

Contact information:
202-600 University Avenue
Toronto, Ontario M5G 1X5
416-586-5021
fivestar.MSH@sinaihealthsystem.ca

Five Star Catering Menu Table of Contents

Breakfast Packages	2
Breakfast à La Carte	2
Baked Goods à La Carte	3
Specialty Platters	3
Sandwiches	4
Premium Sandwiches	4
Pizzas	5
Premium Pizzas	5
Pastas	6
Salads	6
Premium Salads	6
Entrées	7
Hors D'Oeuvres	8
Desserts	9
Grab & Go	10
Beverages	10

BREAKFAST PACKAGES

Add Sliced Fresh Fruit: \$2.95/Person

Morning Leisure \$4.95/person

- Muffin, Danish & Butter Croissant
- Coffee & Tea

The Continental Breakfast Deluxe \$8.95/person

- Mini Muffin, Mini Danish, Mini Butter Croissants & Mini Bagels
- Sliced Fresh Fruit
- Coffee, Tea & Bottled Juice

A Healthy Kick-Start \$9.95/person

- Breakfast Sandwich (English Muffin, Egg White, Mozzarella Cheese, Tomato & Spinach)
- Greek Yogurt
- Fresh Whole Fruit
- Coffee, Tea & Bottled Juice

The Power Breakfast \$10.95/person

- Muffin, Danish & Butter Croissant
- Beef Sausages & Hash Browns
- Coffee, Tea & Bottled Juice

One Choice of:

- Omelet (Plain/Cheese) or Breakfast Sandwich (English Muffin, Egg, Turkey Sausage Patty & Cheese)

BREAKFAST À LA CARTE

Breakfast Sandwich \$3.50

English Muffin, Egg, Turkey Sausage Patty & Cheddar Cheese

Egg White Breakfast Sandwich \$3.95

English Muffin, Egg White, Mozzarella Cheese, Tomato & Spinach

Omelet (Plain or Cheese) \$2.95

Hard Boiled Eggs \$0.85

Pancakes & Syrup (2 Per Person) \$3.50

Oatmeal with Dried Fruit \$2.25

Yogurt Parfait \$3.99

Beef Sausage (2 Per Person) \$1.60

 Vegetarian  Gluten Free

Hash Brown	\$0.75
Yogurt GF	\$1.50
Greek Yogurt GF	\$2.25

BAKED GOODS À LA CARTE

Bagels with Cream Cheese	\$2.25
Mini Bagels with Cream Cheese	\$1.50
Assorted Muffins	\$1.60
Mini Muffin, Mini Cinnamon Pinwheel	\$1.00
Coffee Loaf (10 Slices) Banana, Iced Lemon & Iced Carrot	\$21.95
Cinnamon Pinwheel	\$1.60
Butter Croissant	\$1.60
Danish	\$2.75
Mini Croissant, Mini Danish	\$1.00
Scones White Cheddar Chive, Blueberry, Lemon Cranberry & Raspberry White Chocolate	\$2.75
Cookies Chocolate Chip, Double Chocolate Chip, Oatmeal Raisin & White Chocolate Macadamia Nut	\$0.75
Coconut Macaroons	\$0.75
Bite Sized Brownies	\$0.75

SPECIALTY PLATTERS

Fresh Fruit Platter V	S (1-8) \$21.95 M (9-14) \$37.50 L (15-20) \$49.95
- Honeydew, Cantaloupe, Watermelon, Pineapple & Grapes	
Vegetable & Dip Platter V	S (1-8) \$19.95 M (9-14) \$29.95 L (15-20) \$39.95
- Bell Peppers, Celery, Broccoli, Carrots & Cherry Tomatoes	
- Served with your choice of Roasted Red Pepper Hummus, Ranch or Baba Ghanoush	

V Vegetarian GF Gluten Free

Cheese & Cracker Platter (V)

