



University of Mary Washington
Catering Guide

Whether you are planning an intimate gathering or a gala celebration, great food and top notch service make a memorable event. Our talented chefs, culinary team, and entire catering staff will take care of every detail while delivering a fresh, innovative and festive approach to the food and presentation.

From morning breakfasts to casual feasts to elegant hors d'oeuvres or formal served dinners, our catering options will provide you with exceptional food made with the highest quality ingredients.

We understand that every event is unique and some may require specialty ingredients to meet dietary specifications. Our team of catering professionals can design a customized menu that will meet your needs and exceed your expectations.

To start your planning process or for inquiries, please contact:

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Good Morning Fredericksburg

Selections from these menus are presented buffet style. Service includes delivery, linen for service tables, set up and breakdown. High quality plastic service ware is included. Both eco-friendly service ware and china are available upon request for an additional cost. These menus are available for a minimum of 15 guests.

Continental \$7.75 per person

Select (2) of these Bread or Pastry Assortments:

- Breakfast Breads (1 slice/200-280 cal)
- Mini Scones (1 each/180-210 cal)
- Danishes (1 each/270 cal)
- Muffins (1 each/330-450 cal)

Package Also Includes:

Seasonal Fresh Fruit Tray (4oz/50 cal)

Freshly Brewed Regular & Decaf Coffee (6 oz/0 cal)

Hot Tea with Assortment of Numi Fair-Trade Teas
(6 oz/0 cal)

Sweeteners, Cream, and Lemon Slices

Choice of Juices (10oz/140 -150 cal)

Orange, Cranberry, or Apple Juice

Iced Water

Healthy Morning \$8.75 per person

Hard-Boiled Eggs- (1oz/45 cal)

Yogurt Parfaits (1 parfait/250 cal)

Non-Fat Yogurt with Fresh Berries and Granola

Freshly Baked Fruit Muffins (1 muffin/330-430cal)

Seasonal Fresh Fruit Salad (4oz/50cal)

Freshly Brewed Regular & Decaf Coffee (6 oz/0 cal)

Hot Tea with Assortment of Numi Fair-Trade Teas
(6 oz/0 cal)

Sweeteners, Cream, and Lemon Slices

Orange Juice (10oz/150cal)

Cranberry Juice (10oz/140 cal)

Iced Water

Bagel Bar \$9.50 per person

Assorted Bagels (1 bagel/210-310 cal)

Berry Cream Cheese (1oz/90 cal)

Regular Cream Cheese (1oz/90 cal)

Fat Free Cream Cheese (1oz/30 cal)

Smoked Salmon Cream Cheese (1 oz/90 cal)

Butter and Jelly (1 T./55-105 Cal)

Seasonal Fresh Fruit Tray (4oz/50 cal)

Freshly Brewed Regular & Decaf Coffee (6 oz/0 cal)

Hot Tea with Assortment of Numi Fair-Trade Teas
(6 oz/0 cal)

Sweeteners, Cream, and Lemon Slices

Choice of Juices (10oz/140 -150 cal)

Orange, Cranberry or Apple Juice

Iced Water

Wake Up Breakfast Buffet \$11 per person

Choice of Crispy Bacon (1 slice/50cal) Sausage Links,
Sausage Patties (1 patty/140 cal) or Crispy Turkey Bacon
(1 slice/30cal)

Scrambled Eggs (4 oz/190cal)

Breakfast Home Fries (4oz/150 cal)

Biscuits (1 each/290 cal) with Butter and Jelly

Freshly Brewed Regular & Decaf Coffee (6 oz/0 cal)

Hot Tea with Assortment of Numi Fair-Trade Teas
(6 oz/0 cal)

Sweeteners, Cream, and Lemon Slices

Choice of Juices (10oz/140-150 cal),

Orange, Cranberry, or Apple Juice

Iced Water

Add-On Options

Mini Pancakes (1 pancake/110 cal) with Warm Syrup
(1oz/76 cal) and Melted Butter (1oz / 203 cal)
\$1.50 per person

Waffles (1 waffle/110 cal) with Warm Syrup (1oz/76
cal) and Melted Butter (1oz/203 oz)
\$1.75 per person

A La Carte Breakfast Selections

Breakfast Stations

Chief Attended Omelet Station - \$7.75 per person

Eggs(1oz/45 cal), Egg Whites (1oz-15 cal), Smoked Ham (1oz/49 cal), Pork Bacon (1oz/43 cal),

Pork Sausage Links(1 link/220 cal), Turkey Bacon, Shredded (1oz/30 cal)

Cheddar (1oz/110 cal), Feta Cheese (1oz/75 cal), Diced Tomatoes (1oz/5 cal), Peppers (1oz/6 cal),

Broccoli (1oz/8 cal), Mushrooms (1oz/6 cal), Spinach (1oz/11 cal) and Scallions (1oz/9 cal)

Oatmeal Bar - \$3.25 per person

Steel Cut Oatmeal (1oz/105 cal) & Choice of Four Toppings

Strawberries (1oz/9 cal), Sliced Bananas (1oz/25 cal), Ground Cinnamon (1 teaspoon/6 cal),

Dark or Light Brown Sugar, (1 teaspoon/9 cal) Raisins (1oz/85 cal), Honey (1oz/86 cal),

