



**St. Michaels University School**  
Outstanding preparation for higher learning and for life.

### **Sodexo at SMUS catering menu**

Please note to ensure all food items are in stock we require 5 working day's notice for all events under 20 guests and 7 working days for all events ranging from 20-50. If your event is over 50, please contact the Sodexo Food Services Management team with as much notice as possible to ensure adequate staffing and food stocks.

Please allow 10 days for over and above regular linens. Fulfillment of these orders will still be at the discretion of our supplier.

We also have a limited listing of alcoholic beverages available.

Other guidelines to note: when booking your location, ensure ample time for the food to be set up prior to, and cleared away after, the event. You may also wish to reach out to [custodial@smus.ca](mailto:custodial@smus.ca) to organise a room clean before or after.

For any extra tables and chairs, contact [james.booth@smus.ca](mailto:james.booth@smus.ca)

We are happy to provide you with any catering that we can. If you would like to develop a specialized menu for your event please contact the Sodexo Food Service Management staff.

Please email completed Food Request Forms to [sodexo@smus.ca](mailto:sodexo@smus.ca). It is assumed that you have the necessary budgetary approval for all orders to be facilitated.

**Office Hours are Monday to Friday 8:00 am to 4:00 pm**

### **Contact information**

Office Phone 250-370-6101

Kitchen Phone 250-370-6102

Email address [sodexo@smus.ca](mailto:sodexo@smus.ca)



<b><u>Beverages</u></b>	<b>Cost</b>
Coffee Service (8 cups)	\$7.56
Tea Service (8 cups)	\$6.87
Jugs of Juice (Apple, Orange & Grapefruit)	\$4.12
Bottled Juice (Apple, Orange, Grapefruit & Cranberry)	\$1.04
Juice Box (Single serve)	\$0.62
Chocolate Milk 473 ml	\$1.39
Chocolate Milk 237 ml	\$0.77
2% Milk 237 ml	\$0.73
Hot Chocolate Pack (Hot water, cup and stir stick provided)	\$0.62
San Pellegrino Bottle	\$2.55
Flavoured San Pellegrino (Single serve can)	\$1.10
Water Service (Cost of labour, missing supplies or disposable cost will be charged when relevant)	



<b><u>Breakfast Items</u></b>	
Seasonal Fruit Salad	\$2.41
Seasonal Fruit Platter	\$2.41
Whole Fruit	\$0.55
Individual Yogurts	\$0.59
Jugs of Fruit & Yogurt Smoothie (Strawberry Banana, Mango, Mixed Berries)	\$8.93/Jug
Yogurt Bar (Vanilla and Plain yogurt with a selection of fruit, cereals and sweetener)	\$5.85

<b><u>Baked Goods</u></b>	
Assorted Muffins	\$0.62
Assorted Danishes	\$0.62
Assorted Filled Croissants (Contain Nuts)	\$0.66
Mini Croissants	\$0.41
Whole Grain Bagels	\$0.83
Fresh Baked Granola Bars (Contain Nuts)	\$0.90

<b><u>Single Serve Condiments</u></b>	
Assorted Jams, Peanut Butter & Honey	\$0.22
Cream Cheese	\$0.35
Butter & Margarine	\$0.14



<b><u>Hot Breakfast Options (minimum order of 12)</u></b>	
Scrambled Eggs	\$0.83
Crispy Bacon	\$0.83
Breakfast Sausage	\$0.69
Buttermilk Pancakes (with Butter & Syrup)	\$0.76
Cinnamon French Toast (with Butter & Syrup)	\$1.04
Baked Hashbrowns (with Ketchup)	\$0.62
SMUS Breakfast Sandwich (English muffin with cheese, egg and ham or tomato)	\$1.72
Vegetarian Breakfast Quesadilla (with salsa)	\$1.92



<b><u>Lunch Items</u></b>	
<b>Basic Sandwich Platter</b> (Ham & Cheese, Turkey, Egg Salad, Tuna Salad)	\$2.69
<b>Sandwich &amp; Wrap Platter</b> (Ham & Cheese, Turkey, Egg Salad, Roast Beef, Chicken & Veggie w/Hummus)	\$3.10
<b>Specialty Sandwich &amp; Wraps (Minimum order of 12)</b>	\$4.47
<ul style="list-style-type: none"> <li>• Toasted Italian Sub</li> <li>• Toasted Beef &amp; Caramelized Onion Sub</li> <li>• Chicken Caesar Wrap</li> <li>• Avocado Kale Ranch Wrap</li> </ul>	
<b>Build Your Own Sandwich Bar</b>	\$4.33
<ul style="list-style-type: none"> <li>• Deli Meat &amp; Salad Platter</li> <li>• Lettuce Tomato &amp; Cheese Platter</li> <li>• Bread Selection</li> <li>• Spread Selection</li> </ul>	



