

Menu

for the Canadian Transplant Games

Québec 2010

MONDAY
August 9th

TUESDAY
August 10th

WEDNESDAY
August 11th

THURSDAY
August 12th

FRIDAY
August 13th

SATURDAY
August 14th

SUNDAY
August 15th

~ BREAKFAST ~

Scrambled eggs, potatoes

French toasts (2), potatoes

Scrambled eggs, ham, potatoes

Waffles (2), potatoes

Egg Benedict, potatoes

Pancakes (2), sausages, potatoes

Cheese fritata, potatoes

To compose your breakfast, choose a hot meal (counts as 3 items) + 5 items from the list
OR 8 items from the list hereunder

1) Toasts and jelly. 2) Half-bagel and jelly. 3) Croissant and jelly. 4) Gruel. 5) Yogurts 100g. 6) Cheeses 21g or cream cheese. 7) Assorted muffins 80g. 8) A 175ml juice bottle, a small milk carton, a small chocolate milk carton or a 500ml water bottle (the water bottle is worth two beverages).

~ LUNCH ~

Chicken noodle soup

Tomato and wild rice soup

Cream of spinach soup

Soup

Cream of broccoli soup

Beef and barley soup

Cream of mushroom soup

Cream of turnip soup

Cream of carrot soup

Home-grown vegetable soup

Cream of celery soup

Chicken noodle soup

Cream of vegetable soup

Beef and vegetable soup

Bell pepper steak

Cheese and broccoli fusili

Beef tortillas

Chinese noodles

BBQ chicken

Tuna casserole

Turkey chili

Parmagiana veal

Pineapple ham

Cottage pie

Creole sausages

Roast hamburger

meatloaf (2)

Pizzaggetti

Vegetarian lasagna

Vegetarian shepherd's pie

Four cheeses macaroni

Grilled vegetables panini

Vegetarian pizza

Vegetarian strata

Manicotti

Salad bar

Salad bar

Salad bar

Salad bar

Salad bar

Salad bar

Salad bar

Green beans

Mixed vegetables

Chef's salad

Carrots

Salad

Green salad

Included

Egg noodles

Mashed potatoes

Included

White rice

Mashed potatoes

Included

Mashed vegetables

Maple sugar square

Apple crisp

Poor man's pudding

Fruits in sweet milk and almond jelly

Peach upside down cake

Maple sugar cake roll

White cake, strawberry coulis

Participants are entitled to two beverages amongst there: juice 175 ml, a small milk carton, a small chocolate milk carton or a 500ml water bottle (the water bottle is worth two beverages).

SALAD BAR*

A salad bar is also available, however, if the value of the plate's contents exceed \$5,00 at the house bank, the difference must be paid in cash by the contestant. Balances will be lent to the contestants.

~ DINNER ~

Cream of mushroom soup

Beef and barley soup

Moroccan soup

Florentine tomato soup

Cream of leek soup

Vegetable soup à l'italienne

Lentil and tomato soup

Tomato and star shaped noodle soup

Green pepper soup

Cream of corn soup

St Germain soup

Home-grown vegetable soup

Cream of tomato soup

Choisy soup

Italian spaghetti

Grilled chicken panini

Vegetables and ricotta in a shell

Tuna wrap

Chicken salad panini

Salisbury veal

Grilled vegetables panini

Meat lasagna

Burgundian beef

Chicken Caesar salad

Pepperoni and cheese calzone

Eastern sautéed beef

Topped hamburger

Chicken leg

Houmous panini

Vegetarian chili

Grilled tofu on a skewer

Chick peas stew

Green pepper with lentil stuffing

Vegetable paella

Broccoli quiche

Jello

Blueberry square

Marble cake

Strawberry dainty

Bread pudding

Raspberry pie

Date square

Participants are entitled to two beverages amongst there: juice 175 ml, a small milk carton, a small chocolate milk carton or a 500ml water bottle (the water bottle is worth two beverages).

HEALTHY
S O U P

REGULAR
S O U P

HEALTHY
M E N U

REGULAR
M E N U

VEGETARIAN
M E N U

SALAD
B A R *

VEGETABLES

STARCHY
M E N U

DESSERT

BEVERAGE

HEALTHY
S O U P

REGULAR
S O U P

HEALTHY
M E N U

REGULAR
M E N U

VEGETARIAN
M E N U

DESSERT

BEVERAGE