

*All our main courses will serve 4 Adults.*

*We cater to any function; large or small;  
personal or corporate.  
From 10 to 300 guests.*

*You can choose anything from our  
menu, or choose some of your favorite  
dishes.*

## A TASTE OF OUR MENU

- ☀️ Classic Lasagna
- ☀️ Turkey Lasagna
- ☀️ Meatloaf
- ☀️ Shepherds Pie
- ☀️ Beef Stew
- ☀️ Mediterranean Pie
- ☀️ Jambalaya
- ☀️ Baked Penne -  
Chicken/Chorizo
- ☀️ Cabbage Rolls
- ☀️ Chicken Divine
- ☀️ Meatballs -  
Sweet n' Sour/Barbecue
- ☀️ Fettuccine Alfredo  
Chicken/Seafood
- ☀️ Stir Fry -  
Chicken/Beef
- ☀️ Salmon Wellington  
Swiss Steak
- ☀️ Corned Beef & Cabbage
- ☀️ Pot Pies -  
Chicken/Beef
- ☀️ Rice Stuffed Cornish Hens

***We have a host of vegetarian dishes,  
for our vegan customers.***

## OUR FABULOUS BUFFET LINE-UP

### ☀️ Deluxe Dinner Buffet

Roast Beef w/au j'us, horseradish & mustard **or**  
Roast Turkey Breast w/warm cranberry sauce  
**and** Honey Glazed Ham w/honey mustard **or**  
Herb Baked Chicken breast.

Served with your choice of Potatoes & two  
selections of hot garden vegetables.

**Choice of Three:** Tossed Green Salad w/assorted  
dressings, Fresh Pasta salad, Italian Marinated  
Vegetable Salad, Oriental Salad with fresh Baked  
Rolls & butter.

**Choice of Three:** Strawberry Mousse' Tarts,  
Chocolate Mousse' Tarts, Butter Tarts, Chocolate  
Brownies, Raspberry Chocolate Squares, Black  
Forest Cake & Coffee/Tea Service.

**Please call for Pricing**

### ☀️ Traditional Buffet

Roast Beef w/au j'us, horseradish & mustard **or**  
Roast Turkey Breast w/warm cranberry sauce.

**Choice of one:** Baked Lasagna, Cabbage Rolls,  
Sweet & Sour Meatballs, Chicken Wings. Served  
w/choice of Potatoes and 2 hot Garden  
Vegetables.

**Cold Choices:** Three Salads, Assorted Relishes &  
Pickles, Veggies & Dip, International Cheeses &  
Crackers, Fresh Fruit Platter, Cold Cuts w/ Fresh  
Baked Rolls & Butter.

**Choice of Three:** Strawberry Mousse' Tarts,  
Chocolate Mousse' Tarts, Butter Tarts, Chocolate  
Brownies, Raspberry Chocolate Squares, Black  
Forest Cake & Coffee/Tea Service.

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### ☀️ Cold Buffet

Tossed Green Salad w/asst. dressings, Traditional  
Potato Salad, Fresh Pasta Salad. Devilled Eggs  
w/Paprika & Baby Shrimp.

Asst. Deli Meat Platter w/horseradish, asst.  
mustard & cranberry sauce.

Pickle Tray. Fresh vegetable platter w/dip.  
International Cheeses w/asst. crackers, Fruit  
Platter. Fresh Baked rolls & butter. Choice of  
Specialty Desserts & Coffee/Tea Service.

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### ☀️ Light Hors d'oeuvres Buffet

Artisan Deli Sandwiches, Veggie & Relish Tray,  
International Cheese Tray, Assorted Crackers,  
Fresh Fruit Platter, Coffee/Tea service.

**Please call for Pricing**

## OUR TESTIMONIALS

"I have used **Sunflower Katering** service for almost a  
year now and have never had one concern in doing so.  
The food is fabulous. Nothing like catered home cooking  
after a day at work. The group that you cater for really  
enjoy the meals you prepare for them and have  
commented many times how pleasant it is not to have to  
eat sandwiches or pizza. You are also very  
accommodating when our tastes change. You have  
always cooperated fully in attempting to make the meals  
as healthy as possible - keeping the fat content to a  
minimum.  
Thank you Linda - we are looking forward to many more  
of your meals."

### **Glennis Brittain**

Executive Assistant  
Calgary & Area Physicians Association

*"Thank you so much for making our special day  
special!!"*

### **Tamarra & Tony**

*"Linda, thank you so much for taking a lot of pressure off  
us. You were just what we needed to make our day  
wonderful. Your staff was extremely friendly and  
amiable. Thanks again."*

### **Maaie & Steve**

*"Linda and Bonnie bent over backwards for our  
reception! They took care of everything from wine  
corking to food to making sure all the candles were lit on  
the tables. I cannot say enough about how smoothly  
their presence made our reception flow - they are  
consummate professionals and would hire them again  
in a heartbeat - not to mention refer them till I'm blue in  
the face! Thank you, thank you ladies!"*

### **Tracy & Byron**

*We aim to  
please YOU our customer.  
Keep us informed about  
special dietary needs and  
allergies.*