

Food For Thought

840 Erin St. (on the corner of St. Mathews)

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

Catering Menu

May-18

Sandwiches ea.			Comfort Foods & Casseroles			Hot
7001	Tuna Sandwich	\$6.75	7101	2.5 kg. Veggie Lasagna (serves 6-8)	\$39.99	
7002	Egg Sandwich	\$6.50	7102	2.5 kg. Chicken Lasagna (serves 6-8)	\$41.99	
7003	Chicken Sandwich	\$6.75	7103	2.5 kg. Beef Lasagna (serves 6-8)	\$41.99	
7004	Ham Sandwich	\$6.75	7104	2.5 kg. Vegetarian Chili (serves 6-8)	\$34.49	
7005	Salami Sandwich	\$6.65	7105	2.5 kg. Chicken Chili (serves 6-8)	\$36.49	
7006	Vegetarian Sandwich	\$6.50	7106	2.5 kg. Beef Chili (serves 6-8)	\$36.49	
Wraps ea.			7107	Farmers Sausage w. Mustard(ser. 8+)	\$36.49	
7011	Tuna Wrap	\$7.25	7108	2.5 kg. Penne Mushroom Alfredo (ser. 6-8)	\$36.49	
7012	Egg Wrap	\$6.99	7112	2.5 kg. Vegan Curry (serves 6-8) (V)	\$36.49	
7013	Chicken Wrap	\$7.25	7113	2.5 kg. Chicken Stew (serves 6-8)	\$37.49	
7014	Ham Wrap	\$7.25	7114	2.5 kg. Chicken Curry (serves 6-8)	\$39.99	
7015	Salami Wrap	\$7.10	7116	2.5 kg. Shepherd's Pie (serves 6-8)	\$40.49	
7016	Vegetarian Wrap	\$6.95	7117	2.5 kg. Perogy Casserole (ser. 6-8)	\$41.99	
7017	Greek Wrap	\$6.99	7119	Sweet & Sour Meatballs (3 dz.)	\$38.49	
7020	FFT Falafel (vegan) (V)	\$7.25	7120	2.5 kg. Veg. Moussaka (serves 6-8)	\$42.99	
Assorted Buns-Wraps by 1dz.			7121	2.5 kg. Beef Moussaka (serves 6-8)	\$42.99	
7021-1dz.	Mini bun sandwiches (12-pc.)	\$37.49	7126	2.5 kg. Beef Stew (serves 6-8)	\$41.99	
7023-1dz.	Mini Falafel Platter (12-pc.) (V)	\$27.99	7131	2.5 kg. 3 Cheese Penne Pasta (serves 6-8)	\$39.99	
Sandwich Combo Platters			7137	Meatballs & Gravy (3 dz.)	\$38.49	
7024-Sm.	Sandwich Platter Small	\$36.99	7500	9 inch Ham Quiche (serves 4+)	\$22.99	
<i>1-ham, 1-salami, 1-chic, 1-egg, 1-tuna, 1-veg.</i>			7517	9 inch Chicken Quiche (serves 4+)	\$22.99	
7024-Med.	Sandwich Platter Med	\$71.99	7501	9 inch Vegetable Quiche (serves 4+)	\$22.99	
<i>2-ham, 2-salami, 2-chic, 2-egg, 2-tuna, 2-veg.</i>			7518	9 inch Spinach & Mushroom Quiche	\$22.99	
7024-Lg.	Sandwich Platter Large	\$94.99	7503	9 inch Chicken Pot Pie (serves 4-5)	\$27.99	
<i>3-ham, 3-salami, 3-chic, 3-egg, 2-tuna, 2-veg.</i>			7512	Beef Burritos w. sauce (min. 6 per order)	\$8.49 ea.	
Wrap Combo Platters			7513	Chicken Burritos w. sauce (min. 6 per order)	\$8.49 ea.	
7025-Sm.	Wrap Platter Small	\$40.49	7519	Veggie & Cheese Burritos w. sauce (min. 6)	\$8.49 ea.	
<i>1-ham, 1-salami, 1-chic, 1-egg, 1-tuna, 1-veg.</i>			7515	Chicken w. Cream Brie (min. 6 per order)	\$7.49 ea.	
