



Catered Lunch

Cold Lunch Combos

Sandwich Combo \$18/person

- Choice of sandwiches
- Choice of salad OR soup
- Choice of dessert bar OR cookie

Wraps combo only \$20/ person

- Choice of wraps
- Choice of salad OR soup
- Choice of dessert bar OR cookie

Sandwich & Wrap combo \$19/ person

- Combination of sandwiches & wraps
- Choice of salad OR soup
- Choice of dessert bar OR cookie

Hot Lunch

Minimum 7 servings per order

Hot Beef on a Bun + Salad \$16/ person

Thinly sliced roast beef with caramelized onions, monteray jack cheese, horseradish and mustard. Comes with kaiser buns and your choice of salad: Pasta salad, garden salad or casear salad

Hot Lunch

Minimum 7 servings per order

Greek Chicken Plate \$21/ person

Marinated chicken, lemon potatoes, grilled vegetables, tzatziki sauce, Greek salad & naan bread

Asian Stir Fry \$21/ person

Sautéed beef or chicken with pan fried veggies + garlic ginger sauce. Includes vegetable fried rice, vegetable spring rolls & plum sauce

Beef or Veggie Lasagna \$20/ person

Lasagna, garlic bread with cheese + caesar or garden salad with dressings

Fajitas Chicken , Beef or Portobello

Mushrooms \$21/ person


Sautéed meat, peppers + onions in fajita sauce. Comes with rice , tortillas, salsa, sour cream, guacamole & tortilla chips



Gluten-Free Options & Substitutions available

 @preppedmanitoulin

 13 Manitowaning Rd, Little Current

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Sandwiches & Wraps

Wraps

- Chicken Caesar
- Buffalo Chicken Caesar
- Sweet Chili Chicken w Asian Slaw
- Greek Chicken
- Chicken Souvlaki
- Turkey or Chicken Club with Bacon
- Chicken Bacon Avocado Ranch
- Taco Beef
- Philly Steak
- Roast Beef
- Pork Souvlaki
- Dilly Chickpea (V)
- Cranberry Chickpea Salad (V)
- Falafel Greek (V)
- Assorted Vegetable with Hummus (V)
- Moroccan Chickpea Salad (V)

Gourmet Sandwiches

- Pastrami with Mustard & Pickle
- BBQ Chicken with Monterey Jack and Pickle
- Turkey Bacon Cheddar
- Turkey BLT
- Montreal Smoked Meat + Monterey Jack cheese
- Chicken Salad
- Egg Salad
- Roast Beef, Cheese, Greens + Horseradish Aioli

Sandwich Tray Sandwiches

Whole wheat or white bread


- Egg Salad
- Chicken Salad
- Tuna Salad
- Ham & Cheese + Mustard
- Roast beef, Lettuce + Mustard
- Turkey, Lettuce + Mayo
- Assorted Vegetable



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SOUP


- Broccoli Cheddar
- Chicken Noodle
- Chicken and Rice (GF)
- Creamy Chicken Pot Pie
- Turkey and Rice (GF)
- Mushroom and Wild Rice (V) (GF)
- Potato Leek (V) (GF)
- Potato, Bacon and Cheddar (GF)
- Cabbage Roll (GF)
- Cream of Mushroom (GF)
- Carrot Ginger (V) (GF)
- Roasted Butternut Squash (V) (GF)
- Beef Barley
- Hamburger Tomato Macaroni
- Sausage Tortellini
- Hearty Vegetable (V) (GF)
- Pumpkin Wild Rice (V)
- Tomato Basil (V) (GF)
- Creamy Tomato (GF)
- Tomato Roasted Red Pepper (V) (GF)
- Split Pea and Mam (GF)
- Beef Vegetable (GF)
- Tortilla Lentil (V) (GF)
- Lentil Vegetable (V) (GF)



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Salad

- Caesar Salad
- Greek Salad
- Garden Salad
- Pear & Goat Cheese Salad
- Strawberry Feta Salad
- Mandarin Spinach Salad
- Classic Potato Salad
- Spring Potato Salad
- Broccoli Salad
- Dill Pickle Pasta Salad
- Coleslaw Pasta Salad
- Rainbow Macaroni Salad
- Rotini Greek Pasta Salad
- Chopped Greek Chickpea Salad
- Edamame Asian Crunch Salad
- Roasted Vegetable Couscous Salad
- Moroccan Cauliflower Couscous Salad



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