

## 2010 Canadians Dining Plan

**June 14, 2010** - The 2010 Canadians Committee is pleased to announce an innovative and convenient new feature for this year's Canadian Winner/Championships and Open competitions... The Canadians Dining Plan!

*Advance Purchase is no longer available on-line*, but Dining Plan tickets **can be purchased in-person** at the CBTF Merchandise table at York University during the competition.

Dining Plan tickets can be purchased in advance (and picked up at Canadians) or on-site. You can beat the introduction of the Ontario HST (13% beginning July 1) by purchasing your meal tickets in advance. The Ticket Price Schedule is:

	<b>Advance Purchase</b>	<b>On-Site Purchase</b>
Breakfast	6.25	7.00
Lunch	8.50	10.00
Dinner	10.75	12.00

Advance Purchase is done through the [CBTF Store](#) [1]. Select each Meal (Breakfast, Lunch or Dinner) that you want and enter the number of tickets you require - there is no limit.

CBTF has teamed up with *The Orange Snail*, an on-campus restaurant located within Stong College - a mere 5 minute walk from the competition gym. *The Orange Snail* is owned and operated by the husband & wife team of Albert & Allison Bain. In operating *The Orange Snail*, the Bains strive to serve healthy home-style food with friendly service at a reasonable price. Their success in the demanding and competitive York campus environment over the past 5 years is a testament to their success at achieving that goal.

With the Canadians Dining Plan, separate meal tickets for Breakfast, Lunch and Dinner are offered. Each meal ticket is redeemed at *The Orange Snail* for their special Dining Plan offerings of the day - one ticket, one meal.

Typical offerings for Breakfast will include:

- Coffee, Tea, Milk or Juice
- Fresh whole and sliced fruit
- Eggs, Pancakes, Waffles
- Bacon, Sausage
- Assorted Cereals
- Assorted sweet breads

Typical offerings for Lunch and Dinner may include:

- Coffee, Tea, Pop, Milk or Juice
- Barbequed Hamburger, Cheeseburger and Veggie Burger, Hot Dog and Veggie Dog, Grilled Steak, Beef Ragout, Baked Tofu, Baked Sliced Chicken Breast, Baked Beef Samosa, Curried Chicken, Braised Beef, Chicken Parmesan, Chicken Drumstick and Wings, Pizza
- Ravioli au Gratin, Meat and Vegetable Lasagna, Buttered Spaghetti, Meatball Bolognese
- Steamed Rice, Roast Potatoes, Coconut Steamed Rice, Sweet Potato and Ginger Soup, Potato Salad
- Steamed Vegetables, Cabbage Medley, Eggplant Parmesan, Vegetable Medley, Stir-Fry Vegetables, Bok-Choy

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Royale, Corn on the Cob, Steamed Garden Greens, Vegetable Quiche

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### Links

[1] <http://www.cbtf.ca/store>