

# Food For Thought

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

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

## Catering Menu

June 1-16

<b>Sandwiches ea.</b>			<b>Comfort Foods &amp; Casseroles</b>			<b>Hot</b>
7001	Tuna Sandwich	\$6.35	7101	2.5 kg. Veggie Lasagna (serves 6-8)	\$37.99	
7002	Egg sandwich	\$6.10	7102	2.5 kg. Chicken Lasagna (serves 6-8)	\$39.99	
7003	Chicken Sandwich	\$6.35	7103	2.5 kg. Beef Lasagna (serves 6-8)	\$39.99	
7004	Ham sandwich	\$6.35	7104	2.5 kg. Vegetarian Chili (serves 6-8)	\$32.99	
7005	Salami sandwich	\$6.10	7105	2.5 kg. Chicken Chili (serves 6-8)	\$34.99	
7006	Vegetarian sandwich	\$6.10	7106	2.5 kg. Beef Chili (serves 6-8)	\$34.99	
<b>Wraps ea.</b>			7107	Farmers Sausage w. Mustard(ser. 8+)	\$34.99	
7011	Tuna Wrap	\$6.99	7108	2.5 kg. Penne Mushroom Alfredo (ser. 6-8)	\$35.99	
7012	Egg Wrap	\$6.70	7112	2.5 kg. Vegan Curry (serves 6-8) (V)	\$34.99	
7013	Chicken Wrap	\$6.99	7113	2.5 kg. Chicken Stew (serves 6-8)	\$35.99	
7014	Ham Wrap	\$6.99	7114	2.5 kg. Chicken Curry (serves 6-8)	\$35.99	
7015	Salami Wrap	\$6.70	7116	2.5 kg. Shepherd's Pie (serves 6-8)	\$38.99	
7016	Vegetarian Wrap	\$6.65	7117	2.5 kg. Perogy Casserole (ser. 6-8)	\$39.99	
7017	Greek Wrap	\$6.65	7119	Sweet & Sour Meatballs (3 dz.)	\$36.99	
7020	FFT Falafel (vegan) (V)	\$6.99	7120	2.5 kg. Veg. Moussaka (serves 6-8)	\$40.99	
<b>Assorted Buns-Wraps by 1dz.</b>			7121	2.5 kg. Beef Moussaka (serves 6-8)	\$40.99	
7021-1dz.	Mini bun sandwiches (12-pc.)	\$35.99	7126	2.5 kg. Beef Stew (serves 6-8)	\$39.99	
7023-1dz.	Mini Falafel Platter (12-pc) (V)	\$26.99	7131	2.5 kg. 3 Cheese Penne Pasta (serves 6-8)	\$37.99	
<b>Sandwich Combo Platters</b>			7137	Meatballs & Gravy (3 dz.)	\$36.99	
7024-Sm.	<b>Sandwich Platter Small</b>	\$34.99	7500	9 inch Ham Quiche (serves 4+)	\$21.99	
<i>1-ham, 1-salami, 1-Chic, 1-egg, 1-tuna, 1-veg.</i>			7517	9 inch Chicken Quiche (serves 4+)	\$21.99	
7024-Med.	<b>Sandwich Platter Med</b>	\$68.99	7501	9 inch Vegetable Quiche (serves 4+)	\$21.99	
<i>2-ham, 2-salami, 2-Chic, 2-egg, 2-tuna, 2-veg.</i>			7518	9 inch Spinach & Mushroom Quiche	\$21.99	
7024-Lg.	<b>Sandwich Platter Large</b>	\$90.99	7503	9 inch Chicken Pot Pie (serves 4-5)	\$26.99	
<i>3-ham, 3-salami, 3-Chicken, 3-egg, 2-tuna, 2-veg.</i>			7512	Beef Burrito's w. sauce (min 6 per order)	\$7.99 ea.	
<b>Wrap Combo Platters</b>			7513	Chicken Burritos w. sauce (min 6 per order)	\$7.99 ea.	
7025-Sm.	<b>Wrap Platter Small</b>	\$38.99	7515	Chicken w/Cream Brie (min. 6 per order)	\$6.99 ea.	
<i>1-ham, 1-salami, 1-Chic, 1-egg, 1-tuna, 1-veg.</i>			7530-ea.	<b>SPECIAL!</b> Veg Delight Pizza Turnover	\$5.99 ea.	
7025-Med	<b>Wrap Platter Med</b>	\$76.99	7531-ea.	<b>SPECIAL!</b> Hawaiian Pizza Turnover	\$5.99 ea.	
