

Preferred catering

GENERAL | JURAVINSKI | MCMASTER | RON JOYCE | ST.PETER'S

 Hamilton
Health Sciences
Volunteer Association

(905) 521-2100, EXT. 76584 | PREFERREDATERING@HHSC.CA
WWW.PREFERREDATERING.CA

MAKE A PURCHASE, MAKE A DIFFERENCE® | ALL PROFITS DONATED TO ENHANCE PATIENT CARE AT HAMILTON HEALTH SCIENCES

WIDE SELECTION | FLEXIBLE OPTIONS | CUSTOMIZED ORDERS | SPECIAL EVENT CATERING



Breakfast

Minimum 6 people for catering orders unless otherwise specified

BREAKFAST BUFFET Minimum 12 people \$14.00 per person

A full breakfast including scrambled eggs, home fries, bacon or sausage, toast and fresh fruit tray. Includes coffee and tea.

BREAKFAST BURRITO Minimum 6 people \$9.50 per person - Vegetable V \$10.00 per person - Sausage

Scrambled egg, shredded cheddar cheese, diced green peppers and tomato salsa in a grilled whole wheat wrap. Includes coffee and tea.

FRUIT KABOBS PB WF \$3.99 per person

Skewers of fresh seasonal fruit. A great addition to the Traditional or Euro continental breakfasts

BERRY YOGURT GRANOLA

PARFAIT V \$4.25 per person \$7.50 per person - with coffee, tea and bottled water

Vanilla yogurt topped with fresh strawberries, blueberries and granola.

EURO CONTINENTAL \$10.00 per person

A selection of sliced cheeses, black forest ham, and hard boiled eggs, served with fresh croissants, preserves and butter. Includes coffee, tea and bottled water.

HEALTHY CONTINENTAL V

\$7.20 per person
Includes coffee/tea and bottled water

Choose **one** of the following per order:

- Whole fruit and cereal bar
- Yogurt and whole fruit (apples, oranges or bananas) WF
- Yogurt and cereal bar

TRADITIONAL CONTINENTAL V

\$7.20 per person
Includes coffee/tea and bottled water

Choose **one** of the following per order:

- Assorted danishes, tea biscuits, croissants
- Assorted muffins with Becel® and butter
- Assorted bagels with jam, cream cheese and peanut butter

Minute Maid® juice
Simply® juice

Add \$3.20 per person
Add \$3.50 per person

ADD-ONS

- Bagel and cream cheese \$3.20 each
- Muffin \$2.20 each
- Tea biscuit \$2.20 each
- Croissant \$3.25 each
- Pastry \$3.25 each
- Yogurt \$1.69 each
- Energy Bites (2 pieces) PB WF \$2.75 pkg

LOOK FOR THE SYMBOL We have a wide selection of options for special dietary needs. Look for the symbols throughout our menu:

PB PLANT-BASED V VEGETARIAN WF WHEAT-FREE

H HALAL ★ HOUSE-MADE








Individually Packaged

All products served individually packaged with individually packaged cutlery and condiments.

SALADS & BOWLS

\$8.50 per person

Your choice of:

- CHICKEN SHAWARMA BOWL 
- RAINBOW SALAD  
- GRILLED CHICKEN CAESAR
- DELUXE GREEK SALAD  
- STRAWBERRY WALNUT SALAD  

TRADITIONAL SANDWICHES

\$5.15 per person





Your choice of:

- EGG SALAD 
- HAM & CHEESE
- TURKEY
- TUNA SALAD
- VEGETABLE & CHEESE 

PROTEIN BOXES

\$6.49 per person

Your choice of:

- CHICKEN 
chicken | egg | cucumber | tomato
- OMEGA 3 PROTEIN BOX 
salmon | egg | quinoa | spinach | red cabbage
- PLANT PROTEIN  
tofu | edamame | chick peas | shredded carrot


GOURMET WRAPS

\$8.50 per person

Your choice of:

- SOUTHWEST BEEF & CHEDDAR
- CHICKEN SHAWARMA 
- GRILLED VEGETABLE & FETA 
- MOROCCAN QUINOA 
- GRILLED CHICKEN CAESAR
- SMOKED TURKEY & JALAPEÑO HAVARTI