7025-Med.	Wrap Platter Med	\$79.99	Soups (1 Litre Serves 3-4) Hot			
<i>2-ham, 2-salami, 2-chic, 2-egg, 2-tuna, 1-veg, 1-greek.</i>			400-Lg.	(Hot) Beet borscht w. Sour Cream	\$11.99	
7025-Lg.	Wrap Platter Lg.	\$105.99	401-Lg.	(Hot) French Farm (V)	\$11.99	
<i>3-ham, 3-salami, 2-chic, 2-egg, 2-tuna, 2-veg, 2-greek.</i>			402-Lg.	(Hot) Beef Barley	\$12.99	
Sandwich & Wrap Combo Platters			403-Lg.	(Hot) Red Lentil with Apricot	\$11.99	
7026-Sm.	Sandwich & Wrap Platter	\$38.99	406-Lg.	(Hot) Light Chicken Vegetable	\$12.99	
<i>1-ham wrap, 1-salami sand, 1-chic wrap, 1-egg sand, 1-tuna sand, 1-veg wrap.</i>			407-Lg.	(Hot) Potato Bacon and Cheddar	\$12.99	
7026-Med.	Sandwich & Wrap Platter	\$76.99	408-Lg.	(Hot) Pumpkin	\$11.99	
<i>2-ham wrap, 2-salami sand, 2-chic wrap, 2-egg sand, 2-tuna sand, 1-veg wrap, 1-greek wrap.</i>			409-Lg.	(Hot) Classic Tomato	\$11.99	
7026-Lg.	Sandwich & Wrap Platter Large	\$101.99	410-Lg.	(Hot) Broccoli Cheddar	\$11.99	
<i>3-ham wrap, 3-salami sand, 2-chic sand, 2-egg sand 1-tuna sand, 1-tuna wrap, 2-veg wrap, 2-greek wrap.</i>			411-Lg.	(Hot) Spaghetti	\$12.99	
Cheese Platters			412-Lg.	(Hot) Minestrone (V)	\$11.99	
7240-Mini	Mini Cheese & Fruit (serves 3-4)	\$11.85	413-Lg.	(Hot) Split Pea and Ham	\$12.99	
7240-Sm.	Sm. Cheese & Fruit (serves 12-18)	\$41.49	Fruit-Veg-Meat Platters			
7240-Med.	Med. Cheese & Fruit (serves 24-36)	\$82.49	7243-Mini	Fruit Platter (serves 3-4)	\$10.25	
7241-Mini	Mini Cheese & Pickle (serves 3-4)	\$10.49	7243-Sm.	Fruit Platter (serves 12-18)	\$37.99	
7241-Sm.	Sm. Cheese & Pickle (serves 15-20)	\$36.49	7243-Med.	Fruit Platter (serves 24-36)	\$75.99	
7241-Med.	Med. Cheese & Pickle (serves 30-40)	\$73.49	7244-Mini	Vegetable Platter (serves 3-4)	\$9.75	
7241-Lg.	Lg. Cheese & Pickle (serves 45-60)	\$109.99	7244-Sm.	Vegetable Platter (serves 15-20)	\$35.99	
7242-Mini	Mini Cheese & Veg. (serves 3-4)	\$11.25	7244-Med.	Vegetable Platter (serves 30-40)	\$72.49	
7242-Sm.	Sm. Cheese & Veg. (serves 15-20)	\$38.99	7244-Lg.	Vegetable Platter (serves 45-60)	\$103.49	
7242-Med.	Med. Cheese & Veg. (serves 30-40)	\$78.99	7245-Mini	Pickle Platter (serves 3-4)	\$8.49	
7242-Lg.	Lg. Cheese & Veg. (serves 45-60)	\$115.99	7245-Sm.	Pickle Platter (serves 15-20)	\$31.49	
			7245-Med.	Pickle Platter (serves 30-40)	\$62.99	
			7245-Lg.	Pickle Platter (serves 45-60)	\$94.49	
			7254-ea.	Buffet Lunch Platter (min. 10 guests)	\$8.95 pp.	
*Deli meats, egg, tuna, cheese, pickles, veg, rye bread & condiments						
7255-1/2lb.	Assorted Cracker Tray (serves 8+)	\$6.29				
7516- reg.	Hummus Dip 8oz. (V)	\$4.69				