<i>2-ham, 2-salami, 2-Chic, 2-egg, 2-tuna, 1-veg, 1-greek.</i>			7532-ea.	<b>SPECIAL!</b> Pepperoni & Bacon Turnover	\$5.99 ea.	
7025-Lg.	<b>Wrap Platter Lg.</b>	\$100.99	<b>Soups (1 Litre Serves. 3-4)</b>			<b>Hot</b>
<i>3-ham, 3-salami, 2-Chicken, 2-egg, 2-tuna, 2-veg, 2-Greek.</i>			400-Lg.	(Hot) Beet borscht w. Sour Cream	\$11.49	
<b>Sandwich &amp; Wrap Combo Platters</b>			401-Lg.	(Hot) French Farm (V)	\$11.49	
7026-Sm.	<b>Sandwich&amp;Wrap Platter</b>	\$37.49	402-Lg.	(Hot) Beef Barley	\$12.49	
<i>1-ham wrap, 1-salami sand, 1-Chic wrap, 1-egg sand, 1-tuna sand, 1-Veg wrap.</i>			403-Lg.	(Hot) Red Lentil w. Apricot	\$11.49	
7026-Med	<b>Sandwich &amp; Wrap Platter</b>	\$73.99	406-Lg.	(Hot) Light Chicken Vegetable	\$12.49	
<i>2-ham wrap, 2-salami sand, 2-Chic wrap, 2-egg sand, 2-tuna sand, 1-veg wrap, 1-greek wrap.</i>			407-Lg.	(Hot) Potato Bacon & Cheddar	\$12.49	
7026-Lg.	<b>Sandwich &amp; Wrap Platter Large</b>	\$97.99	408-Lg.	(Hot) Pumpkin Soup	\$11.49	
<i>3-ham wrap, 3-salami sand, 2-Chicken sand, 2-egg sand 1-tuna sand, 1-tuna wrap, 2-veg wrap, 2-Greek wrap.</i>			409-Lg.	(Hot) Classic Tomato	\$11.49	
<b>Cheese Platters</b>			410-Lg.	(Hot) Broccoli Cheddar soup	\$11.49	
7240-Mini.	Mini Cheese & Fruit (serves 3-4)	\$11.29	411-Lg.	(Hot) Spaghetti Soup	\$12.49	
7240-Sm.	Sm. Cheese & Fruit (serves 12-18)	\$39.89	412-Lg.	(Hot) Minestrone Soup (V)	\$11.49	
7240-Med.	Med. Cheese & Fruit (ser. 24-36)	\$78.99	413 -Lg.	(Hot) Split Pea and Ham Soup	\$12.49	
7241-Mini.	Mini Cheese & Pickle (serves 3-4)	\$9.99	<b>Fruit-Veg-Meat Platters</b>			
7241-Sm.	Sm. Cheese & Pickle (serves 15-20)	\$34.99	7243-Mini.	Fruit Platter (serves 3-4)	\$9.85	
7241- Med.	Med. Cheese & Pickle (serves 30-40)	\$69.99	7243-Sm.	Fruit Platter (serves 12-18)	\$36.99	
7241-Lg.	Lg. Cheese & Pickle (serves 45-60)	\$104.99	7243-Med.	Fruit Platter (serves 24-36)	\$72.99	
7242-Mini.	Mini Cheese&Vegetable(ser.3-4)	\$10.79	7244-Mini.	Vegetable Platter (serves 3-4)	\$9.25	
7242-Sm.	Sm. Cheese &Vegetable(ser.15-20)	\$37.99	7244-Sm.	Vegetable Platter (serves 15-20)	\$34.49	
7242-Med.	Med. Cheese & Veg.(serves 30-40)	\$75.99	7244.Med.	Vegetable Platter (serves 30-40)	\$68.99	
7242-Lg.	Lg. Cheese & Veg. (serves 45-60)	\$112.99	7244-Lg.	Vegetable Platter (serves 45-60)	\$98.99	
			7245-Mini	Pickle Platter (serves 3-4)	\$7.99	
			7245-Sm.	Pickle Platter (serves 15-20)	\$29.99	
			7245-Med.	Pickle Platter (serves 30-40)	\$59.99	
			7245-Lg.	Pickle Platter (serves 45-60)	\$89.99	
			7254-ea.	Buffet Lunch Platter (min 10 guests)	\$8.49 pp.	
			*Deli meats, egg, tuna, cheese, pickles, veg, rye bread & condiments			
			7255-1/2lb.	Assorted Cracker tray (serves 8+)	\$5.99	
			7516- reg.	Hummus Dip 8oz. (V)	\$4.49	

