



Econiche House In-The-Gatineau Conference & Retreat Centre

A Meetingplace For All Seasons

32 Ch. River, Cantley, Qué. J8V 3A1
(819) 827-0086 fax 827-0121
www.econichehouse.com

Menu September 2008

You may leave meal selections to our chef, **Gilbert Thibert**, or may choose **one** of the following items for your group for lunch and dinner. If anyone in your group has food allergies or is a vegetarian, please let us know in advance and our chef will adapt your meal choice to accommodate them.

Full Breakfast: (Included in the overnight guest package) \$10.00 for Day Use Groups

No need to choose. Cereals, bacon or sausages, eggs, French toast or pancakes, toasts made with "home-made" bread, jam, spreads, coffee, tea and orange juice.

Continental Breakfast: \$6.00 for Day Use Groups

No need to choose. Cereals, freshly baked muffins or croissants, toasts made with "home-made" bread, jam, spreads, fruits, yogourt, coffee, tea and orange juice.

Lunch

1. Quiche Lorraine
2. Vegetarian quiche
3. Open faced sandwiches, fruits & vegetable salad, pasta salad
4. Pork stir fry, Thai style
5. Vegetarian stir fry, Thai style
6. Tourtiere & Pea soup
7. Penne with Mushrooms & Bell Peppers in Tomato Sauce
8. Caesar Salad with Sliced Chicken Breast
9. Cabbage Rolls

Lunch (\$3.50 extra)

10. Barbeque Chicken Breasts
11. Fillet of lake trout with Dill Sauce
12. Teriyaki chicken brochette
13. Cold Buffet of Black Forest ham, chicken breast, salami, cheddar and brie cheese, pickles, choice of two salads (Minimum 10 persons)
14. Traditional lasagna
15. Vegetarian lasagna
16. Chicken Enchiladas
17. Vegetarian Enchilada
18. Beef Stew

Dinner

1. Chicken breast stuffed with peach and brie and white wine sauce
2. Filet of Salmon, leeks and white wine sauce
3. Roast sirloin of beef, red wine sauce
4. Pork medallion in crust, mango chutney bordelaise sauce
5. Chicken cacciatore with noodles
6. Beef Bourguignon with noodles
7. Vegetarian ragout, Pepper squash soup
8. Eggplant and mushrooms, Parmesan
9. Classic Beef stroganoff
10. Breaded veal cutlet, Parmigiana served with tortellini
11. Vegetable Curry with Tofu and Fruits
12. Lake Trout with Lemon Butter and Toasted Almonds
13. Sirloin steak, sautéed mushrooms and baked potato (**\$5.00 extra**)

Main courses are served with home-made soup or seasonal salad and appropriate potato or starch, vegetables of the day and bread. Dessert, coffee, tea, herbal tea and juices are served with lunch and dinner.

Mid-morning and mid-afternoon snacks are served as part of both the Residential and Day Use packages and consist of home-made cookies, fruits, coffee, tea and juices.