

Facility Rentals Standard Menu Information

Menus at the Cheakamus centre will be prepared for private groups using fresh seasonal ingredients and product that is on hand. For additional information on Cheakamus Centre's food ethics, please click [here](#). It is difficult for us to exactly predict from two to three weeks out what this menu will be as it is often finalized within 24 hrs of a group's arrival. We can however, provide the template or framework we use to build this menu.

We alternate between vegetarian based meals and animal proteins. As you will see arrival lunch has animal protein, dinner has vegetarian protein. Day two lunch will be vegetarian while dinner will have animal protein - back and forth. Breakfast switches between eggs and farinaceous. In the event that a group has more than half its member's vegetarian, the menu will be entirely vegetarian with an animal protein offered on the side at staggered meals as described above.

This will apply to other dietary issues such as allergies, dairy, gluten, religious and cultural restrictions.

Arrival day:

Lunch: Build you own Sandwich. This may be hot or cold service. You may be presented an assortment of deli meats and sandwich salads (egg, chicken, tuna etc.), or one of the following, hamburgers, salmon burger, chicken, pulled pork, beef dip etc. Both options will include a choice for vegetarians. This will be served with two salads, one leafy and one composite.

Dinner: Will be vegetarian on arrival day. This will include leafy salad with a selection of dressings made in house, bread or another farinaceous side, protein, starch and vegetables (*a stew may encompass all three*). This will then be followed by dessert.

Day 2:

Breakfast: Cold cereal, hot cereal, eggs and side starch with bacon or sausages. Fresh fruit, fruit juice and appropriate condiments. Soy and rice milk will also be available.

Lunch: Will be vegetarian, served with two salads, one leafy and one composite.

Dinner: Will be a roast served with starch, vegetables, salad and followed by dessert.

Day 3:

Breakfast: Cold cereal, hot cereal, pancake waffle or french toast, bacon or sausage. Fresh fruit, fruit juice and appropriate condiments. Soy and rice milk will also be available.

Lunch: Will contain an animal protein, which may include a sandwich, wrap, taco or stir-fry, served with two salads, one leafy and one composite.

Dinner: Will be vegetarian, served with starch, vegetables, salad and followed by dessert.

Every effort will be made to ensure a balanced menu but in the case of some restrictions it may be that some of the attendees will have to eat a different lifestyle than they are accustomed to for the duration of their stay.