Chocolate Chips (1oz/136 cal), Dried Cranberries (1oz/87 cal)

Whole Milk and 2%

Freshly Baked \$18.00/Dozen

Blueberry Muffins (1 muffin/330 cal)

Lemon Poppy Seed Muffins (1 muffin/400 cal)

Banana Walnut Muffins (1 muffin/430 cal)

Honey Bran Muffins (1 muffin/260 cal)

Banana Nut Bread (1 muffin/260 cal)

Blueberry Sour Cream Coffee Cake (1 slice/220 cal)

Apple Streusel Coffee Cake (1 slice/250 cal)

Assortment of Fruit and Cheese Danish (1 danish/ 270 cal)

Cinnamon Rolls (1 roll/ 240 cal)

Beverage Stations Two Drinks Per Person

Mimosa Station - \$6.00 per person

William Wycliffe Champagne (1 oz/0 cal), Orange Juice (10oz/150cal), Cranberry Juice, (10oz/140 cal) Garnishes

Bloody Mary Bar - \$7.50 per person

Smirnoff Vodka (1 oz/69 cal), Tomato Juice (6 oz/32 cal), Clamato Juice (6 oz/42 cal), Bloody Mary Mix, Tabasco Sauce (1oz/6 cal), Worcestershire Sauce(1oz/22 cal), Peppers (1oz/6 cal), Pickled Okra (1oz/6 cal), Salt and Pepper, Celery Stalks (1oz/4 cal), Olives (1oz/35 cal), Pepperoncini (1oz/5 cal), Pickled Dill (1oz/3 cal), Lemon(1oz/8 cal) and Lime Slices(1oz/8 cal), Old Bay Spice

Juice Bar – \$5.00 per person

Berry Infused Orange Juice(10oz/150 cal)

Pineapple Infused Lemonade (10oz/90 cal)

Apple and Pear Infused Berry Juice 10oz/190 cal)

Other Breakfast Options

Minimum order of a dozen per menu selection is required

Yogurt Parfaits with Low Fat Granola

(1 parfait/250 cal)- \$2.50 each

Seasonal Sliced Fresh Fruit (1oz/45cal) - \$1.75 per person

Hard Boiled Eggs –(1 egg/70 cal) \$.95 each

Egg & Cheese Breakfast Biscuit or Burrito \$3.00 each

Choice of Bacon or Sausage

(1 Biscuit/580 cal) or (1 burrito/350 cal)

Ham & Spinach Breakfast Quiche (1oz/60 cal) - \$2.75 each

Country Frittata - (1oz/35cal) \$3.75 per person

with Peppers, Onions, Tomatoes & Cheese

Hot Beverage Selections

Based on two 8 ounce servings per person

Aspetto Coffee & Numi Teas - \$1.75 per person

- *Freshly Brewed Fair Trade Aspetto Regular & Decaf Coffee (6 oz/ 0 cal)*
- *Numi Fair-Trade Teas (Including Herbal and Decaf) (6 oz/ 0 cal)*
- *Sweeteners, Cream, and Lemon Slices*

Starbucks Coffee & Assorted Teas - \$2.75 per person

- *Freshly Brewed Starbucks Regular & Decaf Coffee (6 oz/ 0 cal)*
- *Assortment of Teas to include Decaf. (6 oz/ 0 cal)*
- *Sweeteners, Cream, and Lemon Slices.*

Hot Chocolate – (10oz/250 cal) - \$22.00/gallon

Seasonal Hot Apple Cider (10oz/135 cal) - \$25.00/gallon

Cold Beverage Selections

Orange Juice - (10oz/150 cal) - \$18.00/gallon

Cranberry Juice (10oz/140 cal) - \$18.00/gallon

Apple Juice - (10oz/150 cal) - \$18.00/gallon

Lemonade (10oz/90 cal) - \$12.00/gallon

Freshly Brewed Iced Tea - \$10.00/gallon

Freshly Brewed Sweet Tea (10oz/25 cal) - \$12.00/gallon

Orange Blossom Punch - \$22.00/gallon

Cranberry Fruit Punch - \$18.00/gallon

Iced Water with Sliced Lemons & Limes - \$6.00/gallon

Bottled Water - \$1.75 each

Canned Pepsi Products - \$1.75 each

Bottled Juices - \$1.75 each

Salads to Go

All salads are served with a Crusty Roll & Butter, Large Cookie, Canned Soft Drink or Bottled Water. Service includes high quality plastic service ware and delivery. Five guest minimum per menu selection.

Caesar Salad (1 salad/90 cal) - \$8.00 each
Crisp Romaine lightly tossed with Shredded
Parmesan Cheese, Herb Toasted Croutons and
Classic Caesar Dressing

Add Grilled Chicken Strips (4oz/150 cal) - \$3.50
Add Grilled Shrimp (4oz/ 160 cal) - \$4.75

Cobb Salad - (1 salad/560 cal) - \$9.00 each
Mounds of Smoked Turkey, Avocado, Hard-Boiled Egg
and Crispy Bacon on Mixed Greens with Croutons and
Chunky Bleu Cheese Dressing

Chinese Chicken Salad (1 salad/460 cal) - \$12 each
Mixed Greens tossed with Grilled Chicken, Mandarin
Oranges, Sliced Almonds, and Wonton Chips with Toasted
Sesame Vinaigrette

