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GLUTEN FREE & VEGETARIAN MENUS

If you are ordering from the Gluten Free or Vegetarian Menu due to dietary concerns please make sure that we know about your specific dietary needs. Although we strive to accommodate our clients dietary needs, these items are not produced in a completely gluten free environment, and cross-contamination can occur.

Gluten Free Menu Showcase

Salad Choices

Garden Salad Jellied Salads Potato Salad Caesar Salad (No Ambrosia Salad Waldorf Salad Croutons) Fresh Fruit Tray Fruit and Nut Salad Spinach Salad Grilled Vegetable Salad Vegetables and Dip Greek Salad Broccoli and Sunflower

Cucumber and Onion Coleslaw

Hot Vegetable Choices

Carrots, Buttered or Roasted Mixed Stuffed Potatoes Glazed Mexican Rice Vegetables Peas with Onions Whipped Potatoes Glazed Yams

Scalloped Potatoes Broccoli & Cauliflower* Mexican Corn

Roasted Potatoes Green Beans/Red Basmati Rice

Roasted Garlic Mashed **Peppers**

Buttered Turnips Potatoes Seasonal Mixed **Baked Potatoes**

Vegetables* Rice Pilaf

Entrée Choices

Roast Beef and Gravy* Butter Chicken Cabbage Rolls Turkey and Gravy* Pork Ribs (BBQ, Honey Salmon Loins Herb Baked Ham Garlic) Sauce

Honey Glazed Chicken Roast Lamb & Gravy* Whole Baked B.C. Sweet and Sour Mushroom Bourguignon Salmon

Meatballs Roast Pork and Gravy*

Updated: 30-Jun-21

^{*}Gluten Free Cheese Sauce available on request

*Gluten Free Gravy available on request

Dessert Choices

White and Chocolate Ice Cream Sundae Bar Gluten Free Cheese
Mousse Parfait Chocolate Chip Cookies Cake
Raspberry Cloud Crème Brulée Pumpkin Cupcakes

Vegetarian Options

Quiche Bean Casserole Pastas (Penne, Rotini, Perogies with Onions Spinach and Mushroom Cannelloni, Fettuccine, Cabbage Rolls Bowtie) with Choice of Pie Samosas and Chutney Italian Meatballs Sauce (Primavera, Spanakopitas Cheddar Confetti Rice Alfredo, Marinara, Vegetarian Lasagna Rice Pilaf with Almonds Mushroom) Vegetarian Chili & Figs

Updated: 30-Jun-21