

# Spring & Summer at Catering PLUS

## **Roasted red pepper and chive, tomato soup**

**\$3.95** (approximately 154 calories)

Oven Roasted Peppers, blended with tomato and fresh herbs.

## **Quinoa salad with fresh cucumber, red pepper, Italian parsley and lemon**

**\$3.95** (approximately 384 calories)

Quinoa mixed with fresh English cucumber, red peppers, and fresh Italian Parsley drizzled with lemon.

## **Beet salad with fresh dill and purple onions**

**\$3.95** (approximately 238 calories)

Crimson Beets tossed with fresh dill weed and purple onions.

## **Seven bean and pepper salad**

**\$4.95** (approximately 241 calories)

Wax, garbanzo, kidney, Borlotti, Cannellini and green and yellow beans tossed with sweet bell peppers in savory vinaigrette.

## **Poached salmon and escallion salad sandwich with fresh fennel and arugala**

**\$7.95** (approximately 378 calories)

Poached Atlantic salmon fillets flaked with green onion, and fresh fennel. Topped with arugula and served on crusty bread.

## **Creole blackened chicken on a stuffed crusty bun with sweet corn succotash**

**\$7.95** (approximately 380 calories)

Blackened Seasoned Chicken stuffed in a crusty bun with a marinated lima bean, sweet corn, cherry tomato and onion relish.

## **Montreal smoked meat and sauerkraut sandwich with Dijon mustard**

**\$7.95** (approximately 423 calories)

Montreal's famous wine brined, smoked meat, sandwiched between two pieces of light rye bread with pickled cabbage and French mustard from the Bourgogne-Franche-Comté region in France.



## **Order today.**

Delivery is available. 24-hour notice for orders is required. Prices do not include HST. Late cancellations will be subject to a 60% cancellation fee.



Canadian Mental  
Health Association  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*



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# Catering PLUS:

a CMHA HKPR social enterprise

## Thank you for your support.

At Catering PLUS, we endeavour to be the top catering choice in Peterborough and the surrounding area.

This business is a proud program of the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge.

By supporting this social enterprise, you're supporting local individuals with lived experience, who are working to develop life and work skills while providing delicious food and high quality service.



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