Healthy Nut Salad (1 salad/230 cal) - \$10.00 each
Almonds, Sunflower Seeds, Diced Apples, Dried
Cranberries and Edamame on Crisp Lettuce with Creamy
Poppy Seed Dressing

Southwestern Grilled Chicken Salad
(1 salad/310 cal) - \$9.75 each
Crisp Romaine, Grilled Chicken, Black Bean Salsa,
Cheddar Jack Cheese, and Baked Tortilla Strips with
Avocado Chipotle Dressing

Classic Nicoise Salad (1 salad/200 cal) - \$10.75 each
Tuna tossed with Red Bliss Potatoes, Kalamata Olives,
Hard-Boiled Egg, Green Beans and Red Onion over Mixed
Baby Greens with Honey Balsamic Dressing

Sandwiches To Go

All box lunches include a Bag of Chips, Brownie, Canned Soft Drink or Bottled Water and a choice of:
Potato Salad, Coleslaw, Pasta Salad, Orzo and Pepper Salad, or Minted Cucumber Salad.

Service includes high quality plastic service ware and delivery.

Five guest minimum per menu selection.

Italian Baguette (1 sandwich/580 cal) - \$11.00 each
Artisan Baguette stacked high with sliced of Genoa
Salami, Capicola Ham and Pepperoni Spiced with Chef's
Hot Pepper Mayonnaise

Turkey Wrap (1 wrap/290 cal) - \$10.00 each
Roast Turkey, Cranberry Sauce, Spinach and Tomato rolled
in a Whole Grain Tortilla

Hummus Chicken Sandwich
(1 sandwich/530 cal) - \$11.75 each
Balsamic Herb Chicken Breast, Hummus, Red Pepper
Aioli, Roasted Red Peppers and Onions on a Multigrain
Roll

Smoked Turkey and Brie Croissant
(1 sandwich/530 cal) - \$11.75 each
Thinly shaved Smoked Turkey, Creamy Brie, Fresh
Spinach, Tomato, Caramelized Onions and Honey Mustard
on a Freshly Baked Croissant

Roast Beef and Cheddar (1 sandwich/500 cal) - \$12.00
each
Medium Rare Roast Beef, Mild Cheddar, Lettuce and
Tomato with Tangy Horseradish Cream on Ciabatta

Steak Sandwich (1 sandwich/580 cal) - \$12.00 each
Chimichurri Flank Steak, Smoke Essence, Roasted Red
Peppers, Onions, and Fire-Roasted Tomato Salsa on
Baguette

Multigrain Vegetable Sandwich
(1 sandwich/400 cal) - \$9.50 each
Roasted Squash, Peppers and Red Onion with Herbed Goat
Cheese and Field Greens on a Multigrain Roll.

Mediterranean Veggie Wrap
(1 wrap/200 cal) - \$8.75 each
Grilled Eggplant with Fresh Cucumbers, Peppers, Lentils
and Shallots in a Whole Grain Tortilla with Tzatziki Sauce

Served Lunch and Dinner Selections

Service includes 1 Entrée, 1 Salad or Starter, 2 Accompaniments, plus Freshly Baked Dinner Rolls and Butter, Dessert, Freshly Brewed Aspetto Fair Trade Coffee, Hot Teas, and Freshly Brewed Iced Tea. Proteins are portioned at 5 oz. per guest. Upon request cost 6 or 8 oz. portions are also available for an additional charge.

Service includes linen for guest and check-in tables, china ware, servers, and set up and breakdown.

Minimum of 25 guests required. All Prices are per person.

Entrees

Seafood

Barbecued Shrimp with Bacon Cheddar Grits

(1 entrée/560 cal) - \$24.75

BBQ Shrimp and Plum Tomatoes atop creamy stone ground grits with bits of Apple Wood Smoked Bacon and Cheddar cheese

Broiled Salmon with Two Salsas (1 entrée/310 cal) - \$25.75

Broiled skin-on salmon with a zesty zucchini salsa with mint and a bi-color cherry tomato salsa with chives

Blackened Cod with Salsa Verde

(1 entrée/280 cal) - \$23.25 per guest

Blackened cod drizzled with green tomatillo sauce, paired with colorful Watercress Salad and Fresh Cilantro

Citrus Herb Crusted Tilapia (1 entrée/180 cal) - \$17.75

Fresh Tilapia encrusted with Herb Crumbs then baked to perfection. Garnished with Roasted Herb Cherry Tomatoes

Baked Tilapia with Anchovy Herb Butter

(1 entrée/190 cal) - \$17.75

Fresh Tilapia baked until golden brown and drizzled with Anchovy Herb Butter right before serving

Tomato Basil Baked Flounder (1 entrée/100 cal) - \$19.00

Flounder Fillet Baked in White Wine, Basil and Garlic Sauce with Cherry Tomatoes and Onions

Mediterranean Pollock in Romesco Sauce

(1 entrée/200 cal) - \$18.50

Almond-Topped Pollock With A Nutty Tomato Pepper Sauce. (1 entrée/180 cal)

Vegetarian & Vegan

Roasted Vegetable Lasagna with Marinara Sauce

(1 entrée/290 cal) - \$14.50

Pasta Sheets Filled with Ricotta and Mozzarella Cheese, Roasted Vegetables and Marinara Sauce