SNACKS AND ADD-ONS

FRUIT, YOGURT & GRANOLA PARFAIT 	\$5.19
POTATO CHIPS	\$1.90
VA SIGNATURE OATMEAL COOKIES	\$2.79
KIND BARS	\$2.65

BAKED GOODS

INDIVIDUALLY WRAPPED MUFFINS	\$2.20
INDIVIDUALLY WRAPPED PASTRIES	\$3.25

BEVERAGES

CANNED CARBONATED BEVERAGES	\$2.20
DASANI BOTTLED WATER 591ML	\$2.49
BOTTLED JUICE	\$3.20

Did you know? No tax is charged on catering orders through Preferred Catering, which is operated by the HHS Volunteer Association, a non-profit organization. All profits are donated to enhance patient care at Hamilton Health Sciences. For more information about how your purchase makes a difference visit www.hhsva.ca

Sandwiches & Wraps

\$8.50 per person | Sandwich tray includes pickles and olives

Select any **two** per 6 people:

SMOKED TURKEY & HAVARTI SANDWICH

Sliced smoked turkey, havarti cheese, tomato, romaine lettuce and grainy mustard aioli

TUSCAN HAM SANDWICH

Black forest ham, provolone, sliced tomatoes, and baby arugula with pesto mayo

DELUXE TUNA SANDWICH

Tuna salad, alfalfa sprouts, cucumbers, shredded carrots

CHICKEN SHAWARMA WRAP H

Lebanese spiced Halal chicken, chopped cucumbers, red onion and tomato, baby spinach, hummus and creamy garlic sauce in a whole wheat wrap

SOUTHWEST BEEF & CHEDDAR WRAP

Sliced roast beef, shredded cheddar cheese, sweet peppers, toasted corn and black beans, creamy chipotle mayo in a sundried tomato wrap

GRILLED CHICKEN CAESAR WRAP

Grilled chicken strips, shredded romaine lettuce, bacon bits, parmesan and caesar dressing in a tortilla wrap

EGG SALAD CROISSANT SANDWICH V

Egg salad with baby spinach and tomato on a flaky butter croissant

GRILLED VEGETABLE WRAP V

Grilled eggplant, zucchini and onions with roasted red pepper, feta and hummus in a whole wheat wrap

MOROCCAN QUINOA WRAP PB

Moroccan spiced quinoa, chickpeas, raisins, cherry tomatoes, sweet peppers, red onions, baby spinach and hummus in a whole wheat wrap

GRILLED ZUCCHINI CRANBERRY KALE WRAP V

Grilled zucchini, kale, cranberries, Swiss cheese and sweet citrus sauce in a spinach pesto wrap

SPICY TOFU NOODLE WRAP PB

Marinated tofu, vermicelli rice noodles, diced red peppers, cucumber, onions, sambal chili, hummus and sesame seeds in a whole wheat wrap

ADD ON OPTIONS

- Potato chips \$1.90 each
- Pretzels \$1.90 each
- Dessert squares \$3.70 each

WF **GLUTEN FREE** wraps, buns and bread available upon request. Items are not prepared in a gluten free facility.

Don't see it? We can do it

Our team of experts would be happy to provide guidance and customized menu options for your event. Just give us a call or email us.

(905) 521-2100, EXT. 76584
PREFERRED CATERING@HHSC.CA

TOASTED PANINIS

\$10.60 per person | all paninis toasted

Select **one** choice per 6 people

Artisan Turkey & Brie Baguette

Sliced smoked turkey and creamy brie, dried sweet cranberries, red onions and smoky mustard

Portobello Mushroom Ciabatta V

Grilled portobello mushroom, red onion, roasted red pepper, mozzarella and baby spinach on a herb ciabatta

TRADITIONAL SANDWICHES

\$5.15 per person

A selection of wedge sandwiches including: turkey, ham & cheese, egg salad V, tomato & cheese V, and tuna salad prepared on white and whole wheat bread.