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## Catering Menu

<u>Salads &amp; Side Orders</u>			H/C	<u>Fresh Desserts</u>			COLD
7514-1dz.	Garlic bread Hot 12-pcs.		\$10.99	7605-1/2dz.	Muffins w. becel 6-pc.		\$14.99
7210-Med.	Cumin Basmati Rice (serves 12-16)	(V)	\$24.99	7605-1dz.	Muffins w. becel 12-pc.		\$29.98
7210-Sm.	Cumin Basmati Rice (serves 6-8)	(V)	\$14.99	7607-1/2dz.	Flourless peanut butter cookies		\$5.50
7212-Med.	Med. Rice Pilaf (ser.12-16)	(V)	\$24.99	7607-1dz.	Flourless peanut butter cookies		\$10.99
7212-Sm.	Sm. Rice Pilaf (ser.6-8)	(V)	\$14.99	7609-1/2dz.	Assorted Cookies 6-pc.		\$5.50
7135-24 pc.	Vegan Cabbage Rolls (24 pc.)	(V)	\$35.99	7609-1dz.	Assorted Cookies 12-pc.		\$10.99
7213	Mashed Potatoes (serves 8+)		\$23.99	7611-1/2dz.	Assorted Dainties 6-pc.		\$6.99
7206-2pc.	Dinner buns w. becel 2-pcs.		\$1.99	7611-1dz.	Assorted Dainties 12-pc.		\$13.99
7206-1/2dz.	Dinner Buns w. becel 6-pcs.		\$5.99	7612 -ea.	Rice Krispie Squares		\$2.39
7206-1dz.	Dinner Buns w. becel 12-pcs.		\$11.99	7613-ea.	Peanut butter confetti sq.		\$2.39
7239-Mini	Gluten Free Salad Platter (ser. 1-2)		\$13.99	7614-ea.	Chocolate Puffed wheat sq. (V)		\$2.39
7238-Sm.	Seasonal strawberry salad- ask for availability.			7615-ea.	Banana Bread slice		\$1.99
7214-Sm.	Caesar Salad (serves 4-6)		\$19.99	7616-ea.	Apple Jacks (each) (V)		\$2.90
7214-Med.	Caesar Salad (serves 8-12)		\$27.99	7617-450gr.	Chocolate Covered Strawberries(8-15)		\$16.99
7214-Lg.	Caesar Salad (serves 25-30)		\$61.99	<b>Desserts Combo Platters</b>			
7217-Sm.	Cheesy Caesar Salad (serves 4-6)		\$21.99	7611-30pc.	Daintie Platter (30pc.)		\$26.99
7217-Med.	Cheesy Caesar Salad (serves 8-12)		\$29.99	7611-60pc.	Daintie Platter (60pc.)		\$54.99
7217-Lg.	Cheesy Caesar Salad (serves 25-30)		\$63.99	7611-90pc.	Daintie Platter (90pc.)		\$79.99
7220-Sm.	Greek Salad (serves 4-6)		\$21.99	7618-Sm.	Breakfast pastry (serves 10-12)		\$34.49
7220-Med.	Greek Salad (serves 8-12)		\$29.99	7618-Med.	Breakfast pastry (serves 20-24)		\$67.99
7220-Lg.	Greek Salad (serves 25-30)		\$63.99	7618-Lg.	Breakfast pastry (serves 30-36)		\$99.99
7223-Sm.	Italian Salad (serves 4-6) (V)		\$19.99	<b>Beverages</b>			
7223-Med.	Italian Salad (serves 8-12) (V)		\$27.99	8000	Five Alive 341ml. can		\$1.69
