

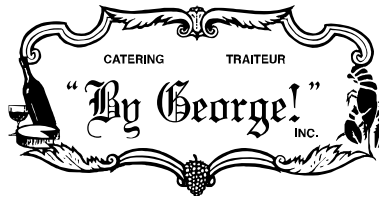
MCGILL UNIVERSITY MENUS 2013

CONTINENTAL STYLE
ROOM TEMPERATURE BREAKFAST

Menu

Mini croissants
Chocolatine
Cranberry twists
Banana bread
Fresh fruit kabobs
Cheddar cheese triangles
Grape clusters
Tropicana orange juice
Coffee & tea

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

HOT SERVED BREAKFAST

Menu

Cheddar chive frittatas
Western frittatas

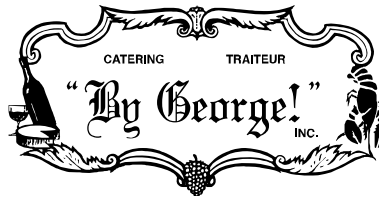
Bacon
Breakfast sausages

Hash browned potatoes
Molasses baked beans

Mini croissants
Bran muffins
Banana bread
Sliced melons

Orange and cranberry juice
Coffee & tea

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

SANDWICH LUNCHES

Options

Sandwich Buffet I

Assorted tea sandwiches
Platter of crudités and dip
Sliced fresh fruit platter
Squares and cookies

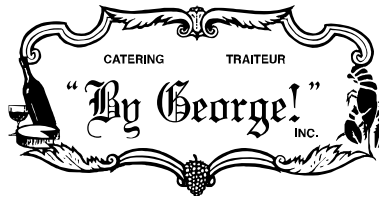
Sandwich Buffet II

Assorted sandwiches on Kaiser rolls
California potato salad
Marinated vegetable salad
Tuscan tomato salad
Mini fruit brochettes
Squares and cookies

Gourmet Sandwich Buffet III

Mini croissants with caramelized apples and Brie
Mini sesame rolls with grilled chicken and cranberry mayo
Mini rustic rolls with shaved rare filet of beef and horseradish cream
Russian black bread with smoked Atlantic salmon and lemon dill butter
Mediterranean 7-grain salad
Persian chick pea salad
Tomato Mozzarella platter, basil infused olive oil
Fruit Salad
Mignardises

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

PREMIUM SANDWICH LUNCHES

Options

Premium Sandwich Buffet I

Tomato bocconcini and basil sandwich
Shaved filet of beef on rustic bread, horseradish cream and arugula
Spanakopita
Mediterranean chick peas
Asparagus and mango platter
Daily selection of mignardises

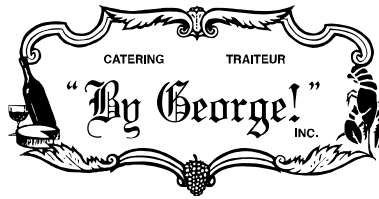
Premium Sandwich Buffet II

Grilled Portobello and Brie sandwich
Roast turkey breast premium sandwich with cranberry mayo
Smoked salmon platter
Casablanca couscous
Tuscan tomato salad
Daily selection of mignardises

Premium Sandwich Buffet III

Chèvre and roast red pepper sandwich
Prosciutto arugula and Parmesan sandwich
Giant poached shrimp platter, remoulade sauce
Extra fine green beans amandine
King David salmon salad
Daily selection of mignardises

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

BUFFET LUNCHES

Options

Buffet I

Grilled supreme of chicken, cranberry sauce
King David salmon salad
Green beans amandine
Mixed baby greens, vinaigrette
Assorted breads and rolls
Squares and cookies

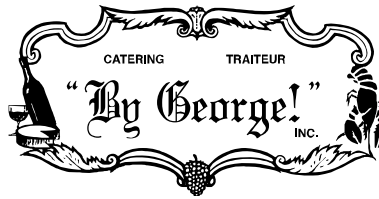
Buffet II

Chicken breasts stuffed with leek & mushroom, roast pepper mayo
Poached Atlantic salmon filets, dill sauce
Tomato artichoke platter
Rotini Florentine
Assorted breads and rolls
Sliced fresh fruit
Squares and cookies

