

SIRIUSMEDx menu November 17 to 19, 2023

30 people

FRIDAY

Breakfast

Soft-boiled egg with hemp tartar sauce

Buckwheat waffles with pan-fried apples and wild blueberries with rum

Bread with blood orange marmalade, strawberry/rhubarb jam, pasture butter
and almond butter

Yogurt and granola, fresh fruit platter with tea, coffee, and herbal tea

Lunch

Carrot and tomato soup with croutons and hot oil

Pasta with garden pesto and seasonal vegetables

Mixed lettuce with carrot spirals

Garden rhubarb almond soufflé with raspberry coulis

PM snack

Dinner

Broccoli soup with croutons and hot oil

Grilled marinated beef flank steak with mashed potatoes

Roasted corn with fermented garlic flower

Mesclun salad with apple vinaigrette

Carrot cake with orange cocoa butter icing

SATURDAY

Breakfast

Omelette au gratin with garden vegetables
Roasted potatoes with fresh garden herbs
Bell pepper ketchup with mushroom mustard
Yogurt and homemade maple granola
Fresh fruit platter with tea, coffee, and herbal tea
Bread with homemade jam and almond butter

Lunch

Parmentier soup with croutons and hot oil
Lasagne with yellow pea tempeh Bolognese sauce
Crisp vegetable salad
Blueberry banana cake with chocolate sauce

Dinner

Garden mushroom soup with croutons and hot oil
Iranian-style rice with grilled marinated Voltigeurs chicken and sauce of the moment
Oven-roasted vegetables
Mesclun salad with maple-mustard vinaigrette
Zucchini brownies with maple caramelized sunflower seeds and fruit coulis.

SUNDAY

Breakfast

Cranberry oatmeal with crunchy toppings and maple syrup
Herbed egg scramble
Yogurt and homemade maple granola
Bread with homemade jam and almond butter
Fresh fruit platter with tea, coffee, and herbal tea