

## ez party packages

Eco-friendly serveware is included.  
Offered to groups of 10 or more guests.

**Add Dessert:** Brownies, Blondies, Cookies or Seasonal Fresh Fruit

### BREAKFAST CLUB

Seasonal Cubed Fresh Fruit Tray, Individual Fruit Low-Fat Greek Yogurt Parfaits, Low-Fat Muffins and Freshly Brewed Fair Trade Aspetto Coffee, Decaffeinated Coffee and Numi Herbal and Non-herbal Numi Teas to Include Decaffeinated with Hot Water, Carafes of Orange and Cranberry Juice.

### PIZZA PARTY

Fresh Baked Pizza with Choice of One Topping: Pepperoni, Sausage, Mushrooms, Onions, Vegetarian, or Broccoli. Served with Tossed Salad & Two Dressings and Assorted Canned Soft Drinks, Regular and Diet.

### ICE CREAM SUNDAE BAR

**Choice of One Ice Cream Flavour (One per 45 guests):** Chocolate, Vanilla or Mint Chocolate Chip

**Choice of One Sauce:** Chocolate, Strawberry or Butterscotch

**Choice of One Topping:** Sprinkles, Cookie Crumbs, Crushed Peanuts or M&M's®. Maraschino Cherries and Whipped Topping are Included.

**Additional Ice Cream Flavour**

### LASAGNA SUPPER

Meat or Vegetarian Lasagna served with Tossed Salad, Garlic Bread Sticks and Iced Tea.

## Simple-Satisfying-Smart

Elements catering offers great food at the best possible price. We understand the challenges you face every day trying to fit catering costs into a limited budget for student, cadets and informal meals and meetings.

### CATERING POLICIES

Elements menus and prices are for pick up in the dining office or designated kitchen Monday-Friday, 8 a.m. – 5:00 p.m.

To place an order on-line, use our convenient CaterTrax ordering portal or phone the catering office.

To receive Elements pricing, orders must be placed four business days prior to service. A guaranteed guest count is requested two business days in advance. We require 26 business hours of notice of cancellation.

Payment must be received prior to the pick-up of your event. Accepted forms of payment major credit cards, cash, check, purchase order, and department accounts. Tax-exempt organizations must submit certificate two business days prior to the event.

All tables, chairs and trash can set ups are scheduled through the Facilities/Room Reservations office.

Serveware is provided with breaktime, themed buffets and ez party packages based on the amount of food ordered.

Please refer to our Flavours Catering Guide or speak with our sales office representative to discuss needs for full-service catering.



FUEL : PERFORMANCE

# trays, sweets, hot snacks & beverages

Menu items from this section are available for pick-up. Eco-friendly serviceware is included.

## TRAYS

Seasonal Cubed Fresh Fruit Tray & Dip  
Crudit  Tray & Dip  
Domestic Cheese & Cracker Tray  
Hummus & Pita Chips  
Mini Pinwheel Sandwiches

## SWEETS

Assorted Donuts  
Assorted Mini Danish  
Assorted Bagels & Spreads  
Assorted Cookies  
Brownies  
Rice Krispy Treats

## NIBBLES

Baked Chips  
Potato Chips / 1 lb. bag, 15 servings  
Pretzels / 1 lb. bag, 15 servings  
Tortilla Chips & Salsa / 1 lb. 13-15 servings

## HOT SNACKS

Wings with Celery, Carrots & Ranch Dip  
**Choose Two:** Cajun, Spicy, BBQ, Boneless, or Buffalo  
Chicken Fingers & Sauce  
Cocktail Meatballs  
**Choice of One Sauce:** Marinara, BBQ or Thai Sauce  
Nachos

## SUPPLIES

6" Plates, 9" Plates  
Knife, Fork or Spoon  
12 oz. Hot Cup, 10 oz. Cold Cup  
Cocktail Napkins, Dinner Napkins  
Banquet Cloth

## HERO PARTY

2-Foot Sub (serves 10 guests)  
5-Foot Sub (serves 30 guests)

