About the Professional Cooking Training Program

Professional Cook training is a Red Seal designated program. We are a teaching kitchen, helping students of all ages and walks of life to achieve their dream of becoming a chef. Most of the food served in our cafeteria, restaurant, and in catering orders is prepared by the culinary students.

When you order catering from the Professional Cook Training Program, you are directly supporting the culinary students in their training. You are providing valuable work experience for the Level One students, and funding for the program as a whole.

We appreciate your flexibility around specific menus items so that the students are able to fulfill learning outcomes as prescribed.

This is a hands-on learning environment. Within those limitations, we do our best to ensure professional service and excellent food.

THANK YOU FOR YOUR SUPPORT!
Breakfast

**Coffee Break Package**

Gluten-Free options available.

- Assorted mini muffins, mini scones, and mini pastries
- Fair Trade Coffee, Assorted Teas, ice water

$5.00 per person

**Continental Breakfast Package**

Gluten-Free options available.

- Yogurt Buffet (self-serve granola, fruit salad, plain and vanilla yogurt)
- OR Individual Yogurt Parfaits
  - Assorted mini muffins, mini scones and mini pastries
  - Fruit Platter
  - Fair Trade Coffee, Assorted Teas, Ice Water, Chilled Fruit Juices

$9.00 per person

**Breakfast Sandwich Buffet**

- Warm Breakfast Sandwiches (toasted English muffin, egg, cheddar cheese, and your choice of sausage, bacon or back bacon)
- Our Housemade Hash Brown Potatoes
- Fruit Platter
- Fair Trade Coffee, Assorted Teas, Ice Water, Chilled Fruit Juices

$12.00 per person – minimum 12 people

**Hot Breakfast Buffet**

- Scrambled Eggs
- Sausage or Bacon
- Housemade Hashbrowns
- Mini-Pancakes with syrup and fruit compote
- Fruit Platter
- Assorted mini muffins, mini scones, and mini pastries.
- Fair Trade Coffee, Assorted Teas, Ice Water, Chilled Fruit Juices

$20.00 per person – minimum 12 people

Questions? Please contact us at 250-370-3780 or culinaryarts@camosun.bc.ca
## A La Carte Baking

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Muffins</td>
<td>$1.20 each</td>
</tr>
<tr>
<td>Mini Scones</td>
<td>$1.20 each</td>
</tr>
<tr>
<td>Mini Pastries</td>
<td>$1.20 each</td>
</tr>
<tr>
<td>Cookies</td>
<td>$1.50 each</td>
</tr>
<tr>
<td>Dessert Squares</td>
<td>$2.25 each</td>
</tr>
<tr>
<td>Cake</td>
<td>$40 half-slab (30 portions) / $75 full slab (65 portions)</td>
</tr>
<tr>
<td>Gluten-Free Brownie or Nanaimo Bar</td>
<td>$3.00 each</td>
</tr>
</tbody>
</table>

## A La Carte Breakfast

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Yogurt Parfait</td>
<td>$4.00 each</td>
</tr>
<tr>
<td>Breakfast Sandwich</td>
<td>$4.25 each</td>
</tr>
<tr>
<td>Small Fruit Platter (up to 8 people)</td>
<td>$17.00</td>
</tr>
<tr>
<td>Medium Fruit Platter (up to 15 people)</td>
<td>$32.00</td>
</tr>
<tr>
<td>Large Fruit Platter (up to 30 people)</td>
<td>$64.00</td>
</tr>
</tbody>
</table>

## Beverages

_Beverages come with cups and cream, milk & sugar_

### Fair Trade Coffee

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 cup pot</td>
<td>$10.00</td>
</tr>
<tr>
<td>12 cup urn</td>
<td>$24.00</td>
</tr>
<tr>
<td>25 cup urn</td>
<td>$50.00</td>
</tr>
</tbody>
</table>

### Tea - Assorted Black, Green & Herbal

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 cup pot</td>
<td>$9.00</td>
</tr>
<tr>
<td>12 cup urn</td>
<td>$22.00</td>
</tr>
<tr>
<td>25 cup urn</td>
<td>$44.00</td>
</tr>
</tbody>
</table>