Buffet III

Sliced Black Angus Chateaubriand, Dijon mustard
Giant poached shrimp, cocktail sauce
Tuscan tomato salad
7-grain salad
White balsamic grilled vegetables
Assorted breads and rolls
Chef's assorted finger sweets

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

VEGETARIAN
ROOM TEMPERATURE LUNCH

Menu

Sandwiches

Whole wheat wraps
Hummus, carrot, alfalfa sprouts & marinated artichoke hearts
Whole grain bread
Almond Butter, caramelized apple & honey

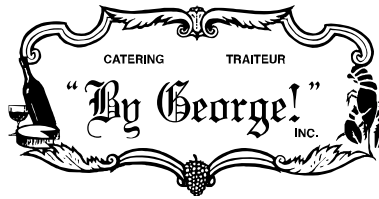
Salads

Mediterranean 7-grain salad
Winter kale salad with roasted beets & tamari pumpkin seeds

Dessert

Fruit platter

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

VEGAN
BUFFET SANDWICH LUNCH

Menu

Sandwiches

Organic sprouted grain bread
Hummus, carrot, alfalfa sprouts & marinated artichoke hearts
Organic flax seed bread
Creton aux lentils, roast red peppers, daikon radish
Whole grain pumpernickel
Almond butter, caramelized apple & honey

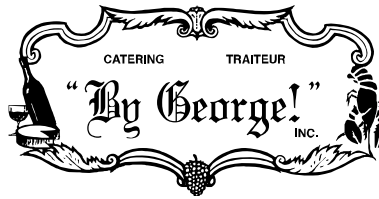
Salads

Melon medley with soy feta & fresh mint
Thai curried quinoa & wheat berry with sprouts & papaya
Winter kale salad with roasted beets & tamari pumpkin seeds

Sweets

Star anise dark chocolate truffles (dairy free)
Dates stuffed with hazelnut butter & rolled in coconut
Soya wild berry pudding

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

BOXED LUNCHES

Options

Boxed Lunch I

Ham and cheese on Kaiser, honey mustard
Half-size egg salad sandwich on Russian black bread
Assortment of crudités with creamy dip of the day
Pasta Florentine
Date squares

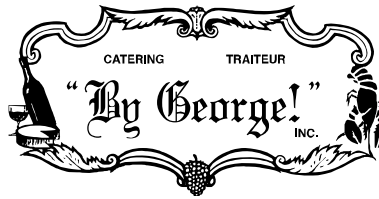
Boxed Lunch II

Grilled chicken on Ciabatta with cranberry mayonnaise
Vegetarian wrap with hummus, marinated artichoke hearts and grilled peppers
Mediterranean style 7-grain salad
Watermelon feta and arugula medley
Brownie

Boxed Lunch III

Shaved filet of beef on rustic bread, horseradish cream and arugula
Half bagel with smoked salmon and cream cheese
California style potato salad
Tuscan tomato salad
Fresh fruit salad
Belgian chocolate

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

BOARD MEETING
BUFFET LUNCH

Menu

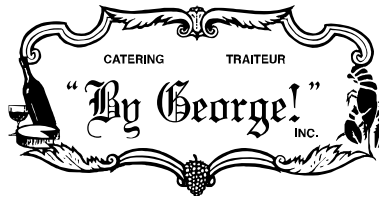
Turkey breast and Swiss on whole wheat wrap
Egg salad on mini croissants
Smoked meat and mustard on rye bread
Balsamic grilled vegetables
Smoked Salmon platter with capers, lemon and dill
Assortment of Quebec cheeses, grapes and herbed crostini
Fresh fruit platter
House baked cookies

AFTERNOON SNACK OPTION

Menu

Belgian chocolates
Sweet and spicy nuts
Minted melon brochettes

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

SIMPLE COCKTAIL

Menu

Salmon mousse in crispy bread box with lemon zest twist

Havarti chive truffles

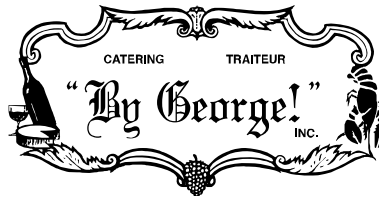
Bloody Mary cherry tomatoes with a sweet sesame crunch