7223-Lg.	Italian Salad (serves 25-30) (V)		\$61.99	8001	Orange Juice Minute Maid 341ml. can		\$1.69
7226-Sm.	Orange Almond Salad (ser.4-6) (V)		\$21.99	8002	Fresca 355.ml. can		\$1.39
7226-Med.	Orange Almond Salad (ser.8-12) (V)		\$29.99	8003	Apple Juice Minute Maid 341ml. can		\$1.69
7226-Lg.	Orange Almond Salad (ser.25-30) (V)		\$63.99	8004	Cranberry Cocktail Minute M. 341ml.		\$1.69
7227-Sm.	Potato Salad (serves 8-12)		\$27.99	8005	Root Beer Barq's 355ml. can		\$1.39
7230-Med.	Pasta Salad (serves 8-12)		\$29.99	8006	Coca-Cola 355ml. can		\$1.39
7230-Lg.	Pasta Salad (serves 25-30)		\$63.99	8007	Coke Diet 355ml. can		\$1.39
7235-Sm.	Spinach Salad (serves 4-6)		\$21.99	8008	Sprite 355ml. can		\$1.39
7235-Med.	Spinach Salad (serves 8-12)		\$29.99	8009	Sprite Zero 355ml. can		\$1.39
7235-Lg.	Spinach Salad (serves 25-30)		\$63.99	8010	Ginger Ale Canada Dry 355ml. can		\$1.39
<b>Beverages</b>				8011	Ginger Ale Diet Canada Dry 355ml.		\$1.39
8015	<b>6 - Pack Assorted Juice</b> 341ml.		9.99	<b>New!</b> 8020	V8 Vegetable Cocktail Juice 340ml.		\$1.69
2-orange/2-Apple/1-FiveAlive/1-Cranberry				<b>New!</b> 8021	Blackberry Ginger Ale 355ml. can		\$1.39
8016	<b>12-Pack Assorted Juice</b> 355ml.		\$19.99	<b>New!</b> 8022	Lemon Iced Tea 341 ml. can		\$1.69
3-Orange/-3Apple/3-FiveAlive/3-Cranberry				8012	Water Nestle Pure Life 500ml.		\$1.39
8017	<b>6 - Pack Assorted soft drinks</b> 355ml.		\$7.99	8013-Reg	Coffee Carafe serves 8-10 (Hot)		\$16.99
1-coke/1-sprite/1-rootb./1-gingerA. /1-D.coke/1-D.sprite				8013-Decaf	Coffee Carafe serves 8-10 (Hot)		\$16.99
8018	<b>12 - Pack Assorted soft drink</b> 355ml.		\$15.99	8014	Tea Carafe serves 8-10 (Hot)		\$16.99
2-coke/ 2 -sprite/ 1-rootbeer/ 2-ginger Ale./ 2-diet coke 1-diet fresca/1-sprite zero/1-diet ginger ale.				<b>Prices subject to change without notice</b>			
8040-Med	DELUXE Punch Kit (ser. 20-25)		\$24.99				
8040-Lg.	DELUXE Punch Kit (ser. 40-50)		\$49.99				
<b>Accessories</b>							
8042-ea.	Serving Spoon		\$2.99				
8043-ea.	Serving Tongs		\$2.99	<b>City Wide Delivery</b>			
8044-ea.	Serving Ladle		\$2.99				
8044-ea.	Serving Spatula		\$2.99	<b>Cash &amp; interac in store only</b>			

(V) Symbol = Vegan

Monday-Friday \$9.99