- Camembert, Cheddar, Havarti & Swiss
- Served with Crackers

S (1-8) \$29.95
 M (9-14) \$45.95
 L (15-20) \$59.95

Smoked Salmon Platter

- Smoked Atlantic Salmon Slices
- Cream Cheese, Capers, Red Onions, Cucumbers & Mini Bagels

\$7.95/person

Mixed Vegetable Antipasto (V)

- Artichoke Hearts, Mushrooms, Peppers, Eggplant, Zucchini & Tomatoes, garnished with Olives, Hot Banana Peppers & Sundried Tomatoes

\$6.95/person

Divine Dipping Platter (V)

- Roasted Red Pepper Hummus & Baba Ghanoush served with a selection of Fresh Baked Pitas & Breads

\$6.25/person

SANDWICHES

\$6.50/person

Lighter Options

Assorted Dinner Rolls filled with: Tuna Salad, Egg Salad, Cheese/Tomato, Roasted Vegetables & Chicken Salad

Party Sandwiches

Crustless Sliced Bread, cut into triangles filled with: Tuna Salad, Egg Salad, Cucumber with Cream Cheese & Chicken Salad

Traditional Sandwich

Assorted Sliced Bread filled with: Roast Turkey, Roast Beef, Chicken Salad, Tuna Salad & Egg Salad

PREMIUM SANDWICHES

\$8.50/person

Gourmet Sandwich Platter

Assorted Artisan Breads filled with: Chicken Breast, Smoked Salmon, Roast Turkey, Roast Beef & Roasted Vegetables

Wrap Sandwich Platter

Flour Tortillas filled with: Chicken Strips, Smoked Salmon, Roast Turkey, Roast Beef, Tuna Salad & Roasted Vegetables

Pita Sandwich Platter

Fresh Baked Pita filled with: Greek Chicken, Thai Chicken & Roasted Vegetables

Deli Medley Sandwich Platter

Chicken Strips, Salmon Fillet, Roast Turkey, Roast Beef & Roasted Vegetables arranged on a platter accompanied with Assorted Artisan Breads & Condiments on the side

PIZZAS

16" Round (8 slices)	\$25.95
20" Party Size (20 slices)	\$30.95

Classic

Turkey Pepperoni & Mozzarella Cheese

Four Cheeses

Mozzarella, Cheddar, Feta & Parmesan

Vegetarian

Tomatoes, Green Peppers, Mushrooms & Mozzarella Cheese

Great Canadian

Turkey Pepperoni, Green Peppers, Mushrooms & Mozzarella Cheese

Greek

Feta, Black Olives, Red Onions, Tomatoes & Mozzarella Cheese

PREMIUM PIZZAS

16" Round (8 slices)	\$32.95
20" Party Size (20 slices)	\$36.95

Hawaiian

Turkey pepperoni, Mushrooms, Pineapple, Tomatoes & Mozzarella Cheese

Garden Deluxe

Zucchini, Red Pepper, Mushrooms, Tomatoes & Mozzarella Cheese

Tex Mex

Beef Sausage Crumble, Hot Peppers, Cheddar cheese & Mozzarella Cheese

Chicken Pesto

Roasted Chicken Breast, Tomatoes, Pesto & Mozzarella Cheese

PASTAS

\$10.95/person

All pastas served with toasted garlic bread

Traditional Lasagna

Layered With Ground Beef, Tomato Basil Marinara Sauce & Mozzarella Cheese

*minimum order requires 15 people

Vegetarian Lasagna V

Layers of Fresh Garden Vegetable with Béchamel Sauce & Mozzarella Cheese

*minimum order requires 15 people

Rigatoni Bolognese

Slow Cooked Savoury Meat Sauce over Rigatoni Pasta

Chicken Pesto with Whole Wheat Penne

Grilled Chicken, Sautéed Peppers & Zucchini over Whole Wheat Penne Pasta with a Creamy Pesto Sauce

Pasta Primavera in a Rose Sauce V

An array of Vegetables tossed in a Rose Sauce over Penne Pasta

Pesto & Sundried Tomato Farfalle V

Bowtie Pasta tossed with a Pesto & Sundried Tomatoes Sauce garnished with Black Olives