Watermelon, mint and feta brochettes

Ginger chicken medallions, wasabi mayo

Poached baby pear with creamed Gorgonzola and crispy prosciutto

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

5 À 7

Menu

Cold Canapés

Havarti chive truffles

Salmon tartar in cucumber cups

Mango bars wrapped in smoked duck breast

Gravlax roses on dilled black Russian bread rounds

Beet and goat cheese coins

Spanakopita

Hot Hors D'œuvres

Red wine marinated beef brochettes

Mini Peking duck crepes with 5-spice dipping sauce

Coulibiac of black cod

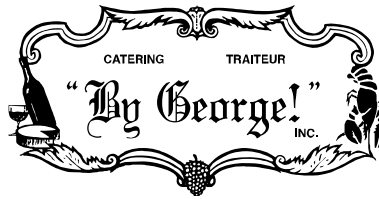
Lamb Wellington, raspberry-mint mustard

Vegetarian samosas

Coconut shrimp with pineapple-curry dipping sauce

Goat cheese and pine nut tarts with plum and grape chutney

"Bon appétit!"



MCGILL UNIVERSITY MENUS 2013

COCKTAIL DINATOIRE – I

Menu

Cold Canapés

Poached pear with creamed Gorgonzola and crispy prosciutto
Salmon tartar in cucumber cups
Raspberry foie gras on brioche petit toast
Balsamic figs wrapped in smoked duck breast
Cranberry chicken medallions
Nordic shrimp salad in crispy bread box

Hot Hors D'œuvres

Ancho pork quesadillas
Mushroom Tarte Tatin
Tyropita
Parmesan and pancetta arrancini bites, marinara sauce
Merguez sliders on Moroccan flatbread with pepper apricot chutney
Miso glazed sea bass with crisp fried noodles
7-hour baked lamb and spinach on a flatbread spoon
Mini croissants with caramelized apple and camembert

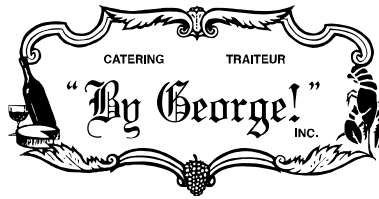
Carving Station

Chateaubriand of Black Angus beef
Served on small rolls with choice of Dijon or horseradish cream
Garnished with white balsamic grilled vegetables

Touche Finale

House truffles
Strawberries and vanilla sugar

"Bon appétit!"



MCGILL UNIVERSITY MENUS 2013

COCKTAIL DINATOIRE – II

Menu

Cold Canapés

Watermelon, mint and Feta mini brochettes
Tuscan chicken medallions with fresh basil pesto
Ginger-cured salmon with avocado purée on buckwheat blinis
Portobellini Piedmontaise
Havarti chive truffles
Bloody Mary cherry tomatoes with a sweet sesame crunch
Bocconcini, cantaloupe and strawberry skewers

Hot Hors D'œuvres

Vegetarian spring rolls, ginger plum sauce
Jerk chicken and mango kabobs
Crab and corn fritters, chipotle mayonnaise
Chimichurri glazed beef brochettes
Scallops St. Jacques on the half shell
Potato pancake bites topped with sour cream and sustainable caviar

Passed Mini Plates

Garlic grilled giant shrimp, heirloom carrot and fennel ribbon salad
Portobello Florentine, Balsamic glaze & tomato confetti

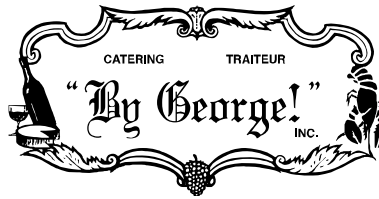
Carving Station

Rosemary garlic roast leg of lamb on flatbread
With choice of tzatziki or raspberry mint mustard
Accompanied with stuffed vine leaves

Dessert

~ Variety of finger sweets ~
Cheesecake lollipops – Fruit dipped in chocolate – Raspberry amandine
Key lime tarts – Grand Marnier truffles – Florentine cookies

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

HOT SERVED BUFFET

Menu

Soup

- served at table -

Roast butternut squash with orange and ginger
Crème fraiche and crispy shallots

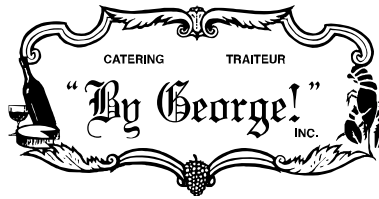
Buffet

Bœuf Bourguignon
Chive rice pilaf
Vichy carrots with melted leeks and dill
Heirloom tomato and caper salad
Florentine pasta
Mixed baby greens with red wine-maple vinaigrette
Assorted breads, rolls and flatbreads

