

Our menu bon appétit

To guarantee the success of your meetings and office gatherings, Rasco Food offers the finest foods, made with creativity and fresh ingredients and plated to bring a smile to your colleagues' faces. Choose from our already crafted menus, or call us to create a custom food presentation for your next important gathering.

Bon appétit.



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Sensible Start Selections

Begin your day with these fresh, wholesome breakfast choices. All our baked goods are made with low-fat and low-calorie ingredients. All prices are per person.

Assorted yogurts	\$ 1.75
Low-fat muffins	\$ 1.95
Low-fat loaf slices	\$ 1.95
Mini croissants and danishes	\$ 1.95
Bagels with jam and cream cheese	\$ 2.75
Hot breakfast: Scrambled eggs, bacon, sausage, home-fried potatoes, bread, jam, fresh fruit, coffee or tea	\$ 10.95

Hot and Healthy Lunches

Our hot and healthy lunches are made from scratch using fresh ingredients and low-fat cooking oils. All lunches include dessert or fresh fruit. All prices are per person.

Baked lasagna (with garden salad)	\$ 13.95
Grilled chicken breast (with rice and garden salad)	\$ 14.95
Fajita: chicken or beef or vegetarian fajita (with Mexican rice and garden salad)	\$ 14.95

Homemade Sandwiches

We prepare our sandwich fillings fresh each day: Egg or tuna salad, sliced chicken, roast beef, smoked meat, Black Forest ham, assorted deli cuts and vegetarian mixes. Served on fresh breads, buns, croissants or wraps. Price is per person.

Sandwich (with assorted vegetables, cheese, crackers and choice of fruit or dessert squares)	\$ 13.95
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Wholesome Salads

Experience the taste and freshness of our salads. Made using all-natural ingredients and served with low-calorie dressings. All prices are per person.

Garden salad	\$ 2.50
Pasta with marinated vegetables	\$ 2.75
Country-style potato salad	\$ 2.75
Creamy macaroni salad	\$ 2.75
Greek salad with feta cheese	\$ 2.95
Tabouli	\$ 2.95

Smart Choice Luncheon Trays

A healthy vegetable, fruit or cheese tray makes an ideal mid-morning and mid-afternoon snack, and gives greater variety to your lunch. Prices are per tray.

Vegetable tray: Crisp vegetables served with low-calorie dip or hummus	
Small (serves up to 15 people)	\$ 26.25
Large (serves up to 30 people)	\$ 52.50
Fruit tray: Fresh, ripe, assorted seasonal fruits	
Small (serves up to 15 people)	\$ 29.25
Large (serves up to 30 people)	\$ 58.50
Cheese tray: Canadian and imported cheeses served with assorted crackers	
Small (serves up to 15 people)	\$ 37.50
Large (serves up to 30 people)	\$ 75.00

Temptingly Tasty Desserts

Cap off your meal with a selection from one of our trays of fresh-baked desserts. All prices are per person.

Cookies	\$ 2.50
Squares	\$ 2.95
French pastries	\$ 4.25

Hot and Cold Beverages

Whether you need to cool down or warm up, we have a drink for you. All prices are per person.

Assorted soft drinks	\$ 1.50
Coffee (Starbucks) and tea	\$ 1.95
Bottled water (Aquafina)	\$ 1.95
Perrier water	\$ 2.25
Assorted juices (Tropicana)	\$ 2.25
V8	\$ 2.25

We would be honoured to cater your next meeting or gathering—for as few as 15 people or as many as 300. Call **613-829-8383** and let us show you the true meaning of fresh ingredients, healthy meals and friendly people.

Disposable plates, utensils and serviettes are included. Prices do not include applicable taxes. A 15% service charge will be added to your invoice. All rentals are extra. To help us serve you better, a 24-hour notice for cold food and a 48-hour notice for hot food would be greatly appreciated.

Fresh Ingredients. Healthy Meals. Friendly People.