### Cold Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottled Pop (500 ml)</td>
<td>$2.25</td>
</tr>
<tr>
<td>Assorted Juice (450 ml)</td>
<td>$2.25</td>
</tr>
<tr>
<td>Ice Water</td>
<td>$0.00</td>
</tr>
<tr>
<td>Apple or Orange Juice (2 litre)</td>
<td>$6.50</td>
</tr>
<tr>
<td>Our Famous Fruit Punch (2 litre)</td>
<td>$7.25</td>
</tr>
</tbody>
</table>

_Questions?_ Please contact us at 250-370-3780 or culinaryarts@camosun.bc.ca
Sandwiches & Wraps

**Classic Sandwich**  
$5.25 per person
Made on multi-grain or white bread. Includes a pickle bowl. Cut into quarters.

*Gluten Free Bread available

**Choose from:**
- Turkey with Cranberry
- Roast Beef with Dijon
- Ham & Cheddar Cheese
- Salami

- Pastrami & Swiss Cheese
- Tuna Salad
- Egg Salad
- Hummus & Grilled Vegetables (vegan)

**Premium Bunwich**  
$5.75 per person
Made on a fresh crusty Portuguese bun. Includes a pickle bowl. Cut in half.

**Choose from:**
- Turkey with Cranberry
- Roast Beef with Dijon
- Ham & Cheddar Cheese
- Salami

- Pastrami & Swiss Cheese
- Tuna Salad
- Egg Salad
- Hummus & Grilled Vegetables (vegan)

**Premium Wraps**  
$6.25 per person
Prepared on assorted wheat flour wraps (white, whole wheat, or spinach). Includes a pickle bowl. Can be cut in halves or quarters.

*Gluten free NOT available

**Choose from:**
- Chicken Caesar  
  (includes bacon)
- Chipotle Chicken
- Buffalo Chicken
- Curried Chicken
- Turkey Club Ranch  
  (includes bacon)
- Tuna Salad
- Egg Salad
- Greek Salad Wrap with Olives  
  & Feta (vegetarian)
- Hummus & Grilled Vegetables  
  (vegan)
- Chef’s Special of the Day

**Questions?** Please contact us at 250-370-3780 or culinaryarts@camosun.bc.ca
Entrée Salads

**Individual Entrée Salads**  
$7.50 per person

*Vegetarian, Vegan and Gluten-Free options available*

- Salad includes tossed greens, seasonal vegetables, boiled egg, steamed quinoa, 60 g portion of grilled chicken or salmon, with balsamic vinaigrette.

  Add Toasted Nuts........$1.00

  Increase protein portion to 120 g........$2.50

**Entrée Salad Platter**  
$40 per platter (approx. 8 servings)

*Vegetarian, Vegan and Gluten-Free options available*

Chef’s choice, changes daily - made from a variety of seasonal grilled or fresh vegetables, greens, steamed quinoa, lentils, grilled protein, cheese, nuts, etc.

**Examples:**

- Seasonal grilled vegetables, arugula, feta cheese, balsamic vinaigrette
- Steamed quinoa, fresh vegetables, roasted chickpeas, lemon vinaigrette, fresh herbs
- Mixed greens, grilled chicken, fresh vegetables, Caesar dressing
- Kale, roasted yams, lentils, pumpkin seeds, spicy vinaigrette

Questions? Please contact us at 250-370-3780 or culinaryarts@camosun.bc.ca
Bagged Lunches

Classic Sandwich Bagged Lunch  $9.25 per bagged lunch

*Vegan, Vegetarian, and Gluten-Free options available

• One Classic Sandwich
• One piece of fresh fruit (Apple, Orange, or Banana)
• Juice Box (200 ml)
• Cookie

Premium Bagged Lunch  $10.50 per bagged lunch

*Vegan & Vegetarian options available

*NO gluten free

• One Premium Bunwich or Premium Wrap
• One piece of fresh fruit (Apple, Orange, or Banana)
• Bottled Juice or Pop (450 ml)
• Cookie or Granola Bar

