAST STRIP LOIN

Served with a red wine mushroom sauce

### PEPPER-CRUSTED GRILLED NEW YORK STRIPLOIN

Served with a demi-glaze

### MARINATED ROAST PORK TENDERLOIN

Seasoned with mustard, garlic and rosemary

### TRADITIONAL COTTAGE ROLL

Seasoned pork roast cooked until tender and served with homemade gravy

### ROASTED VEAL

Cooked slowly with fresh herbs to seal in flavour and served with a white wine cream sauce.

### ROAST PORK LOIN

Tender pickled loin



# Plate Service Dinners

## Fish entrees

### GRILLED ATLANTIC SALMON FILLET

Grilled to perfection and served with a choice of lemon butter sauce or honey dijon sauce.

### HADDOCK LOIN

Broiled haddock loin topped with a tomato relish

### GARLIC HERB TILAPIA

A healthy choice of oven-baked tilapia seasoned with garlic and herbs

### GRILLED HALIBUT

Grilled fillet of halibut seasoned with lemon pepper and service with a side of ratatouille

### PAUPIETTES OF SOLE

Poached sole fillets served with a light cream sauce and baby shrimp

## Vegetarian entree

### GRILLED VEGETABLE PENNE

Portobello mushrooms, zucchini, eggplant and red peppers grilled to perfection and served over penne in a light creamy pesto sauce



# Desserts

## **N.Y. STYLE CHEESECAKE**

Served with your topping choice of strawberry, cherry or blueberry sauce

## **CARROT CAKE**

An old-time favourite cake with pecans, raisins, grated carrots, and spices and a cream cheese frosting

## **LEMON MERINGUE PIE**

A classic dessert featuring tart lemon curd and melt-in-your-mouth Italian merengue

## **FRESH FRUIT CUP**

A selection of fresh fruit topped with whipped cream

## **BAKED APPLE BLOSSOM**

Delicious baked apple and cinnamon wrapped in pastry an topped with caramel vanilla sauce

## **CHOCOLATE ICE CREAM CREPES**

Chocolate ice cream wrapped in crepes, served with fresh berries and drizzled with chocolate sauce

## **CHOCOLATE CAKE**

Double-layered chocolate cake with a rich chocolate filling

## **BLACK FOREST CAKE**

Traditional German black forest cake with chocolate and cherries

## **ENGLISH TRIFLE**

Layers of sponge cake with fruit and pudding topped with whipped cream

## **BROWNIE SUNDAE**

A warm double chocolate brownie topped with vanilla ice cream, chocolate sauce and whipped cream

## **GOURMET BAILEYS CHEESECAKE**

A classic cheesecake drizzled with Baileys liqueur and chocolate sauce

## **FRESHLY BAKED PIES**

Your choice of freshly baked apple, cherry or blueberry pie served with ice cream



# Catering Policies & Terms

St. Joseph's Home Care enjoys an excellent reputation for quality banquet catering. Our professional catering team is dedicated to helping you plan a memorable occasion for your group and ensuring your event is a complete success.

The following information and suggestions will help you plan a successful event:

## **Bookings and Deposits**

Tentative bookings will be held for seven days, after that time they may be canceled at the discretion of St. Joseph's Home Care. Clients with a tentative booking will be given first right of refusal if another party requests to book the same date as your tentative booking. All bookings are subject to cancellation until contracts have been signed and the appropriate deposit is secured.

## **Guarantees**

In order to keep costs and prices at a reasonable level, it is imperative that St. Joseph's Home Care is notified of the guaranteed number of attendees 48 hours prior to the event. The guaranteed number is required on the Friday prior to the function for functions occurring on a Sunday, Monday, or Tuesday. Failure to provide this information will result in billing for the estimated number of guests stated at the time of booking, or the actual number of people in attendance, whichever is greater. We are prepared to set-up and serve up to 5% more than the guaranteed number.

## **Cancellation Policy**

Cancellations of confirmed bookings are subject to any rental charges. In the case of short notice cancellation (48 hours prior to a scheduled event), food cost charges may also apply. These deposits are non-refundable and non-transferable to another function.

## **Menu Information**

When selecting a menu for your function, remember that the menu must be identical for all attendees. To accommodate different dietary needs, some substitutes are available and must be arranged in advance of the function date. The Banquet Supervisor must be notified of who will need the substitutes at the time of the function.

The menu selection must be submitted to the catering office at the latest two weeks prior to the event; we cannot guarantee selections made with less than two weeks' notice. Should you require an option not listed in our Catering Package, please contact our Catering Office.

A contract will be sent to you after all of the arrangements for the function have been decided. Sign the contract and return it to our catering office at least 48 hours prior to the event.

## **Food Policy**

For events hosted at First Place Hamilton Room, all food ordered must be from St. Joseph's Home Care. Food from external sources is not permitted on our premises.

It is our desire to provide the highest quality food service. All food is prepared according to the contracted time. It is imperative that functions start at the scheduled time, as delays in service can affect the quality of the food served.

## **Pricing Policy**

All prices are current and subject to change at any time without notice on bookings confirmed more than 90 days in advance of the function.

## **Payment Policy**

Companies will be invoiced directly for their functions. Private events require a prepayment 48 hours prior to the event, based on the number of people confirmed to be attending and food and beverages required.