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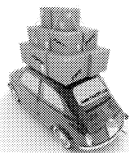
204 772-3663

May-18

Catering Menu

Salads			Fresh Desserts			COLD
7214-Sm.	Caesar Salad (serves 4-6)	\$20.99	7605-1/2dz.	Muffins w. Becel 6-pc.	\$15.99	
7214-Med.	Caesar Salad (serves 8-12)	\$29.49	7605-1dz.	Muffins w. Becel 12-pc.	\$31.49	
7214-Lg.	Caesar Salad (serves 25-30)	\$64.99	7607-1/2dz.	Flourless Peanut Butter Cookies	\$5.75	
7217-Sm.	Cheesy Caesar Salad (serves 4-6)	\$22.99	7607-1dz.	Flourless Peanut Butter Cookies	\$11.50	
7217-Med.	Cheesy Caesar Salad (serves 8-12)	\$31.49	7609-1/2dz.	Assorted Cookies 6-pc.	\$5.75	
7217-Lg.	Cheesy Caesar Salad (serves 25-30)	\$66.99	7609-1dz.	Assorted Cookies 12-pc.	\$11.50	
7220-Sm.	Greek Salad (serves 4-6)	\$22.99	7611-1/2dz.	Assorted Dainties 6-pc.	\$7.49	
7220-Med.	Greek Salad (serves 8-12)	\$31.49	7611-1dz.	Assorted Dainties 12-pc.	\$14.49	
7220-Lg.	Greek Salad (serves 25-30)	\$66.99	7612-ea.	Rice Krispie Squares	\$2.49	
7223-Sm.	Italian Salad (serves 4-6) (V)	\$20.99	7613-ea.	Peanut Butter Confetti sq.	\$2.49	
7223-Med.	Italian Salad (serves 8-12) (V)	\$29.49	7614-ea.	Chocolate Puffed Wheat sq. (V)	\$2.49	
7223-Lg.	Italian Salad (serves 25-30) (V)	\$64.99	7615-ea.	Banana Bread (slice)	\$2.09	
7226-Sm.	Orange Almond Salad (serves 4-6)	\$22.99	7616-ea.	Apple Jacks (each) (V)	\$2.99	
7226-Med.	Orange Almond Salad (serves 8-12)	\$31.49	7617-450gr.	Chocolate Covered Strawberries (8-15)	\$20.99	
7226-Lg.	Orange Almond Salad (serves 25-30)	\$66.99	Desserts Combo Platters			
7227-Sm.	Potato Salad (serves 8-12)	\$28.99	7611-30pc.	Dainty Platter (30pc.)	\$27.99	
7230-Med.	Pasta Salad (serves 8-12)	\$31.49	7611-60pc.	Dainty Platter (60pc.)	\$56.99	
7230-Lg.	Pasta Salad (serves 25-30)	\$66.99	7611-90pc.	Dainty Platter (90pc.)	\$82.99	
7235-Sm.	Spinach Salad (serves 4-6)	\$22.99	7618-Sm.	Breakfast Pastry (serves 10-12)	\$35.99	
7235-Med.	Spinach Salad (serves 8-12)	\$31.49	7618-Med.	Breakfast Pastry (serves 20-24)	\$70.99	
7235-Lg.	Spinach Salad (serves 25-30)	\$66.99	7618-Lg.	Breakfast Pastry (serves 30-36)	\$103.99	
7238-Sm.	Strawberry Salad (serves 4-6)	\$23.99	Beverages			
7238-Med.	Strawberry Salad (serves 8-12)	\$32.49	8000	Five Alive 341ml. can	\$1.79	