<b><u>Side Salads</u></b>	
<b><u>(Double the portion and add a protein to make a light lunch)</u></b>	
<b>Garden Salad (with Balsamic &amp; Ranch Dressing)</b>	\$1.73
<b>Kale &amp; Mixed Greens with Cranberry, Pumpkin Seeds and Poppy Seed Dressing</b>	\$1.73
<b>Quinoa Tabbouleh Salad</b>	\$2.00
<b>Edamame Vegetable Salad</b>	\$1.73
<b>Thai Cucumber &amp; Vegetable Salad</b>	\$1.53
<b>Greek Salad</b>	\$2.00

<b><u>Add a Protein</u></b>	
Chicken Skewer	\$2.41
Shrimp Skewer	\$2.96
Salmon Loin	\$2.72
Grilled Smoked Tofu	\$1.37



<b><u>Hot Lunch Items</u></b>	
Soup of the day (Vegetarian Option Available)	\$1.72
Add Fresh Baked Baguette	\$0.35
Vegetarian Quiche (Spinach & Feta or Broccoli Cheddar)	\$8.93

<b><u>Lunch Meals (Minimum of 25 people)</u></b>	
<b>Curry Lunch</b>	\$7.56
<ul style="list-style-type: none"> <li>• Curry Chicken &amp; Vegetables</li> <li>• Curry Chickpea &amp; Vegetables</li> <li>• Basmati Rice</li> <li>• Naan Bread</li> <li>• Seasonal Roast Vegetables</li> <li>• Mango Chutney &amp; Fresh Cilantro</li> </ul>	
	\$7.56
<b>BBQ Chicken Lunch</b>	
<ul style="list-style-type: none"> <li>• Roast BBQ Glazed Bone in Chicken</li> <li>• Vegetarian Quiche</li> <li>• Roast Potatoes</li> <li>• Garden Salad</li> </ul>	
	\$7.56
<b>Italian Lasagne Lunch</b>	
<ul style="list-style-type: none"> <li>• Italian Lasagne</li> <li>• Vegetarian Lasagne</li> <li>• Garlic Toast</li> <li>• Greek Salad</li> <li>• Parmesan Cheese</li> </ul>	

<b>Sesame Ginger Chicken Breast Lunch</b>	<b>\$8.25</b>
<ul style="list-style-type: none"> <li>• Sesame Ginger Marinated Grilled Chicken Breast</li> <li>• Sesame Ginger Glazed Grilled Tofu</li> <li>• Vegetarian Fried Rice</li> <li>• Seasonal Vegetables</li> </ul>	
<b>Lunch of the Day</b>	<b>\$7.22</b>
<b>Have the Brown Hall Meal on that day delivered to your meeting</b>	



<b><u>Dessert &amp; Snack Items</u></b>	
<b>Veggies &amp; Hummus</b>	<b>\$2.06</b>
<b>Seasonal Fruit Platter</b>	<b>\$2.41</b>
<b>Basic Cheese &amp; Cracker Platter (with fresh &amp; dried fruit garnish)</b>	<b>\$2.55</b>
<b>Artisan Cheese Platter with Crackers &amp; Sliced Baguette (fresh &amp; dried fruit garnish)</b>	<b>\$3.37</b>
<b>Cured Meat &amp; Cheese Platter with Crackers &amp; Sliced Baguette</b>	<b>\$4.61</b>
<b>Tortilla Chips &amp; Salsa</b>	<b>\$1.04</b>
<b>Add Guacamole</b>	<b>\$0.55</b>
<b>Savory Snack Mix</b>	<b>\$1.37</b>
<b>Pita with Hummus &amp; Tzatziki</b>	<b>\$1.10</b>
<b>Fresh Baked Cookies</b>	<b>\$0.28</b>
<b>Assorted Squares</b>	<b>\$0.90</b>
<b>Carrot Cake</b>	<b>\$1.17</b>
<b>Ice Cream Cups</b>	<b>\$0.69</b>
<b>Ice Cream Sandwich</b>	<b>\$0.69</b>
<b>Jumbo Freeze</b>	<b>\$0.41</b>