Montreal Smoked Meat

Smoked beef brisket with Swiss cheese and mustard aioli on a ciabatta bun

Chicken or Eggplant Parmesan

Crispy herb breaded and topped with zesty tomato sauce, mozzarella and parmesan cheese on a ciabatta bun. Your choice of:

- CHICKEN H
- EGGPLANT V

Trays



CHEF'S CHEESE BOARD V

\$101.00, serves 30-40

A selection of imported and domestic cheeses and seasonal fruits served on a cheese board. Served with an assortment of crackers.

CHARCUTERIE BOARD

\$85.00, serves 20-25

A selection of meats, imported and domestic cheeses, dried and fresh fruit, nuts and olives. Served with sliced baguette.

CHEESE AND CRACKERS V

Small \$36.00, serves 8-12 | Medium \$60.00, serves 18-24
Large \$112.00, serves 48

Assortment of cheddar, marble and provolone slices, garnished with grapes and strawberries. Served with a selection of crackers.

MEDITERRANEAN ANTIPASTO PLATTER V

\$52.00, serves 8-12

Breaded eggplant and grilled zucchini, roasted red peppers, kalamata olives, feta cheese and hummus. Served with toasted pita points.

VEGETABLE CRUDITÉS V WF

Small \$29.00, serves 8-12 | Medium \$43.00, serves 18-24
Large \$87.00, serves 48

Assorted seasonal vegetables. Served with creamy ranch dressing V or hummus PB

FRESH FRUIT & YOGURT DIP V WF

Small \$45.00, serves 8-12 | Medium \$74.00, serves 18-24
Large \$133.00, serves 48

Selection of fresh melon (watermelon, cantaloupe), oranges, grapes, strawberries, apples and pineapple. Served with yogurt dip.



Salads

BY THE BOWL

SIGNATURE SALADS

\$38.00, serves 8-12

Greek

Mixed greens, tomatoes, cucumbers, red onions, feta cheese, black olives with Greek feta dressing

Classic Caesar

Romaine lettuce, Parmesan cheese and croutons with bacon bits (optional) and creamy Caesar dressing

Moroccan Quinoa

Moroccan spiced quinoa, chickpeas, raisins, cherry tomatoes, sweet peppers, red onions on mixed greens. Served with a house light lemon and olive oil dressing

Cranberry Kale

Crisp kale, peppers, cucumber, green onions, dried cranberries tossed in a sweet lemon and olive oil dressing

Black Sesame Asian Noodle Salad

Rice noodles, red and green peppers, cucumber, cherry tomatoes and black sesame seeds tossed in a light house sambal chili and sesame oil dressing

Fusilli Tri-Coloured Pasta Salad

Broccoli, cucumber, peppers, green olives, topped with feta cheese and toasted almonds with roasted red pepper dressing

Thai Mango

Nappa cabbage and fresh mango slaw with edamame and sweet peppers in a house sesame sambal chili dressing

Buddah Bowl

Falafel patties, black beans and fresh vegetables on a bed of herbed bulgar wheat with a house lime dressing

Fattoush

Romaine lettuce, cucumbers, sweet peppers, tomatoes and red onions. Served with radishes, a lemon herb dressing, sumac and crispy pita chips.

MIXED GREENS

\$33.00, serves 8-12

Fresh mixed greens served with your choice of dressings

ADD PROTEIN TO ANY SALAD

Add \$16.00 per bowl

- Grilled chicken strips
- Sweet chili tofu 




Pizza

OVEN BAKED IN-HOUSE

CLASSIC PEPPERONI \$26.00, 12 slices
Pepperoni and mozzarella cheese

DELUXE \$26.00, 12 slices
Pepperoni, sausage, green peppers and mushrooms topped with mozzarella cheese

GREEK  \$26.00, 12 slices
Seasoned crust with sweet peppers, black olives and marinated tomatoes topped with feta cheese and mozzarella

VEGETARIAN  \$26.00, 12 slices
Green and red peppers, marinated tomatoes, onions, mushrooms, mozzarella, cheddar and balsamic glaze

CLASSIC THREE CHEESE  \$24.00, 12 slices
Mozzarella, cheddar and parmesan cheese

Build Your Own Pizza

\$28.00 per pizza, 12 slices | Extra toppings \$2.00 each

Your choice of any 4 toppings:

- ROASTED RED PEPPERS
- TOMATOES
- MUSHROOMS
- GREEN PEPPERS
- RED PEPPERS
- GREEN OR BLACK OLIVES
- FRESH PINEAPPLE
- GRILLED ZUCCHINI
- GRILLED ONIONS
- HAM
- PEPPERONI
- SAUSAGE
- BACON
- CHICKEN
- CAJUN CHICKEN
- FETA
- PESTO
- ASIAGO CHEESE
- EXTRA CHEESE





Pasta




Pasta entrées are served with garlic bread and Caesar salad


LASAGNE
House-made with layers of pasta, tomato sauce and cheese topped with melted cheese with your choice of:

- **Vegetarian**  \$13.00 per person
- **Meat lasagne** with ground beef  \$14.00 per person

1/2 tray, serves 9 | Full tray, serves 18

\$13.00 per person, minimum 9 people:

CHEESE MANICOTTI 
Cheese filled manicotti topped with zesty tomato sauce (2 per person)

PASTA PRIMAVERA 
Penne pasta, tomatoes, pepper and mushrooms and Parmesan cheese lightly tossed with garlic and olive oil (available with whole wheat pasta)

MEDITERRANEAN VEGGIE BAKE  
Grilled zucchini, eggplant, roasted red peppers, broccoli and mushrooms layered with house-made tomato sauce and topped with mozzarella, cheddar and Asiago cheese


\$14.00 per person, minimum 9 people:

PENNE ARRABIATA
Penne pasta tossed in a spicy traditional Arrabiata sauce with plum tomatoes, sautéed peppers and onions, olives and chilies with your choice of:

- **Smoked Sausage**
- **Portobello Mushroom** 

CHICKEN CLUB PENNE
Penne pasta in a creamy house-made Alfredo sauce topped with grilled chicken strips, bacon crumble and diced tomatoes

CHICKEN OR EGGPLANT PARMESAN
Crispy herb breaded and topped with zesty tomato sauce and mozzarella cheese on penne marinara with your choice of:

- **Chicken** 
- **Eggplant** 



Entrées

Minimum 6 people unless otherwise indicated

GREEK SOUVLAKI

All meal options come with tzatziki sauce

1) Choose a meal option:

- A) **MEAL** - Served with seven grain rice and grilled vegetables
- B) **BUILD YOUR OWN PITA** - Served in a Greek pita with tomatoes, onions and lettuce toppings on the side
- C) **LIGHTER FARE** - Served with Greek salad WF

2) Choose a type of skewer:

\$14 - 1 skewer per person | \$17 - 2 skewers per person

- **CHICKEN SOUVLAKI** H
- **ROASTED SEASONAL VEGETABLE** PB

LEBANESE PLATE

\$16.00 per person

Lebanese style chicken shawarma or falafels served with 7-grain rice pilaf topped with creamy garlic sauce and parsley. Served with traditional fattoush salad.

Your choice of:

- **CHICKEN SHAWARMA** H
- **FALAFELS** V

LEMON OREGANO CHICKEN

\$15.00 per person

Mediterranean grilled chicken breast in a light house lemon sauce. Served on seven grain rice with seasonal grilled vegetables.

CHILI WF

\$13 per person

House-recipe chili with sour cream, shredded cheese, green onions and seasoned tortilla chips on the side

Your choice of:

- **MEAT CHILI** H - Halal ground beef, beans and tomato slow cooked with Mexican spices
- **VEGETABLE CHILI** PB - Diced seasonal vegetables, lentils, beans and tomato slow cooked with Mexican spices

BUTTER CHICKEN

\$15.00 per person

Grilled chicken simmered in a sweet and mild traditional curry sauce with peppers and caramelized onions. Served with basmati rice and crispy samosas.

VEGETABLE CURRY PB

\$14.00 per person

Sweet potatoes, chick peas, spinach and caramelized red onion simmered in a mild curry sauce. Served with basmati rice.

