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## MEAL PLAN

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### APPETIZERS

Red wine and yellow French onion soup,  
Swiss cheese and Cheddar from Île-aux-Grues

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Quinoa salad, sour cream, cucumber, almonds  
and basil

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Beef tartare with sun-dried tomatoes and  
parmesan

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Fried mackerel, lemon fennel, potato salad

### MAIN DISHES

Mushrooms risotto, truffle and parmesan

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Pan seared walleye, clams, snow peas, sucrine  
and juice of verbena

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Quebec stuffed quail, mushrooms and  
buckwheat, candied potatoes, foie gras and  
maple juice

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Angus beef filet, Dauphines potatoes,  
eggplant and port wine sauce

### DESSERTS

Berries with mint & honey

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Dark chocolate lava cake & vanilla ice cream

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Lemon meringue pie