SALADS

\$3.95/person

Garden Salad GF V

Garden Greens topped with Carrots, Red Cabbage, Cucumbers & Tomatoes

- Choice of dressing: Balsamic, Ranch & Sundried Tomato

Caesar Salad

Crisp Romaine Lettuce with Croutons, Imitation Bacon Bits & Parmesan Cheese

- Served with Caesar Dressing

PREMIUM SALADS

\$4.95/person

Greek Salad GF

Fresh Romaine Lettuce Topped with Red Onions, Olives, Tomatoes, Green Peppers & Feta Cheese

- Served with Greek Dressing

Spinach Mandarin Salad GF V

Fresh Spinach Served with Mandarin Oranges, Sliced Red Onion, Dried Cranberries, Sunflower Seeds

- Served in Raspberry Vinaigrette Dressing

V Vegetarian GF Gluten Free

Classic Mesculin Greens GF V

Mixed Baby Greens topped with Red Onions, Cherry Tomatoes & Red Peppers
- Served with Balsamic Dressing

Pasta Tortellini & Sundried Tomato Salad

Fresh Cheese Tortellini with Sundried Tomatoes, Red Onions, Cherry Tomatoes, Zucchini & Green Peppers
- Marinated with Sundried Tomato & Herbs with Olive Oil

Mediterranean Couscous

Couscous Salad tossed with Diced Tomatoes, Cucumbers, Olives, Red Onions, Feta & Parsley
- Marinated in an Olive Oil Dressing

Mixed Beans GF V

A combination of Kidney Beans, Black Beans, White Beans & Chick Peas
- Tossed with an Oil & Vinegar Dressing

Beet Salad GF V

Pickled Beets, Shredded Carrots & Red Onions
- Drizzled with Balsamic Dressing

ENTRÉES

Vegetarian Stir-fry V \$10.95/person
Stir-fried Vegetables in a Black Bean sauce & served over Steamed Rice or Noodles

Moroccan Stew V \$10.95/person
Vegetables & Chick Peas slowly marinated in a Mild Curry Sauce served with Naan & Rice

Rotisserie Chicken \$12.95
Slow Roasted Quarter Chicken marinated in a blend of Herbs & Spices served with Garden Salad & a choice of Roasted Potatoes or Rice Pilaf

Chicken Parmesan \$12.95/person
Breaded Chicken Cutlet topped with Mozzarella Cheese & Tomato Sauce served with Noodles & Mixed Vegetables

Quiche V \$9.95/each
Broccoli & Cheese, Zucchini & Red Pepper, Sundried Tomato & Spasargus served with a Garden Salad

Black Bean Chicken Stir-Fry V \$12.95
Stir-fried Vegetables & Chicken in a Black Bean Sauce served over Steamed Rice or Noodles

Chicken Souvlaki GF

\$16.25

Two Skewers of Marinated Chicken served with Tzatziki Sauce with Greek Salad & choice of Rice Pilaf or Roasted Potatoes

Chicken with Mushroom Sauce

\$16.25

Baked Chicken Breast in a Creamy White Wine Mushroom Sauce served with choice of Rice Pilaf or Roast Potato & mixed Garden Vegetables

Moussaka

\$16.95/person

Layers of Baked Eggplant, Zucchini, Potatoes, Seasoned Lean Ground Beef with Fresh Herb & a Creamy Béchamel Sauce served with Greek Salad

*minimum order requires 15 people

Baked Salmon GF

\$16.95/person

Atlantic Salmon baked in a White Wine Herb Sauce served with Mixed Vegetables & Rice Pilaf

HORS D'OEUVRES

*minimum order required

*5 dozen per type of hors d'oeuvre

PREMIUM HOT:

\$24.95/dozen

Cocktail Spring Rolls V**Spanakopita** V**Mini Quiche** V**Mushroom & Leek Puff Pastry** V**Roast Veg w Goat Cheese Phyllo** V**Vegetable Samosas** V**Chicken Quesadilla****PREMIUM COLD:**

\$24.95 /dozen

Bruschetta Rounds V**Roasted Vegetable canapés** V**Mini Pita stuffed with Ratatouille** V**Goat Cheese Crepe Purse** V**DELUXE HOT:**

\$29.95/dozen

Chicken Fingers**Chicken Satay****Beef Satay****Beef Wellington****DELUXE COLD:**

\$29.95/dozen

Smoked Salmon**Canapés****Assorted Sushi** GF

DESSERTS

Rice Krispie Squares	\$1.75
Chips, White Cheddar Popcorn	\$1.75
Whole Fruit GF	\$1.50
Gourmet Cookie Platter	S (8) \$10.95 M (15) \$19.95 L (20) \$26.95
Selection of Cookies: Chocolate Chip, Oatmeal Raisin, Double Chocolate & White Chocolate Macadamia Nut	
Sweet Tooth Platter	S (8) \$16.95 M (15) \$26.95 L (20) \$34.95
An Array of Desserts: Nanaimo Bars, Carrot Cake, Butter Tart Bars & Deep Dutch Brownies	
Rice Krispie & Cookie Platter	S (8) \$15.95 M (15) \$25.95 L (20) \$29.95
Selection of Cookies & Rice Krispies Squares	
Chocolate Dipped Strawberries GF V	\$24.95/dozen
Strawberries dipped in Dark & Decadent Chocolate	
Cupcakes	\$2.95 each
German Chocolate & Carrot Cake *minimum order requires 1 dozen	
Cookie Lovers	\$3.95/person
Selection of Baked Cookies (Chocolate Chip, Oatmeal Raisin, Double Chocolate & White Chocolate Macadamia Nut) served with Milk (1%, Skim & Chocolate), Coffee & Tea	
Snack Attack	\$5.25/person
Selection of: Nutrigrain Bars, Rice Krispies, Potato Chips & White Cheddar Popcorn served with Coffee & Tea, Bottled Juice & Pop	
Celebration Cakes	
Strawberry Shortcake or Tuxedo Truffle Mousse decorated with Strawberries & Personalized Message	
Quarter slab (10-12 people)	\$39.95
Half slab (25-30 people)	\$69.95
Full slab (50-60 people)	\$134.95

GRAB & GO

Boxed Lunch

\$12.25/person

Gourmet Sandwich or Wrap served with Carrot Sticks, Celery Sticks and a Cookie (choice of Chocolate Chip or Oatmeal)

Individual Caesar Salad

\$5.95/person

Romaine Lettuce, Croutons, Imitation Bacon Bits and Parmesan Cheese served with Caesar Dressing

Add Chicken: \$2.00

Individual Garden Salad GF

\$5.95/person

Garden Greens topped with Carrots, Red Cabbage, Cucumbers & Tomatoes with Balsamic Dressing

Add Chicken: \$2.00

Individual Greek Salad GF

\$6.95/person

Romaine Lettuce topped with Red Onions, Olives, Tomatoes, Green Peppers and Feta served with Greek Dressing

Add Chicken: \$2.00

Yogurt Parfait V

\$3.99

Fruit Cup GF V

\$3.95/person

Fresh Cut Fruit

Veggie Cup V

\$3.95

Fresh Cut Garden Vegetables with Ranch Dressing

BEVERAGES

Coffee & Tea

\$1.75

Perrier (330 mL)

\$3.25

Pop

\$1.50

Perrier (750 mL)

\$4.95

Tropicana Orange Juice (355mL)

\$3.95

Bottled Spring Water

\$1.25

Juice (300 mL)

\$1.50

Skim Milk (125mL)

\$1.00

- Orange, Apple, Cranberry

1% Milk (125mL)

\$1.25

Sparkling Punch

\$1.50

Chocolate Milk (237mL)

\$1.45