## American Sub

Ham, Turkey, American Cheese, with Lettuce, Tomato & Mayonnaise or Mustard

## Italian Sub

Ham, Salami, Pepperoni, Provolone, with Lettuce, Onions, Tomato, Oil, Vinegar & Mayonnaise

## Vegetable Sub

Hummus, Roasted Vegetables, Provolone, with Lettuce, Tomato & Onions

## PICNICS – 10 guest minimum

### BBQ

All Beef Hot Dogs, Hamburgers, Veggie Burgers, Cheese, Assorted Rolls, Condiment Tray with Cole Slaw and Macaroni Salad

### CADET BBQ

BBQ Chicken Quarters, BBQ Ribs, Grilled Portobello Mushroom with Country Potato Salad and Pasta Salad

## BEVERAGES

Assorted Canned Soda  
Assorted Bottled Soda  
Bottled Water  
Assorted Bottled Juice

## BULK BEVERAGES – gallon serves 16 guests

Coffee, Decaffeinated Coffee or Hot Water for Tea & Condiments  
Orange, Cranberry or Apple Juice  
Lemonade  
Freshly Brewed Iced Tea  
Sparkling Party Punch  
Hot Chocolate

## BIRTHDAY PACKAGE

½ Sheet Cake, Balloons, Candles, Card, Plates & Utensils (serves 32)

# breaktime

Eco-friendly serviceware is included.

## HEALTH BREAK

Granola Bars , Whole Seasonal Fresh Fruit , Carrot and Celery Sticks , Bottled Water and Assorted Bottled Juices

## SWEETS

Brownies, Blondies, Assorted Mini Chocolate Bars, Assorted Individual Bags of Chips & Baked Chips and Lemonade or Iced Tea

## AFTERNOON WAKE-UP CALL

Seasonal Cubed Fresh Fruit and Assorted Cookies, Freshly Brewed Fair Trade Aspreto Coffee, Decaffeinated Coffee and Numi Herbal and Non-herbal Numi Teas to Include Decaffeinated with Hot Water and Freshly Brewed Iced Tea and/or Sweet Tea

## OFFICER'S RECEPTION






Domestic Cheese Tray, Crudites with Dip, Spinach Dip with Tortilla Chips and Swedish Meatballs

# themed buffets

All themed buffets include assorted canned soft drinks. Choose One Entr e and Two Sides. Eco-friendly serviceware is included. Offered to groups of 10 or more

## SOUTHEAST ASIAN BUFFET

### Choose One Entr e:






Sesame Pork Cutlet and Fried Rice   
Five Spice Chicken  
Grilled Beef Lemon Grass  
Marinated Lemon Grass Tofu    
Korean Stir Fried Vegetables with Tofu  

### Choose Two Sides:

Asian Steak Salad , Vietnamese Table Salad , Asian Cellophane Noodle Salad  , Asian Slaw  , Mustard Greens and Garlic  , Long Beans in Garlic  , Thai Fried Rice  

## LATIN BUFFET

### Choose One Entr e:






Brazilian Style Chicken & Rice   
Chipotle Chicken & Queso Fresco Tacos   
Potato Chorizo Quesadillas  
Black Beans & Corn Sauce over Brown Rice    
Grilled Mexican Vegetable Burrito 

### Choose Two Sides:














Dominican Black Bean Mango Salad  , Cabbage, Cucumber and Mango Slaw  , Brazilian Carrot Salad  , Black Beans  , Latin Vegetable Blend  , Green Rice  , Brazilian Rice  

## HEALTHY LIFESTYLE BUFFET

### Choose One Entr e:

Thai Citrus Beef Stir Fry with Rice   
Turkey with Snap Peas and Sweet Potato   
Pork Tenderloin Stir Fry with Soba Noodles   
Vegetarian Paella with Edamame   
Ricotta Leek and Olive Pizzetta 

### Choose Two Sides:

Strawberry Salad with Chocolate Vinaigrette  , Garden Salad with Tomatoes and Cucumbers  , Buffalo Shrimp Salad , Broccoli and Carrot Medley  , Eggplant Tomatoes and Onions  , Roasted Vegetables  , Basmati Cilantro Rice  

**Add Dessert:** Brownies, Blondies, Cookies or Seasonal Fresh Fruit