

## the main ingredient catering

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### COLD LUNCH IDEAS

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#### BASIC SANDWICH LUNCH

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assorted sandwiches  
choice of salad or veggie platter  
assorted desserts  
assorted beverages

**\$12.95/person**

**\*\*add an extra salad to any lunch for \$1.00/person**

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#### WRAP LUNCH

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chicken ceasar and grilled vegetable wraps  
choice of salad or veggie platter  
assorted desserts  
assorted beverages

**\$13.95/person**

#### PICNIC LUNCH

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bbq chicken breast or veggie burgers  
choice of two salads  
fresh rolls  
assorted dessert  
assorted beverages

**\$14.95/person**

## HOT LUNCH IDEAS

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### MEXICAN LUNCH

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choice of fajitas or burritos  
(chicken/beef/pork/vegetarian)  
mexi mixed green salad  
taco chips with fresh salsa  
assorted desserts  
assorted beverages  
**\$14.95/person**

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### GREEK LUNCH

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chicken/beef/pork/lamb or vegetarian souvlaki  
parsley rice and roast lemony potatoes  
greek salad  
hummus and pita bread  
assorted desserts  
assorted beverages  
**\$14.95/person**

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### ASIAN LUNCH

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chicken/beef/pork or vegetarian stirfry  
steamed or fried rice  
potstickers with chili soy vinaigrette  
assorted dessert  
assorted beverages  
**\$14.95/person**

### **SATAY LUNCH**

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chicken/pork/beef or vegetarian satay with peanut sauce  
stirfry vegetables  
Indonesian fried rice  
Spring rolls with sweet chili dipping sauce  
Assorted dessert  
Assorted beverages  
**\$14.95/person**

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### **ITALIAN LUNCH**

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choice of one of the following entrée:  
turkey/beef or vegetarian lasagna  
cannelloni  
chicken parmigiana  
roast vegetable penne  
mixed greens or Caesar salad  
fresh bread  
assorted dessert  
assorted beverages  
**\$14.95/person**

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### **THAI LUNCH** **(minimum 12 people)**

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kaffir lime chicken with vegetables  
or  
chicken satay  
pad thai noodles  
ground turkey or beef salad with mint and chili  
assorted dessert  
assorted beverages  
**\$15.95/person**

**APRICOT CHICKEN LUNCH**

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apricot glazed chicken breast  
wild rice pilaf  
mixed greens/ fresh bread  
assorted dessert  
assorted beverages  
**\$15.95/person**

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**MUSHROOM CHICKEN LUNCH**

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chicken breast with shitake mushroom sauce  
Wild rice or roast potato  
Mixed green/ fresh bread  
assorted dessert  
assorted beverages  
**\$15.95/person**

**LEMON CAPER SALMON or CHICKEN LUNCH**

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salmon filet or chicken breast with lemon caper sauce  
orzo with grilled pepper  
mixed green/ fresh bread  
assorted dessert  
assorted beverage  
**\$15.95**

**\*\*all the above lunches include all disposables at no charge.**

**\*\* a minimum of 5 lunches is required for orders in Vancouver and Richmond and 8 in the other areas we deliver to. After hours deliveries have a minimum of \$250 and delivery charges starting at \$20.**

**\*\*A delivery charge will be applied to orders under \$250.00(before tax) In Richmond the charge is \$15, Vancouver \$20 and for all other locations in our delivery area the charge is \$30**

**\*\*rentals and service, if needed, are extra**