Entree Salad Bagged Lunch  $11.50 per bagged lunch

*Vegan, Vegetarian, and Gluten-Free options available

• One Entrée Salad
• One piece of fresh fruit (Apple, Orange, or Banana)
• Juice Box (200 ml)
• Cookie or Granola Bar

Questions? Please contact us at 250-370-3780 or culinaryarts@camosun.bc.ca
Hot Lunch

Meal Vouchers to our Gourmet Culinary Arts Cafeteria
(where you can build your own meal from an array of entrees and sides)

Entrée Only Voucher ................................................................. $10.00 per person
Full Meal Deal Voucher (Entrée, Soup or Small Salad, Dessert & Small Beverage) ............... $16.75 per person

Simple Lunch Buffet $21.00 per person – minimum 12 people
MUST be served in the ClassRoom Restaurant or Cafeteria Annex

*Please advise us of any dietary restrictions

- Tossed Salad
- Entrée
- Seasonal Vegetables
- Starch
- Beverages (coffee, tea, ice water)
- Dessert Platter

Gourmet Lunch Buffet $32.00 per person – minimum 12 people
MUST be served in the ClassRoom Restaurant or Cafeteria Annex

*Please advise us of any dietary restrictions

- Choice of Two Starters
- Choice of Two Entrées
- Seasonal Vegetables
- Starch
- Beverages (coffee, tea, ice water, fruit punch)
- Dessert Platter

Plated Lunch

2 courses $26.00 per person | 3 courses $30.00 per person
MUST be served in the ClassRoom Restaurant

(service charge of $45.00 added to orders under 10 people)

- Starter Salad
- Choice of Entrée
- Seasonal vegetables, starch & sauce
- Choice of Plated Dessert
- Beverages (coffee, tea, ice water, fruit punch)

Questions? Please contact us at 250-370-3780 or culinaryarts@camosun.bc.ca
# Hors D’oeuvres

For receptions, small and large gatherings.

*Vegetarian, Vegan, and Gluten-Free options available*

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Fruit Platter (up to 8 people)</td>
<td>$17.00</td>
</tr>
<tr>
<td>Medium Fruit Platter (up to 15 people)</td>
<td>$32.00</td>
</tr>
<tr>
<td>Large Fruit Platter (up to 30 people)</td>
<td>$64.00</td>
</tr>
<tr>
<td>Small Veggie &amp; Dip Platter (up to 8 people)</td>
<td>$16.00</td>
</tr>
<tr>
<td>Medium Veggie &amp; Dip Platter (up to 15 people)</td>
<td>$30.00</td>
</tr>
<tr>
<td>Large Veggie &amp; Dip Platter (up to 30 people)</td>
<td>$60.00</td>
</tr>
<tr>
<td>Small Cheese Platter (up to 8 people)</td>
<td>$35.00</td>
</tr>
<tr>
<td>Medium Cheese Platter (up to 15 people)</td>
<td>$70.00</td>
</tr>
<tr>
<td>Large Cheese Platter (up to 30 people)</td>
<td>$140.00</td>
</tr>
<tr>
<td>Small Charcuterie Platter (up to 8 people)</td>
<td>$35.00</td>
</tr>
<tr>
<td>Medium Charcuterie Platter (up to 15 people)</td>
<td>$70.00</td>
</tr>
<tr>
<td>Large Charcuterie Platter (up to 30 people)</td>
<td>$140.00</td>
</tr>
<tr>
<td>Premium Wraps, cut in quarters</td>
<td>$6.25 per wrap</td>
</tr>
<tr>
<td>Cold Hors D’Oeuvres</td>
<td>$17.00 per dozen</td>
</tr>
<tr>
<td>Hot Hors D’Oeuvres</td>
<td>$18.50 per dozen</td>
</tr>
</tbody>
</table>

## Tablecloths

Tablecloths are included in the cost of buffets or plated lunches. If you would like to add tablecloths to any other catering function, please see the costs, below.

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large (120 x 54 inches)</td>
<td>$6.50</td>
</tr>
<tr>
<td>Small (54 x 54 inches)</td>
<td>$5.00</td>
</tr>
</tbody>
</table>