Individual Framboisier
Chantilly cream
Mixed berries

Coffee – Tea – Tisanes

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

PREMIUM BUFFET

Menu

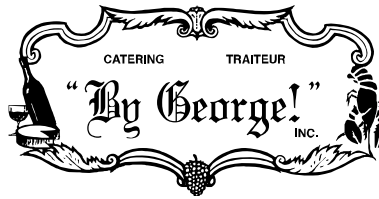
Black Angus chateaubriand, Madagascar green peppercorn sauce
Roast fingerling potatoes and shaved fennel with Salsa Verde
Garlic grilled giant shrimp
Poached salmon filets with cucumber dill sauce

Mediterranean 7-grain salad
Tuscan tomato salad
Asparagus and mango platter
Baby spinach with strawberries and candied pecans, champagne vinaigrette
Assorted breads, rolls and flatbreads

Jardinière tarts
Black forest cake verrines
Chocolate cheesecake lollipops
Old fashioned lemon squares
Assorted berries and Chantilly cream

Coffee – Tea – Tisanes

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

FORMAL DINNER – I

Menu

Soup

Avocado and roasted corn
Cumin scented crème fraiche
Microshoots of coriander

Main Course

Supreme of chicken stuffed with leek duxelles, mushroom sauce
Basmati and red rice pilaf
Baby Vichy carrot bundles

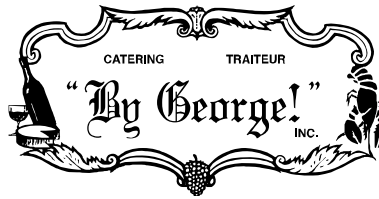
Assorted breads, rolls and butter

Dessert

Individual Palais Royal
Field berries
Chantilly cream

Coffee – Tea – Tisanes

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

FORMAL DINNER – II

Menu

Entrée

Smoked salmon rose

Served with poached asparagus, sautéed capers and dill vinaigrette

Main Course

Semi boneless quail with Muscat grape stuffing, port and currant reduction

Wild and white rice pilaf

Ballot of French beans with hazelnut butter

Assorted breads, rolls and flatbreads

Salad

Boston, spinach and arugula

Figs, chevre and walnuts

Raspberry vinaigrette

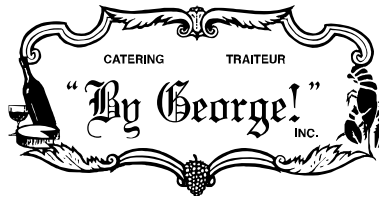
Dessert

Individual lemon meringue pie

Blueberries

Coffee – Tea – Tisanes

“Bon appétit!”



MCGILL UNIVERSITY MENUS 2013

VEGAN
HOT BUFFET DINNER

Menu

Grilled summer squash and zucchini "lasagna"

Portobellini florentine

Polenta cakes with fire roasted peppers

Lentil pilaf with broiled eggplant

Heirloom carrot ribbon salad

Tuscan tomato salad

Mixed baby greens with maple raspberry vinaigrette

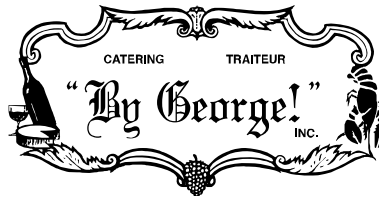
Fresh fruit kabobs

House truffles

Macaroons

Almond cookies

"Bon appétit!"



MCGILL UNIVERSITY MENUS 2013

BBQ

Menu

Tandoori style chicken legs
Jalapeno cheddar beef burgers
Veggie burgers
Platter of sliced tomatoes and onions
Jumbo all beef hot dogs
Ketchup, mustard, relish
California style potato salad
Mardi gras slaw
Mediterranean spiced chickpea salad

Assorted breads and rolls

Dessert

Grilled pineapple spears with rum & raisin sauce
Carrot cupcakes with molasses cream cheese frosting
Chocolate chunk cookies

“Bon appétit!”