Vegan Vegetable Paella (8oz/230 cal) - \$14.00

A vegan version of the Famous Spanish Rice Dish, made with Perfectly Spiced Vegetables and Carnaroli Rice

Spicy Vegan Vegetable and Peanut Curry

(8oz/210 cal) - \$14.50

Sautéed Onions, Carrots, Potatoes, Green & Chili Peppers Simmered in Coconut Milk with Coriander, Turmeric and Peanuts

Vegetarian Stuffed Green Peppers

(1 pepper/220 cal) - \$16.00

Baked Green Pepper Halves Stuffed with Seasoned Veggie Crumbles and Rice, Served with Tomato Herb Sauce

Chicken

Chicken Cordon Bleu (1 entrée/420 cal) - \$18.75
Chicken breast stuffed with Swiss cheese and smoked ham, coated in garlic thyme panko, then baked golden brown

Roasted Chicken Florentine (1 entrée/410 cal) - \$19.50
Butterflied chicken breast prepared with a Florentine filling of ricotta, provolone and tender baby spinach

Sundried Tomato-Crusted Chicken Breast
(1 entrée/680 cal) - \$19.50
Panko encrusted chicken breast served with a sautéed garlic cream sauce and sundried tomato strips

Lemon Basil Chicken (1 entrée/160 cal) - \$17.75
Chicken breast marinated in basil, fresh-squeezed lemon juice, seasoned with a salt free lemon pepper blend and grilled

Grilled Chicken with Bruschetta Topping
(1 entrée/150 cal) - \$17.50
Balsamic glazed chicken breast grilled, then topped with a colorful, classic tomato basil bruschetta salad

Lime Marinated Chicken (1 entrée/ 170 cal)- \$16.75
Lime, Garlic & Cilantro marinated chicken breast grilled to perfection and served with chimichurri sauce

Pork

Honey Orange Pork Medallions (5 oz/215 cal) - \$17.00
Ginger Teriyaki-marinated pork tenderloin Roasted with a Honey-Orange Glaze

Coriander Rubbed Pork Tenderloin with a Green Peppercorn Mustard Sauce (5oz/200 cal) - \$18.25
Lean pork tenderloin rubbed with spice blend served with sautéed onions, garlic blended with Dijon mustard, and green peppercorn cream sauce

Pan Seared Pork Tenderloin with Apples and Onions
(5oz/205 cal) - \$18.25
Pan seared pork tenderloin covered in a savory apple and onion sauce with a hint of lemon zest, brown sugar and nutmeg

Beef

Braised Short Ribs (5 oz/570 cal) - \$23.50
Boneless beef short ribs marinated with shallots, carrots, leeks with a splash of orange juice and braised to perfection

Beef Tenderloin Stuffed with Spinach
(5 oz/470 cal) - \$28.50
Beef tenderloin roulades slow roasted and brimming with baby spinach, red peppers, tangy Asiago cheese, and served with jus

Gorgonzola Encrusted Filet of Beef with Cabernet Drizzle (1 entrée/540 cal) \$35.50
Choice cut filet mignon, grilled in butter, finished with savory gorgonzola crumbles and served with cabernet sauce

Home-style Meatloaf with Brown Gravy
(5oz/250 cal) - \$16.00
Ground beef mixed with all fresh ingredients then baked to perfection.

Herb Crusted Roast Beef (5 oz/250 cal) - \$19.00
Roast beef rubbed in rosemary, thyme and all spice then roasted to perfection, and served with peppercorn au jus

Combination Plate - \$41.95

Grilled Beef Tenderloin (5oz/320 cal)
with Crab Cake (5oz/325 cal)

Tenderloin of beef dusted with salt, pepper, rosemary and parsley, and then charred. Crispy crab cakes with a crunchy crust served with a stone ground mustard sauce

Salads and Starters

Choose One

Market House Salad (1 salad/210 cal) - cucumbers, cherry tomatoes and house made croutons dressed with Balsamic Vinaigrette

Wedge Salad (1 salad/130 cal) – Fresh iceberg wedge, with bacon bits, bleu cheese crumbles, cherry tomatoes, thinly sliced red onions, dressed with bleu cheese and drizzled with sweet balsamic reduction

Classic Caesar Salad (1 salad/460 cal) – romaine lettuce, house-made garlic croutons, parmesan cheese and dressed with Caesar dressing

Wine Country Salad (1 salad/380 cal) – greens with bleu cheese, toasted walnuts, grapes and Red Wine Vinaigrette

Spinach and Beets Salad (1 salad/320 cal) - with dried cranberries, walnuts, and goat cheese crumbles with Walnut Raspberry Vinaigrette

Accompaniments

Choose One Vegetable & One Potato or Rice

Vegetables – Choose One

Fresh Green Beans (1oz/8 cal)

Glazed Carrots (1oz/15 cal)

Grilled Zucchini and Squash (1oz/30 cal)

Herb Crusted Broiled Tomato (1half/35 cal)

Roasted Root Vegetables (1oz/15 cal)

Sautéed Spinach in Garlic Butter (1oz/9 cal)

Roasted Fresh Seasonal Asparagus (1oz/28 cal)

Chef's Choice of Seasonal Vegetables (1oz/10 cal)

