# West Coast Institute Catering menu

## 🌞 Monday – Rice

### Lunch:

Mediterranean Rice Bowl

- Brown Basmati rice
- Roasted chickpeas, cherry tomatoes, cucumber, red onion, olive
- Lemon-oregano olive oil drizzle
- Feta on the side

### Side Salad:

- Parsley & Mint Tabbouleh-Inspired Salad
  - Parsley, mint, diced cucumber & tomato
  - Lemon juice + olive oil

### Snack:

🧁 Puffed Rice Granola Bars

## **#** Tuesday – Barley

## Lunch:

- Barley & Roasted Veggie Bowl
  - Roasted zucchini, red pepper, sweet potato
  - Pearl barley, lemon vinaigrette, white beans

### Side Salad:

- Mixed Greens with Radish & Lemon-Tahini Dressing
  - Add sunflower seeds for crunch

### Snack:

🧁 Barley Banana Muffins



## Lunch:

¥ Spice-Roasted Butternut Squash with Herbed Millet and Tahini Dressing

## Sourdough Buns on the side

### Side Salad:

- Carrot-Apple Slaw with Toasted Millet
  - Lemon juice, olive oil, and a little honey

### Snack:

- Millet & Coconut Energy Bites
  - Millet flakes, seeds, coconut, honey

## 🌾 Thursday – Rye

### Lunch:

- - Sourdough and GF bread with
  - hummus or avocado, sprouts, radish
  - Chickpea spread, sliced meats, cheese options

## Side Salad:

- Beet & Orange Salad with Rye Croutons
  - Arugula, roasted beets, orange, toasted rye cubes

## Snack:

Rye Chocolate Chip cookies



## Lunch:

Pizza Lunch - Sourdough crust or cauliflower crust for GF option

### Side Salad:

- Kale & Apple Salad with Toasted Oat Granola Topping
  - Lemon-honey dressing

## Snack:



Granola with yoghurt (dairy and coconut options)

And then as discussed, we can have fruit bowls available throughout the day - apples, oranges and bananas.