

SELKIRK COLLEGE

# Campus Catering Menu



# Hungry?

We are a proud partner with Feed BC. Our menus are created to include sustainable, locally sourced, BC ingredients wherever feasible.

We strive for minimally processed, healthy menu options and prepare as many menu items in-house as possible. We serve only Fair-Trade coffee and tea and support dietary restrictions by making vegetarian, vegan and wheat free menu options readily available.

## ALLERGIES

While we take great care in preparing and labeling our food, we cannot guarantee that any products are allergen free due to shared equipment used to store, prepare and serve.

Wheat free items are prepared in a separate area of our kitchen with Wheat-Free ingredients.



Contains Wheat



Contains Nuts



Contains Dairy



Contains Fish



Contains Peanuts



Vegan



Vegetarian



Contains Eggs








# Beverages

## 8 OZ OR 1 TEA BAG/SERVING

Fair Trade Coffee (20 servings)	\$37.50 each
NUMI Fair Trade & Organic Tea (10 servings)	\$28.50 each


# Freshly Baked\*

## MINIMUM ORDER OF 6 PER SELECTION

Muffin 	\$3.25 each
<i>Blueberry, Banana Chocolate Chip, Lemon Poppyseed</i>	
Scone 	\$3.75 each
<i>Lemon Blueberry, Cranberry Orange, Cheese</i>	
Cinnamon Bun with Cream Cheese Icing 	\$4.25 each
Berry Oatmeal Crumble Bar 	\$3.95 each
Miniature muffins & scones (2 pieces/person) 	\$3.25 per person
Baked Granola Cups with Greek Yogurt & Berries (2 pieces/person) 	\$4.75 per person
Granola bar 	\$3.95 each

# Rise & Shine

## MINIMUM ORDER OF 6 PER SELECTION

Whole fruit <b>V</b>	\$1.50 each
Sliced seasonal fruit <b>V</b>	\$6.95 per person
Energy Bites (2 pieces per person) <b>V</b> 	\$3.75 per person
<i>Pumpkin or Chocolate Chia</i>	
Overnight Oats – Apple Pie <b>V</b> 	\$7.25 each
<i>Oats, chia seeds, Greek yogurt, coconut milk, maple syrup apples, cinnamon, pecans</i>	
Chia Pudding <b>V</b> 	\$6.95 each
<i>Choice of chocolate or fruit. Chia seeds, coconut milk, maple syrup, fruit or cocoa powder</i>	
Morning Protein Plate 	\$11.95 each
<i>Hardboiled egg, fruit, cheese, vegetables, hummus</i>	

# Hot Items

## MINIMUM ORDER OF 6 PER SELECTION

Crustless Quiche (2 pieces/person)    \$4.75 per person

*Broccoli @ Cheddar or Spinach @ Red Pepper*

Selkirk Breakfast Sandwich    \$6.25 each

*Egg, green onion, cheddar with choice of bacon or sausage on naan.*


Vegan Breakfast Sandwich **V** \$6.25 each

*Beyond Meat plant-based sausage, sliced tomato on vegan bun*



# Soup & Freshly Baked Bread

## MINIMUM ORDER OF 20

\$6.50 per person

Thai Coconut Curry **V** 

Greek Lentil **V** 

Cream of Tomato   


Carrot Ginger **V** 

Minestrone **V** 



# Sandwiches\*

## MINIMUM ORDER OF 6 PER SELECTION


\$10.95 per person

Roast beef  

*With cheddar, lettuce, horseradish aioli*

Turkey breast  

*With tomato, lettuce, pickle, mayo*

Ham  


*With cheddar, lettuce, grainy mustard*

Egg Salad  

*With egg, green onion, celery, mayo, lettuce*

Tuna Salad   

*Tuna, red onion, celery, dill, mayo, lettuce*

Chickpea Salad **V**  

*Chickpeas, apple, dried cranberries, celery, onion, grated carrot, spinach, pecans, tahini dressing*

