



Weekly Menu Planning

Fresh food to fuel fresh ideas!

Daniel et Daniel is here to support you and your team with healthy and fresh meals prepared daily. These menus can be individually packaged to help support social distancing and other safety measures to help stop the spread of Covid-19.

Please contact your Daniel et Daniel Catering and Event Planner or events@danieletdaniel.ca to place your order.



Breakfast

\$17.00 per person

Monday

Overnight Oatmeal
Oats, Coconut Milk,
Seasonal Fruit,
Maple Syrup
(GF)

Muffins

Chia Jam Scone
Flax & Hemp Seed Scone,
Blueberry Chia Seed Jam
(GF/NF/VE)

Fruit Salad Cup

Tuesday

Breakfast Berry Parfait
Layered Yogurt,
Fresh Berries, Granola
(GF/NF)

Cinnamon Apple Oat
Square
Pumpkin Seed & Oat Crust,
Cinnamon Braised Apples
(GF/NF/VE)

Spinach Breakfast Quiche

Assorted Whole Fruit
May include Apple, Banana,
Orange, Pear, Grapes

Wednesday

Assorted Bagels
May include:
Whole Wheat,
Whole Grain, White,
Poppyseed, Sesame,
Raisin Cinnamon,
Dried Berry

Cream Cheese & Jam

Chia Pudding Verrine
Mango, Orange, Turmeric
(GF/NF/DF/VE)

Berry Skewers

Banana Bread

Thursday

Granola Bar
Pumpkin Seed, Flax,
Hemp, Raisins,
Coconut Oil
(GF/NF/VE)

Individual Fruit Yogurts

Egg and Quinoa Cup
Sweet Potato, Kale,
Sundried Tomato
(GF/NF/V)

Full Fresh Fruit Kebab

Friday

Coco Banana Parfait
Coconut & Chocolate
Granola, Greek Yogurt,
Caramelized Bananas
(GF/NF)

Morning Glory Muffins
Carrot Apple, Almond,
Coconut, Walnut
(GF/VE)

Savory Breakfast Roll
Egg, Bacon, Jack Cheese,
Caramelized Onion
(NF)

Assorted Whole Fruit
May include Apple, Banana,
Orange, Pear, Grapes



Lunch

\$27.00 per person

Monday

Wraps

Grilled Chicken Breast
Pesto, Tomato, Emmenthal,
Lettuce

Grilled Vegetable

Basil, Sundried Tomato,
Hummus, Lettuce

Quinoa & Spinach Salad

Fresh Herbs,
Pomegranate Seeds
Citrus Vinaigrette

Berry Skewers

Lemon Square

Cold Drinks

Soft Drinks Coke, Diet Coke, Ginger Ale, Sprite \$1.75/person
Juices Orange, Apple, Cranberry, Grapefruit \$1.75/person
Bottled Water Eska Natural Spring Water \$1.75/person
Eska Carbonated Spring Water \$2.50/person

Hot Beverages

Coffee, Decaf, Tea \$2.50/person

Tuesday

Eco Bowl

Salmon Lunch Bowl
Grilled Salmon,
Spiral Zucchini, Quinoa,
Cherry Tomatoes,
Roast Broccoli, Roast Beets,
Hemp Seeds, Lemon Dill
Vinaigrette

Tofu Lunch Bowl

Grilled Tofu, Soba Noodles,
Pickled Carrots, Purple
Cabbage, Roast Broccoli,
Shelled Edamame,
Miso Sesame Vinaigrette

Vegan Sunflower Seed Chocolate Chip Cookies

Ontario Apple

Wednesday

Eco Bowl

Marinated Flank Steak
Kale Caesar Salad
Baby Kale, Parmesan Frico,
Pumpnickel Bagel Crisp,
Grilled Lemon,
Creamy Nori Dressing

Fruit Salad Cup

Blueberry Miso Crumb Cake (NF)

Thursday

Eco Bowl

Grilled Salmon
Roast Tomato Salsa

Grain & Roast Cauliflower Salad

Farro, Barley,
Roast Cauliflower,
Pomegranate, Pistachio
(VE)

Full Fresh Fruit Kebab

Chocolate Salt Caramel Tart

Chocolate Ganache,
Caramel, Fleur de Sel,
Chocolate Shell

Lemon Buckwheat Shortbread Lemon Glaze (NF)

Friday

Eco Bowl

Grilled Chicken Breast
Fresh Herbs, Cracked Black
Peppercorns & Olive Oil

Greek Salad

Romaine Lettuce, Feta,
Black Olive, Cucumber,
Peppers,
Olive Oil & Lemon

Berry Salad Cup

Chocolate Brownie



Thank you!

We would be happy to be a part of your daily success.
Get inspired- follow us in social media.



Click it!