Potatoes & Rice – Choose One

Mashed Sweet Potatoes (1oz/28 cal)

Mashed White Potatoes (1oz/23 cal)

Oven Roasted Herbed Potatoes (1oz/32 cal)

Three Cheese Potatoes Au Gratin (1oz/52 cal)

Roasted Fingerling Potatoes (1oz/37 cal)

Ginger Jasmine Rice (1oz/45 cal)

Seasoned Rice Pilaf (1oz/40 cal)

Desserts

Choose one

Red Velvet Cake (1z/110 cal)

Clementine Cake (1oz/70 cal)

Old Fashioned Chocolate Cake (1oz/93 cal)

Chocolate Mousse (1oz/50 cal)

Berry Trifle (1oz/ 62 cal)

Pie 'A la Mode (1 oz/ 341cal)

Apple Raisin Bread Pudding (1oz/49 cal)

Warm Cherry Chocolate Pie (1oz/102 cal)

Smart Buffets

All buffets can be served for lunch or dinner. Buffets include the following self-serve stations:

Beverage Station, Dessert Station, and Main Buffet.

Delivery, servers to set up and break down, linen for check-in and serving tables, and high quality plastic ware included.

Chinaware, linen for guest tables, and additional staffing are available upon request for an additional charge.

Proteins are portioned at 4 oz. per guest. Upon request, 6 oz. portions are available for an additional charge.

Prices are per person. Minimum of 15 guests required.

Light Hearted Lunch - \$12

Seasonal Vegetable Soup (1oz/5 cal)
Assortment of fresh garden greens with healthy toppings :
Shredded carrots (1oz/12 cal)
Tomato Slices (1oz/5 cal)
Shredded Cheddar Cheese (1oz/110 cal)
Cucumbers (1oz/4 cal)
Mushrooms slices (1oz/6 cal)
Hard-Boiled Eggs (1oz-15 cal)
Marinated Baked Chicken Slices (1oz/40 cal)
Ranch Dressing (1oz/137 cal)
Italian Dressing (1oz/67 cal)
Oil (1oz/250 cal) and Vinegar (1oz/ 6 cal)
Rolls (1 roll/90 cal)/Butter (1oz/204 cal)
Assorted Dessert Bars (1 bar / 110 – 250 cal)

Backyard BBQ - \$12

Country Style Potato Salad (1oz/46 cal)
Vegetarian Baked Beans (1oz/33 cal)
BBQ Chicken (1breast/110 cal)
Jalapeno Cornbread (1oz/70 cal)
Rice Krispie Bars (1oz/102 cal)
and Brownies (1 brownie/110 cal)

Deli Buffet - \$12

Seasonal Vegetable Soup (1oz/5 cal)
Assortment of Breads (1slice/80 cal)
Assortment of Rolls (1 roll/90 cal)
Slices of Turkey (1oz/29 cal)
Buffet Ham (1oz/49 cal)
Roast Beef (1oz/48 cal),
American Cheese (1oz/104 cal)
Provolone Cheese (1oz/98 cal),
Lettuce (1oz/4 cal), Tomatoes (1oz/5 cal)
Onions (1oz/11 cal), Dill Pickles (1oz/3 cal),
Mayonnaise (1oz/193 cal)
Mustard (1oz/17 cal)
Individual Bags of Potato Chips (1bag/200 cal)
Assorted Cookies (1 cookie/190 cal)

Touch of Italy - \$12

Caesar Salad with house-made croutons and Caesar dressing (1 salad/460 cal)
Sautéed Fresh Zucchini and Squash (1oz/ 30 cal)
Spaghetti (1oz/50cal) and Penne Pasta (1oz/50 cal)
Marinara Sauce (1oz/10 cal)
Alfredo Cream Sauce (1oz/50 cal)
Garlic Bread (1 each/280 cal)
Italian Ricotta Cookies (1 cookie/69 cal)
Chicken Cacciatore (1oz/30 cal)
or
Traditional Meatballs (1oz/50 cal)

Build Your Own Buffet

Available for groups of 25 or more. Pricing is per person.

Selections from these menus are presented buffet style (self-served). All Buffets include 1 Salad, 1 Entrée, 2 Sides, 1 Dessert and 2 Beverages. You may add an additional Entree for \$6.00 per guest.

Service includes delivery, linen for check in table and service tables, servers for set up and breakdown, and high quality plastic wares. Both eco-friendly and china service wares are available upon request for an additional charge. Additional staffing is also available for an additional charge, upon request.

Salads

- Market House Salad (1 salad/210 cal) - with Cherry Tomatoes, cucumbers, thinly sliced red onions and two dressings
Greek Salad (1salad/150 cal) - with Romaine lettuce, Chopped tomatoes, bell peppers, cucumbers, red onions, olives, feta cheese and a citrus vinaigrette
Classic Caesar Salad (1 salad/90 cal) - with Romaine lettuce, cherry tomatoes, parmesan cheese, house-made garlic croutons with Caesar dressing
Spinach Salad (1 salad/190 cal) - with fresh spinach, slices of mushrooms, dried cranberries, chopped pecans and warm bacon dressing