7238-Lg.	Strawberry Salad (serves 25-30)	\$67.99	8001	Orange Juice Minute Maid 341ml. can	\$1.79	
7239-Mini	Gluten Free Salad Platter (serves 1-2)	\$14.49	8002	Fresca 355ml. can	\$1.49	
Side Orders			H/C	8003	Apple Juice Minute Maid 341ml. can	\$1.79
7514-1dz.	Garlic Bread Hot 12-pcs.	\$11.99	8004	Cranberry Cocktail Minute M. 341ml.	\$1.79	
7210-Med.	Cumin Basmati Rice (serves 12-16) (V)	\$25.99	8005	Root Beer Barq's 355ml. can	\$1.49	
7210-Sm.	Cumin Basmati Rice (serves 6-8) (V)	\$15.99	8006	Coca-Cola 355ml. can	\$1.49	
7212-Med.	Med. Rice Pilaf (serves 12-16)	\$25.99	8007	Coke Diet 355ml. can	\$1.49	
7212-Sm.	Sm. Rice Pilaf (serves 6-8)	\$15.99	8008	Sprite 355ml. can	\$1.49	
7135-24 pc.	Cabbage Rolls (24 pc.) (V)	\$36.99	8009	Sprite Zero 355ml. can	\$1.49	
7213	Mashed Potatoes (serves 8+)	\$24.99	8010	Ginger Ale Canada Dry 355ml. can	\$1.49	
7206-2pc.	Dinner Buns w. becel 2-pcs.	\$2.09	8011	Ginger Ale Diet Canada Dry 355ml.	\$1.49	
7206-1/2dz.	Dinner Buns w. becel 6-pcs.	\$6.29	New! 8020	V8 Vegetable Cocktail Juice 340ml.	\$1.79	
7206-1dz.	Dinner Buns w. becel 12-pcs.	\$12.59	Seasonal 8019	Cranberry Ginger Ale 355ml. can	\$1.49	
Accessories			New! 8022	Lemon Iced Tea 341 ml. can	\$1.79	
8042-ea.	Serving Spoon	\$3.15	8012	Bottled Water 500ml.	\$1.49	
8043-ea.	Serving Tongs	\$3.15	Drink Combo Packs			
8044-ea.	Serving Ladle	\$3.15	8015	6 - Pack Assorted Juice 341ml.	\$10.49	
8045-ea.	Serving Spatula	\$3.15	2-Orange/2-Apple/1-FiveAlive/1-Cranberry			

(V) Symbol = Vegan



City Wide Delivery



Cash & interac in store only
Monday-Friday \$13.99

8016 **12-Pack Assorted Juice** 355ml. \$20.99

3-Orange/-3Apple/3-FiveAlive/3-Cranberry

8017 **6 - Pack Assorted soft drinks** 355ml. \$8.49

1-Coke/1-Sprite/1-RootB./1-GingerA. /1-D.Coke/1-Sprite Zero

8018 **12 - Pack Assorted soft drink** 355ml. \$16.99

2- Coke/ 2- Sprite/ 1- RootB./ 2- GingerA./ 2- D. Coke
1- Fresca/1- Sprite Zero/1- D. GingerA.

Hot & Specialty Drinks		
8013-Reg.	Coffee Carafe (serves 8-10) Hot	\$17.49
8013-Decaf	Coffee Carafe (serves 8-10) Hot	\$17.49
8014	Tea Carafe (serves 8-10) Hot	\$17.49
8040-Med.	DELUXE Punch Kit (ser. 20-25)	\$25.99
8040-Lg.	DELUXE Punch Kit (ser. 40-50)	\$51.99

Prices subject to change without notice.

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