



THE MARSHES
GOLF CLUB • OTTAWA

2011 MENU

AM break 10am, Lunch at 11:30AM, PM Break at 2:00PM

Monday Buffet

AM Break- Fresh fruit & Yogurts

Lunch – Chicken Nuggets & Fries

PM Break – Milk, cookies & Nature valley bars

Tuesday Buffet

AM Break- Fresh fruit & Yogurts

Lunch – Macaroni (cheese and tomato sauce option available)

PM Break – Milk, cookies & Nature valley bars

Wednesday Buffet

AM Break- Fresh fruit & Yogurts

Lunch – Sandwich bar & Veggies & Dip

PM Break – Milk, cookies & Nature valley bars

Thursday Buffet

AM Break- Fresh fruit & yogurts

Lunch – Hot dog & potato chips

PM Break – Milk, cookies & Nature valley bars

Friday Buffet

AM Break- Fresh fruit & Yogurts

Lunch – Pizza

PM Break – Milk, cookies & Nature valley bars

Water, Fruit juice, 2% milk are available with lunch and breaks

Executive Chef
Shah Hafizi

The Marshes Golf Club is NOT a nut free environment