

Elite

Meal Plan

Breakfast: 7:00 AM - 9:00 AM

Lunch: 11:30 AM - 1:30 PM

Dinner: 6:00 PM - 8:00 PM

Times requested outside of these may incur additional charges.

30+ 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast \$14.85	Scrambled Eggs (100 cal) Turkey Sausage (150 cal) Hash Browns (290 cal) Danishes (160 cal) Apple Cinnamon Raisin Oatmeal (325 cal)	Mexican Breakfast Soft Tacos (260 cal) Turkey Bacon (80 cal) Diced Potatoes (190 cal) Bagels & Toast w/ Butter & Jam (150 cal)	Vegetable Scrambled Hash (280 cal) Belgian Waffles (350 cal) Turkey Sausage (150 cal) Muffins & Toast with Butter & Jam (375 cal)	Salsa Scrambled Eggs (175 cal) Turkey Bacon (80 cal) Home Fried Potatoes (190 cal) Danishes (160 cal) Breakfast Bean & Vegetable Casserole (190 cal)	Plain Omelets (130 cal) French Toast (230 cal) Turkey Sausage (150 cal) Bagels w/Butter & Jam (150 cal) Cranberry Quinoa Porridge (210 cal)	Western Scrambled Eggs (160 cal) Turkey Bacon (80 cal) Western Style Home Fries (250 cal) Muffins & Toast w/Butter & Jam (375 cal)	Plain Omelets (130 cal) Turkey Bacon (80 cal) Hash Browns (290 cal) Bagels w/Butter & Jam (150 cal) Chipotle Beans (350 cal)
	Breakfast Includes: Fresh Sliced Fruit (60 -90 cal), Yogurt & Granola (150-260 cal), Juice, Coffee and Tea, Milk (0-150 cal)						
Lunch \$16.85	Brazilian Chicken Chimichurri (250 cal) Chickpea Stir Fry (120 cal) Caesar Salad (100 cal) Zesty Salsa Pasta Salad (310 cal) Rice Pilaf (160 cal)	Chicken Parmigiana (320 cal) Cheese Tortellini Casserette* (360 cal) Steamed Vegetables (30 cal) Butter Linguine Noodles (150 cal) Greek Salad (50 cal)	Beef Stir Fry (210 cal) Vegetable Stir Fry with Meatless Chicken (130 cal) Mixed Bean Salad (70 cal) Rice Pilaf (160 cal) Orange & Spinach Salad (110 cal)	Singapore Style Chicken (280 cal) Edamame Vegetable Stir Fry (170 cal) Shanghai Noodles (250 cal) Moroccan Couscous Salad (160 cal) Greek Salad (50 cal)	Beef Vindaloo Curry (290 cal) Tofu Vegetable Jalfrezi Curry (90 cal) Cumin Scented Basmati Rice (70 cal) Garden Salad (20 cal) Peas & Lentil Salad (230 cal)	Moroccan Chicken (170 cal) Root Vegetables with Meatless Chicken (80 cal) Mixed Bean Salad (70 cal) Garden Salad (20 cal) Warm Couscous (140 cal)	Beef Bourguignon (270 cal) Vegetable and Bean Casserole (170 cal) Quinoa Salad (60 cal) Roasted Potatoes (130 cal) Greek Salad (50 cal)
	Lunch Includes: Whole Fruit (60-90 cal), Assorted Cookies (130-200 cal), Assorted Cold Beverages (0-150 cal)						
Dinner \$21.95	Beef Stroganoff (320 cal) Meatless Bolognese (420 cal) Steamed Rice (130 cal) Mixed Bean Salad (70 cal) Mixed Vegetables (50 cal) Assorted Cookies (130 cal)	Roast Beef (240 cal) Root Vegetable Stew w/ Chickpeas (140 cal) Mashed Potatoes (130 cal) Garden Salad (20 cal) Marinated Vegetable Salad (65 cal) Chocolate Brownies (190 cal)	Jerk Chicken Legs (190 cal) Jamaican Rundown w/ Beans (120 cal) Rice Pilaf (160 cal) Garden Salad (20 cal) Coleslaw (40 cal) Lemon Squares (235 cal)	Braised Beef Steak & Onions (275 cal) Eggplant Vegetable Casserole (260 cal) Roasted Potatoes (160 cal) Quinoa Salad (210 cal) Garden Salad (20 cal) Assorted Cookies (130 cal)	Bahamian BBQ Chicken (350 cal) Sweet Potato and Lentil Stew (210 cal) Rice and Beans (150 cal) Steamed Corn (80 cal) Coleslaw (110 cal) Chocolate Brownies (190 cal)	Beef & Apricot Tagine (275 cal) Chickpea & Tofu Tagine (180 cal) Rice Pilaf (160 cal) Mixed Vegetables (50 cal) Garden Salad (20 cal) Field Berry Squares (240 cal)	Pineapple Curry Chicken (210 cal) Ginger Pepper Meatless Chicken (190 cal) Couscous Salad (160 cal) Honey Sriracha Noodles (220 cal) Chinese Cabbage Salad (100 cal) Assorted Cookies (130 cal)
	Dinner Includes: Dinner Roll, Fresh Sliced Fruit (60-90 cal) Coffee and Tea (0-40 cal), Assorted Cold Beverages (0-150 cal)						

* Tuesday vegan lunch entree option upon request: Pasta with Zucchini & Eggplant (430 cal)

Meat & Vegetarian entrees are prepared at a 60:40 ratio unless otherwise specified

Catering order confirmation required 14 days prior to the event day

Table linen and linen napkins are NOT included

Buffet Style. Charges may apply for serving staff

Minimum of 30 orders required for this menu.

2024 | Prices are subject to change. Taxes are not included