MAKE IT A COMPLETE MEAL Add \$6.50 per person to complete your meal. Includes coffee, tea, assorted pop or small bottled water and a sweet tray. Applicable on orders of \$12.00 or more per person.

Receptions



FINGER FOOD

\$7.20 per person | 8 pieces per person, 2 of each type

An assortment of crispy fried hot hors d'oeuvres served with sweet chili dipping sauce. Includes a selection of:

- CHEESE BALLS 
- SPRING ROLLS 
- MINI VEGETABLE SAMOSAS 
- FALAFEL  

MEATBALLS

\$5.00 per person | 6 pieces per person

Served hot with your choice of teriyaki, barbecue or honey garlic sauce.

CHICKEN FINGERS

\$8.00 per person | 3 pieces per person

Breaded strips of chicken. Served with plum sauce.

VEGETABLE SAMOSAS

\$4.75 per person | 2 pieces per person



Crispy pastry filled with Indian spiced vegetables. Served with sweet chili dipping sauce.

COCONUT SHRIMP

\$8.00 per person | 3 pieces per person

Crispy coconut battered jumbo shrimp. Served with sweet chili dipping sauce.

TOMATO BOCCONCINI SKEWERS

\$3.99 per person  

Skewers of cherry tomatoes, bocconcini cheese and fresh basil drizzled with a balsamic glaze

FETA BRUSCHETTA CANAPÉ





\$35.00 per tray | 48 pieces per tray

Tomato, garlic and basil topped with feta cheese on bite size flatbread drizzled with a balsamic glaze

PINWHEEL WRAPS

\$35.00 per tray | 48 pieces per tray

Choose any **two**:

- OLIVE TAPENADE 
- CUCUMBER AND DILL CREAM CHEESE 
- ZESTY CREAM CHEESE AND ROASTED RED PEPPERS 
- SPINACH AND FETA CREAM CHEESE 
- CHEDDAR AND BACON

MEDITERRANEAN MINI WRAPS

\$46.00 per tray | 40 pieces per tray

Greek chicken and vegetable wraps garnished with kalamata olives, feta cheese and roasted red peppers

Trays





Desserts

FRESHLY BAKED COOKIES

\$1.45 per cookie

Assorted cookies, including chocolate chip, white chocolate macadamia, double chocolate, oatmeal raisin, seasonal shortbread

SWEET TRAY

\$39.00 - Small, 30 pieces | \$60.00 - Medium, 54 pieces

\$117.00 - Large, 100 pieces

Includes an assortment of dessert bars, mini tarts, macaroons and seasonal cookies

BUTTER TARTS

\$2.65 each

Includes an assortment of plain, raisin, coconut or walnut butter tarts

DONUTS

\$2.95 each

Choose from:

- BOSTON CREAM
- APPLE FRITTER
- CINNAMON TWIST

COCONUT CHOCOLATE

MACAROONS WF

\$1.85 each

Our signature house-recipe coconut macaroons are the perfect sweet bite at the end of meal or as a mid-afternoon pick-me-up.

ENERGY BITES PB WF

\$2.75 per package of 2

Our signature recipe made with dates, peanut butter, oats and chia seeds blended and rolled to the perfect bite-sized piece and coated in shredded coconut

DECADENT MINI CHEESECAKES

\$3.50 per person

GLUTEN FREE SWEETS WF

\$2.65 each

Choose from:

- CHOCOLATE CHIP COOKIE
- KIND or HONEY BARS - Assorted flavours
- MINI WALNUT BROWNIE



Beverages

HOUSE COFFEE

\$16.50 pot, serves 7 | \$97.00 urn, serves 50
\$170.00 per two urns, serves 100

Reunion Coffee Roasters locally roasted organic Sierra Verde coffee is fair-trade and supports the Rainforest Alliance and Trees for the Future programs

Choose from:

- SIERRA VERDE HOUSE BLEND
- DECAFFEINATED
- FLAVOURED COFFEE

STARBUCKS COFFEE

\$24.00 per thermal pot, serves 7

Choose from:

- PIKE PLACE MEDIUM ROAST
- PIKE PLACE DECAFFEINATED ROAST

TEA

\$16.50 per thermal pot, serves 7

Includes a thermal pot of hot water and selection of teas, including Orange pekoe, English Breakfast, Earl Grey, Green tea, Peppermint, herbal fruit tea