Entrees

Poultry

- Lemon Parmesan Chicken with White Wine Chive Sauce
(1 entrée/530 cal) - \$18.50
Chicken Marsala (1 entrée/200 cal) - \$16.00
Fried Chicken Breast Parmesan (1 entrée/470 cal) - \$17.50
Chicken Piccata (1 entrée/380 cal) - \$16.00
Oregano Lemon Chicken (1 entrée/110 cal) - \$15.00

Pork

- Roast Pork Loin with Mustard Herb Crust
(1oz/75 cal) - \$16.50
Asian Marinated Pork Loin with Honey and Soy Glaze
(1oz/55 cal) - \$17.00
Grilled Bourbon Pork Chop (1oz/54 cal) - \$16.50
Southwestern Brined Pork Chop (1oz/33 cal) - \$16.00

Beef

- Caramelized Onion Meatloaf (1oz/70 cal) - \$15.00
Braised Beef Sicilian (1oz/52 cal) - \$16.75
Beef Stroganoff (1oz/25 cal) - \$15.00
Herb Crusted Roast Beef (1oz/50 cal) - 17.50

Seafood

- Broiled Salmon with Dill Butter
(1 entrée/370 cal) - \$23.00
Citrus Baked Tilapia (1 entrée/180 cal) - \$15.00
Tilapia with Pineapple Chutney (1 entrée/130 cal) - \$16.00
Italian Fish Stew (1 entrée/200 cal) - \$15.00

Vegetarian

- Vegetable Lasagna (1 entrée/31 cal) - \$14.00
Stuffed Peppers with Herbed Tomato Sauce
(1 pepper/ 250 cal) - \$15.00
Marinated Portobello Mushrooms with Quinoa Pilaf
(1 oz/40 cal) - \$14.00

Sides

Oven-Roasted Herbed Red Potatoes (1oz/43 cal)
Garlic Mashed New Potatoes (1oz/45 cal)
Rice Pilaf (1oz/40 cal)
White Rice (1oz/38 cal)
Spaghetti Tossed in Olive Oil and Herb Sea salt
(1oz/ 93cal)

Balsamic Herb Roasted Vegetables (1oz/28 cal)
Lemon Garlic Broccoli (1oz/15 cal)
Sautéed Zucchini (1oz/13 cal)
Glazed Carrots (1oz/13 cal)
Fresh Green Beans (1oz/8 cal)
Variety of Seasonal Vegetables (1oz/6 cal)

Desserts

Chocolate Layer Cake (1 slice/350 cal)
Chocolate Mousse (1 serving/250 cal)
Red Velvet Cake (1 slice/340 cal)
Assorted Cookies (1 cookie/150 cal)
Assorted Brownies (1 brownie/155cal)
Seasonal Berry Pies (1 slice/240 cal)
Apple Crisp (1 serving/175 cal)

Beverages

Lemonade (10 oz/90 cal)
Sweet Iced Tea 10oz/80 cal)
Unsweet Iced Tea (10 oz/0 cal)
Coffee –Regular and Decaf, (6 oz/0 cal) with all the
accoutrements

Hors D'oeuvres

Stationary Platters or Passed

High quality plastic service ware is included. Both eco-friendly service ware and china are available upon request for an additional charge. Service includes linen for check-in and service tables, servers for set up and breakdown and delivery.

There is a minimum requirement of 2 dozen per order.

Hot Hors D'oeuvres

Priced Per Dozen

Chicken

Gator Cakes with Bayou Remoulade Sauce (1 cake/370 cal) - \$20.00

Chipotle Maple Bacon-Wrapped Chicken (1 piece/50 cal) - \$20.00

Ginger Chicken Satay with Coconut Peanut Sauce (1 skewer/110 cal) - \$22.00

Coconut Chicken with Orange Dipping Sauce (1 skewer/140 cal) - \$22.00

Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce (1 skewer/30 cal) - \$22.00

Chicken Diablo Empanadas with Chipotle Ranch Dipping Sauce (1 empanada/230 cal) - \$18.00

Pork

Pork Pot Stickers with Garlic Soy Sauce (1 pot sticker/67 cal) - \$18.00

Mini Ham Biscuits with Mustard Sauce (1 biscuit/150 cal) - \$18.00

Maple Glazed Apple Rumaki (1 rumaki/60 cal) - \$18.00

Sausage Stuffed Mushrooms (1 mushroom/20 cal) - \$20.00

Seafood

Mini Crab Cakes with Cajun Remoulade Sauce (1 cake/70 cal) - \$39.95

Crab and Risotto Balls (1 ball/80 cal) - \$20.00

Black and White Scallops (1 scallop/15 cal) - \$26.00

Bacon Wrapped Scallops with BBQ Sauce (1 scallop/45 cal) - \$39.95

Beef

Mini Cocktail Meatballs (Swedish-1 meatball/45 cal, BBQ-1 meatball/60 cal, Sweet & Sour-1 meatball/65 cal) - \$10.00

