

Traditional

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 \$7.50	Scrambled Eggs (100 cal) Bacon (40cals)	Pancakes & Syrup (230 cal) Sausages (180cals)	Western Scrambled Eggs Ham (60cals)	French Toast (230 cal) Bacon (40cals)	Vegetable Frittata Ham (60cals)	Pancakes & Syrup (230cals) Bacon (40cals)	French Toast (230 cal) Sausages (180cals)
	Included Everyday - Toast, Whole Fresh Fruit (60-90 cal), Assorted Muffins & Pastries (160-375 cal), Juice, Coffee, and Tea & Milk (0-150 cal).						
Lunch \$10.75	Off the Grill Beef Burgers & Hot Dogs (300-400) Veggie Burgers (280-330) Potato Salad (250 cal) Garden Salad (20 cal) Melon Platter (60-90 cal)	Pasta Bake w/ Italian Sausage (480) Pasta w/ Tomato & Feta (330 cal) Caesar Salad (100 cal) Veggies and Dip (60-80 cal) Whole Fresh Fruit (60-90 cal)	Beef Chili (480 cal) Vegetarian Chili (130 cal) Assorted Rolls (100 cal) Garden Salad (20 cal) Fruit Salad (60-90 cal)	Grilled Chicken on a Bun (380cals) Grilled Panini w/ Hummus and Veggies (510 cal) Coleslaw (40 cal) Garden Salad (20 cal) Whole Fresh Fruit (60-90 cal)	Chicken Caesar Wrap (450cals) Tofu Caesar Wrap (400cals) Veggies and Dip (60-80 cal) Potato Salad (250 cal) Fruit Salad (60-90 cal)	Mild Coconut Chicken Curry (500cals) Vegetarian Coconut Tofu Curry (270cals) Rice Pilaf (130cals) Spinach Sundried Tomato Salad (110 cal) Whole Fresh Fruit (60-90 cal)	Chicken Tenders (300cals) Mac and Cheese (490cals) Garden Salad (20 cal) Potato Wedges (80cals) Fruit Salad (60-90 cal)
	Included Everyday: Cold Beverages (0-150 cal)						
Dinner \$13.25	** Meat Lasagna (300 cal) ** Vegetarian Lasagna (210 cal) Garlic Bread (160 cal) Caesar Salad (100 cal) Assorted Dessert Squares (240 cal)	Chicken Caccitorie w/ Pasta (230cals) Grilled Vegetable Pasta & Sauce (330cals). Dinner Rolls (100 cal) Garden Salad (20 cal) Apple Pie (370cals)	Beef Casserole w/ Penne and Peppers (480cals) Tofu Vegetable Bake (150cals) Dinner Rolls (100 cal) Caesar Salad (100 cal) Assorted Dessert Squares (240 cal)	Pork Loin (230cals) Vegetable Bean Cassoulet (380 cal) Herb Roasted Potatoes (150 cal) Caesar Salad (100 cal) Dinner Rolls (100 cal) Chocolate Cake (190 cal)	Portuguese Style Fish Fillet (130 cal) ** Vegetarian Lasagna (210 cal) Dinner Rolls (100 cal) Caesar Salad (100 cal) Berry Crumble Dessert (240 cal)	Roast Chicken (300 cal) Baked Tofu w/ Aioli Dip (160 cal) Rice Pilaf (140 cal) Garden Salad (20 cal) Dinner Rolls (100 cal) Assorted Pudding (250 cal)	Beef Chili (130cals) Vegetarian Chili (130 cal) Mashed Potatoes (130 cal) Dinner Rolls (100 cal) Garden Salad (20 cal) Assorted Dessert Squares (240 cal)
	Included Everyday: Choice of dessert or 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.



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