Falafel Wrap **V** 

*Falafel, hummus, tomato, lettuce, hot banana peppers*

\*Wheat Free available on request

# Buffets\*

## MINIMUM ORDER OF 20 PEOPLE

**LUNCH BUFFET: 11AM–2PM**

**DINNER BUFFET: 4–7PM**

**ADDITIONAL SALAD**

**ADDITIONAL MAIN**

Soup & Sandwich buffet

*Choose one soup, two sandwiches from page 4*




## SALADS: CHOOSE ONE

**Kale & Romaine Caesar** **V** 

*BC grown kale & romaine, roasted chick peas, tahini dressing*

**Greek Salad**   

*BC grown red pepper & tomato, green pepper, red onion, Kalamata olives, feta cheese, Greek dressing*



**Thai chickpea & broccoli salad**   

*Broccoli, carrot, green onion, jalapeno, red pepper, cabbage, chickpeas with peanut dressing*

## MAINS: CHOOSE ONE

**Beef Stroganoff**   

*63 Acres BC beef, mushroom, onion, sour cream, dill*

**Beef Lasagna**   

*Layered noodles, meat sauce and cheese*

**Butter Chicken** 

*Marinated Rosstown Farms chicken thighs in a creamy, tomato based sauce*

**Greek Chicken** 

*Marinated Rosstown Farms chicken thighs with Tzatziki sauce*

**Meatloaf** 

*63 Acres ground beef, onion & spices, topped with a sweet & tangy sauce*

**Penne Arrabiata** 

*Sautéed garlic, onion and BC red peppers with artichokes and BC pork sausage*

*\*Served with assorted cookies, squares, coffee and tea.*

\$25.95 per person

\$29.95 per person


\$4.00 per person

\$6.50 per person

\$20.95 per person

**Field greens salad** **V** 

*With balsamic vinaigrette*

**Cranberry & greens salad**   

*With dried cranberries, Feta cheese, lemon poppyseed dressing*

**Roasted vegetable & grain salad** **V** 

*Butternut squash, broccoli, red onion, spinach and farro with apple vinaigrette*

**Vegetarian Thai Coconut Curry** **V** 

*Broccoli, cauliflower, carrot, celery, onion and kale with red Thai curry and coconut milk*

**Vegetarian Lasagna**   

*Packed full of seasonal vegetables & layered with noodles, marinara sauce and cheese*

**Stuffed Sweet Potatoes** **V** 

*Sweet potato stuffed with spinach and roasted chick peas and tahini drizzle*

**Lentil Dahl** **V** 

*Rich, fragrant and packed with plant protein*


**Roasted Cauliflower** **V** 

*With coconut-turmeric relish*

**Moroccan Vegetable Tagine** **V** 

*Potatoes, sweet potatoes, garlic, onion and carrot, simmered with tomatoes, dried apricots and warm Moroccan spices*

## SIDES: CHOOSE TWO



Creamy Mashed Potatoes   

Seasonal Vegetables   

Roasted Potatoes  

Garlic Bread  

Basmati Rice  

Naan Bread   

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## Booking Guidelines

### CATERING SERVICES

- Selkirk College Food Services is the in-house provider of catering services on campus.
- Requests are considered tentative until estimated costs and confirmation have been provided.
- If our team is unable to provide service for the date requested, written permission is needed to use an external caterer.

### ORDERING

- Complete the [Event Inquiry Form](#) a minimum of **fourteen business days prior to the event/service date**.
- The final number of guests is required 5 business days prior to the date of service.
- Charges will apply for the confirmed number or the actual number of guests, whichever is higher.

### LINENS & EQUIPMENT

- Linen napkins and table cloths are available to rent, if ordered fourteen business days prior to the date of service. Minimum order/charges apply.
- Service ware and equipment are not available for loan

### CANCELLATIONS

- Minimum three business days notice
- Charges may apply to cover labour, special order items, and prepared foods that cannot be utilized

### PRICING

- Lunch service pricing applies between 11 am–2 pm
- Dinner service pricing applies between 4 pm–7 pm
- Menus are designed to be served with china plates and stainless cutlery
- Additional charges may apply for china service, staffing, delivery, individually wrapped items or single-use disposables used at any catered event outside of the cafeterias or Staff Lounge. An estimate will be provided with confirmation of service availability
- Small orders can be picked up from the Cafeteria; It is the group's responsibility to return all equipment and service-ware to the cafeteria following the event.