Beef Satay with Sweet and Spicy Sauce (1 serving/130 cal) - \$32.00

Mini Reuben Sandwiches (1 sandwich/140 cal) - \$15.00

Petite Beef Wellington (1 pastry/70 cal) - \$35.00

Chimichurri Beef Skewers (1 skewer/110 cal) - \$20.00

Vegetarian

Mini Vegetable Samosas (1 each/120 cal) - \$19.00

Fried or Baked Mini Eggrolls with Spicy Dipping Sauce (1 each/180 cal) - \$26.00

Tomato, Vidalia onion and Goat Cheese Tart (1 each/100 cal) - \$15.00

Mini Grilled Cheese and Tomato Soup (soup & sandwich/700 cal) - \$16.00

Spanakopita (1 each/45 cal) - \$14.00

Cold Hors D'oeuvres

Priced Per Dozen

Assorted Finger Sandwiches (1 sandwich/140 cal) - \$18.00

(Ham salad, Chicken Salad, Tuna Salad, and Cage Free Egg Salad on White, Wheat or Silver Dollar Rolls)

Shrimp Cocktail with Cajun Remoulade and Cocktail Sauce (1 shrimp/22 cal) - \$ Market Price

Mini Curried Chicken Tart (1 tart/140 cal) - \$28.00

Crostini with Spicy Mango Shrimp Salsa (1 each/70 cal) - \$20.00

Smoked Salmon Roulade (1 roll/70 cal) - \$20.00

Pistachio Grapes with Orange Cream Cheese (1oz/80 cal) - \$14.00

Goat Cheese and Honey Phyllo Cups 1 each/ 100 cal) - \$18.00

Smoked Salmon on Rye with Popped Capers (1 sandwich/80 cal) - \$20.00

Roasted Garlic Hummus and Smoked Salmon Bruschetta (1 each/110 cal) - \$21.00

Sun Dried Tomato Gorgonzola Bruschetta (1 each/110 cal) - \$15.00

Charred Peaches Wrapped in Prosciutto (1oz/60 cal) - \$15.00

Cucumber Rounds with Feta and Tomatoes (1 each/30 cal) - \$15.00

Miso Crab Salad on Cucumber (1 each/50 cal) - \$27.00

Trays, Displays & Dips

Priced Per Person

Farm Fresh Crudités with Ranch Dip (1oz/15 cal) - \$2.25

Seasonal Sliced Fresh Fruit Tray (1oz/12 cal) - \$3.00

Imported and Domestic Cheeses and Crackers garnished with Berries and Chips (1oz/95 cal) - \$4.50

Antipasto Platter – with assorted cheeses, Italian meats, marinated and roasted veggies, nuts and jams served with crackers and baguette rounds (1 serving/340 cal) - \$5.75

Savory Herb Cheesecake (1oz/65 cal) - \$50.00 per cake

Herb and Roasted Pepper Cheesecake (1oz/70 cal) - \$50.00 per cake

Warm Parmesan Artichoke Dip with Bagel and Pita Chips (1oz/110 cal) - \$1.75

Warm Spinach and Crab Dip with Baguette Rounds (1oz/138 cal) - \$3.25

Creamy Mediterranean Dip with Bagel or Pita Chips (1oz/70 cal) - \$1.75

Tzatziki Cucumber Yogurt Dip with Pita chips (1oz/66 cal) - \$1.75

Hummus Dip with Baguette rounds (1oz/98 cal) - \$1.75

Baba Ghanoush with Pita Chips (1oz/93 cal) - \$1.75

Savory Cakes

Priced Per Cake

Savory Herb Cheesecake (1oz/65 cal) - \$50.00

Herb & Roasted Pepper Cheesecake (1oz/70 cal) - \$50.00

Specialty Stations

Priced Per Person

Service for all stations includes linen for service tables and server for set up and breakdown

French Fry Bar (Poutine Bar)

\$7.00

Regular French Fries (1oz/65 cal)

Sweet Potato Fries (1oz/58 cal)

Burgundy Sauce (1oz/58 cal)

Cheese Curds (1oz/28 cal)

Shredded Cheese (1oz/110 cal)

Three Cheese Sauce (1oz/35 cal)

Bacon Bits (1oz/134 cal)

Scallions (1oz/9 cal)

Chopped Red Onions (1oz/11 cal)

Slider Station

\$13.00

Cheeseburger (1 slider/180 cal)

Pulled Pork (1 slider/140 cal)

Buffalo Chicken (1 slider/260 cal),

Served with

Pickles (1oz/3 cal), Chipotle Mayonnaise (1oz/80 cal),

Ketchup (1oz/32 cal), Lettuce (1oz/4 cal),

Tomato (1oz/5 cal), Relish (1oz/38 cal),

Mustard (1oz/17 cal), Honey Mustard (1oz/131 cal)

Ranch Dip (1oz/137 cal)

Potato Chips (1oz/152 cal)

Mashed Potato Bar \$7.00

Yukon Gold, Sweet Potatoes, & Regular Mashed Potatoes

Choose Five Toppings

Chopped Scallions (1oz/9 cal), Crumbled Bacon (1oz/43 cal),

Shredded Cheddar Cheese (1oz/110 cal), Country Brown Gravy (1oz/22 cal),

Fried Onion Crisps (1oz/92 cal), Grated Parmesan Cheese (1oz/122 cal), Toasted Pecans (1oz/196 cal), Brown Sugar (1oz/105 cal), Mini Marshmallows (1oz/90 cal),

Sour Cream (1oz/54 cal), Butter (1oz/204 cal)

Carving Stations

Includes Carving by Uniformed Chef

Our Beef and Poultry selections are cooked to perfection and carved by an experienced uniformed Chef. Each selection includes mini rolls and an assortment of sauces and condiments.