SEASONAL PUNCH

\$28.00, serves 25 | \$57.00, serves 50

Raspberry punch served with punch cups

ICE WATER

\$5.00 small jug | \$10.00 decanter with lemon slices

Cups provided - 8 cups per jug of water, 25 cups per decanter

COLD BEVERAGES

- | | |
|-------------------------------|-------------|
| • Minute Maid juice 355mL | \$3.20 each |
| • Simply® apple juice | \$3.50 each |
| • Simply® orange juice | \$3.50 each |
| • Milk - white or chocolate | \$1.99 each |
| • Large bottled water 591mL | \$2.49 each |
| • Carbonated canned beverages | \$2.20 each |

Wine & Beer Service

Preferred Catering is Smart Serve certified. If you would like wine or beer served at your event please contact Preferred Catering.

Chef Inspired

The Preferred Catering menu and recipes are developed by our team of in-house certified chefs. Our chefs have a wide range of experience and expertise in catering large scale events and receptions.



Preferred catering

Preferred Catering Information & Ordering

Phone: (905) 521-2100 Ext. 76584

Email: preferredcatering@hhsc.ca

Office hours: Monday to Friday, 6:30am - 3:30pm

To place an order after 3:30pm or for next morning delivery, please call the site at which the catering will be taking place:

General Hospital

Marketplace on Victoria
521-2100, Ext. 46835
pascals@hhsc.ca

Juravinski Hospital & Cancer Centre

Nora's Fresh Cafe
521-2100, Ext. 43015
moser@hhsc.ca

McMaster Hospital

Baywest Cafe
Monday to Friday, 521-2100, Ext. 73904
Weekends, Ext. 75344 | aubem@hhsc.ca

Ron Joyce Children's Health Centre

Sunnyside Cafe
521-2100, Ext. 77480
mcleodna@HHSC.CA

St. Peter's Hospital

Maplewood Cafe
521-2100, Ext. 12493
duvall@hhsc.ca

ORDER BY PHONE

If you have any questions before placing an order or would like to inquire about a special request, please do not hesitate to call.

ORDER BY EMAIL

Please fill-out the order form and forward it by email to preferredcatering@hhsc.ca between 6:30am and 3:30pm.

ORDER FORM

Please click on the link below to access the order form and place your order. Orders can be placed by email. Please see form for complete instructions.

To access the order form online [click here](#)

COMPLETING YOUR ORDER

Please include the required information to process your order:

- Room number
- Start and finish time
- Contact name
- Extension
- Email address
- Account number

CUSTOMIZED CATERING OPTIONS

Our team of experts would be happy to provide guidance and customized menu options for your event. Just give us a call or email us.

LOOK FOR THE SYMBOL

We have a wide selection of options for special dietary needs. Look for the symbols throughout our menu.

PB PLANT-BASED

Does not contain any animal products such as dairy or eggs

V VEGETARIAN

Contains dairy and/or eggs

WF WHEAT-FREE

Made with wheat free ingredients; however not produced in a wheat free or gluten-friendly environment

H HALAL

Meat sourced from a supplier that follows Halal certified practices

★ HOUSE-MADE

Signature recipe created by our in-house chefs

- No tax added to Preferred Catering orders. Minimum 6 people for catering orders unless otherwise specified. Prices subject to change.
- Some menu items may not be available at all sites or require 48 hours notice. A minimum of 24 hours is required for regular orders and cancellation. A surcharge for last minute orders or lost equipment may apply.
- Linen or china rentals, liquor licence and full wait service can be arranged at an additional fee

Make a Purchase, Make a Difference®



Hamilton Health Sciences Volunteer Association

When you place your order with Preferred Catering you truly make a difference. Operated by the Hamilton Health Sciences Volunteer Association, all profits generated by Preferred Catering services are donated to enhance patient care at Hamilton Health Sciences. Thanks to the support of customers like you, the HHSVA is able to purchase much needed patient care equipment and fund patient care programs across our family of hospitals.