

Elite

Meal Plan

Breakfast: 7:00 AM - 9:00 AM

Lunch: 11:30 AM - 1:30 PM

Dinner: 5:00 PM - 7:00 PM

Times requested outside of these may incur additional charges.

30+ 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast \$12.45	Scrambled Eggs (100 cal)	Plain Omelets (130 cal)	French Toast (450 cal)	Scrambled Eggs (100 cal)	French Toast (450 cal)	Pancakes & Syrup (230 cal)	Plain Omelets (130 cal)
	Turkey Sausage (150 cal)	Turkey Bacon (80 cal)	Boiled Eggs (75 cal)	Turkey Bacon(80cal)	Boiled Eggs (75 cal)	Boiled Eggs (75 cal)	Turkey Bacon (80 cal)
	Hash Browns (290 cal)	Diced Potatoes (190 cal)	Turkey Sausage (150 cal)	Diced Potatoes (190)	Turkey Sausage (150 cal)	Diced Potatoes (190)	Hash browns (190 cal)
	Danishes (160 cal)	Bagels (150 cal)	Hash Browns (290 cal)	Danishes (160 cal)	Hash Browns (290 cal)	Muffins (375 cal)	Bagels (150 cal)
			Muffins (375 cal)		Bagels (150 cal)		
	Included Everyday - Toast, Assorted Cold Cereals (160-370 cal), Fresh Fruit (60 Muffins & Pastries (160-375 cal), Yogurt & Granola (150-260 cal), Juice, Coffee, and Tea & Milk (0-150 cal).						
Lunch \$14.55	Thai Spiced Chicken Breast (170 cal)	Chicken tomato sauce with Fusilli Pasta (180 cal)	Beef Stir fry (210 cal)	Singapore Style Chicken (280 cal)	Fish Fillets with Lemon & Thyme (130 cal)	Butter Chicken (170 cal)	Hungarian Beef Stew (230 cal)
	Stir Fry Vegetables with Tofu (130 cal)	Tofu Pasta Primavera (300 cal)	Vegetable Stir fry (130 cal)	Tofu Vegetable Stir fry (140 cal)	Roasted Seasonal Vegetables (50 cal)	Curried Root Vegetables (50 cal)	Cheese & Vegetable Casserole (210 cal)
	Caesar Salad (100 cal)	Potato Herbed Salad (250 cal)	Orange & Spinach Salad (110 cal)	Moroccan Couscous Salad (160 cal)	Garden Salad (20 cal)	Mixed Bean Salad (70 cal)	Multigrain bread rolls
	Zesty Salsa Pasta Salad (310 cal)	Greek Salad (50 cal)	Macaroni Salad (150 cal)	Greek Salad (50 cal)	Peas & Lentil Salad (230 cal)	Garden Salad (20 cal)	Greek Salad (50 cal)
	Rice Pilaf (160 cal)	Steamed Vegetables (30 cal)	Rice Pilaf (160 cal)	Shanghi Noodles (250 cal)	Rice Pilaf (160 cal)	Rice Pilaf (160 cal)	Mashed Potatoes (130 cal)
	Included Everyday: Whole Frsh Fruit (60-90 cal),Cold Beverages (0-150 cal), Coffee & Tea (0-40 cal)						
Dinner \$18.50	** Meat Lasagna (300 cal)	Roast Beef (240 cal)	Portuguese Style Fish Fillet (90 cal)	Braised Beef Steak & Onions (275 cal)	**Meat Lasagna (300 cal)	Shepherds Pie (375 cal)	Roast Chicken (300 cal)
	** Vegetarian Lasagna (210 cal)	Root Vegetable Stew (140 cal)	Tofu Ratatouille (150 cal)	Cheese & Vegetable Casserole (330 cal)	** Vegetarian Lasagna (210 cal)	Tofu Ratatouille (150 cal)	Lentil Stew (150 cal)
	Mixed Bean Salad (70 cal)	Garden Salad (20 cal)	Mexican Bean Salad (70 cal)	Quinoa Salad (210 cal)	Spinach Sundried Tomato Salad	Coleslaw Salad (40 cal)	Couscous Salad (160 cal)
	Garlic Bread (160 cal)	Marinated Vegetable Salad (65 cal)	Garden Salad (20 cal)	Garden Salad (20 cal)	Caesar Salad (100 cal)	Mixed Vegetables (50 cal)	Macaroni Salad (150 cal)
	Mixed Vegetables (50 cal)	Mashed Potatoes (130 cal)	Rice Pilaf (160 cal)	Roasted Potatoes (160 cal)	Mixed Vegetables (50 cal)	Garden Salad (20 cal)	Roasted Potatoes (160 cal)
	Garden Salad (20 cal)	Dinner Rolls (100 cal)	Dinner Rolls (100 cal)	Dinner Rolls (100 cal)	Garlic Bread (100 cal)	Dinner Rolls (100 cal)	Dinner Rolls (100 cal)
	Assorted Cookies (130 cal)	Chocolate Brownies (190 cal)	Lemon Squares (235 cal)	Assorted Cookies (130 cal)	Chocolate Brownies (190 cal)	Field Berry Squares (240 cal)	Assorted Cookies (130 cal)
		Included Everyday: Whole Fresh Fruit (60-90 cal) Coffee, Tea & Assorted Cold Beverages (0-150cals)					

** Minimum order applies to these items.

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.

Prices are subject to change. Taxes are not included.