Roast Breast of Turkey (1oz/35 cal), with cranberry and orange mayonnaise (1oz/80 cal) and creamy Dijon Mustard Sauce (1oz/70 cal) - \$7.50

Roasted Beef Tenderloin (1oz/70 cal) with Horseradish Aioli (1oz/60 cal) and Stone Ground Mustard Sauce (1oz/20 cal) - \$12.50

Roast Beef (1oz/50 cal), served with Horseradish cream (1oz/50 cal) and Roasted Garlic Au jus (1oz/2 cal) - \$10.00

Mustard Apricot Glazed Ham (1oz/50 cal), with Honey Mustard Sauce (1oz/70 cal) - \$6.50

Roast Pork Loin (1oz/50 cal), served with Chipotle Mayonnaise (1oz/180 cal) - \$6.50

Sweet and Salty Stations

Assorted Freshly Baked Cookies

\$10.00 per dozen

Chocolate Chip (1 cookie/130 cal)
Oatmeal Raisin (1 cookie/120 cal)
Sugar (1 cookie/120 cal)
White Chocolate Macadamia Nut (1 cookie/130 cal)
Double Chocolate Chip with White Chips (1 Cookie/125 cal)

Gourmet Dessert Bars

\$16.00 per dozen

Linzi Bar (1bar/185 cal)
Raspberry Almond Bar (1 bar/190 cal)
Luscious Lemon Bar (1 bar/140 cal)
Goosey Chocolate Peanut Butter Bar (1 bar/200 cal)

Bars, Chips, Nuts & Popcorn

Multi Grain Bars and Granola Bars (1oz/132 cal) - \$1.50 ea.
Bags of Pretzels (1oz/ 108 cal) - \$1.50 ea.
Bags of Potato Chips (1oz/152 cal) - \$1.50 ea.
Assorted Bags of Popcorn (1oz/160 cal) - \$1/person
Mixed Nuts (1oz/170 cal) - \$15.00 per pound
Asian Pub Mix (1oz/130 cal) - \$12.00 per pound

Assorted Freshly Baked Brownies

\$12.00 per dozen

Cream Cheese (1oz/100 cal)
Fudge (1oz/110 cal)
Blondie (1oz/120 cal)
M&M (1oz/120 cal)
Plain (1oz/100 cal)

Decorated Sheet Cakes

Single Layer Half Sheet (1oz/90 cal) - \$33.00
Single Layer Full Sheet (1oz/90 cal) - \$70.00

Assorted Petit Fours and Pastries

\$38 per dozen (1oz/78 cal)

Dessert Station \$6.25 per person

Choice of Four:

Assorted Cupcakes (1 cupcake/ 330 cal)
Mini Red Velvet Whoopie Pies (380 cal)
Assorted Mini Cookies (1 cookie/130 cal)
Assorted Brownies (1 bar/ 280 cal)
Gourmet Bars (1bar/185 cal)
Assorted Berry Trifles (1 parfait/160 cal)
Seasonal Sliced Fruit Tray (1oz/10 cal)

Ice Cream Sundae Station

\$5.50 per guest

Choice of 2 Flavors

Chocolate (1oz/61 cal)
Vanilla (1oz/57 cal)
Strawberry (1oz/ 57 cal)

Choose 2 Sauces

Chocolate (1oz/79 cal)
Butterscotch (1oz/80 cal)
Strawberry (1oz/71 cal)

Choice of 3 Toppings

Sprinkles (1oz/120 cal)
Cookie Crumbs (1oz/135 cal)
M&M's (1oz/139 cal)
Heath Bar (1oz/153 cal),
Crushed Peanuts (1oz/166 cal)
Maraschino Cherries (1oz/47 cal),
Whipped Topping (1oz/55 cal)

Alcoholic Beverage Service

Full Open Bar

Our full open bar provides your guests with unlimited cocktails, beer, wine and soft drinks at no cost to them. The Open Bar has a two hour minimum

Premium Bar Rates Per Guest

*2 hours - \$18
3 hours - \$22
4 hours - \$26*

Top shelf Bar Rates Per Guest

*2 hours - \$ 22
3 hours - \$26
4 hours - \$30*

If you would like to extend the time of your event beyond 4 hours, an additional \$6 per guest/per hour rate will apply. One bartender is recommended for every 75 to 100 guests.

Bartender rates are \$25 per hour with a 4 hour minimum, which includes set up and breakdown.

Beer and Wine Bar

Our Beer and Wine Bar provides your guests with unlimited wine, beer, and soft drinks. A two-hour minimum for a Beer and Wine Bar is required.

Beer and Wine Bar Rates Per Guest

*2 hours - \$14
3 hours - \$18
4 hours - \$22*

One bartender is recommended for every 75 guests.

Bartender rates are \$25 per hour with a 4 hour minimum, which includes set up and breakdown.

Cash and Consumption Bars

Consumption Bars allow the host to pay for all drinks consumed by their guests. Cash Bars allow your guests to pay for their own drinks as they consume them. A one-hour minimum for Cash and Consumption Bar is required.

Premium Bar Prices Per Drink

*Mixed Drinks - \$6
Premium Wine - \$6
Premium Beer - \$4
Domestic Beer - \$3
Non-Alcoholic - \$1*

Top Shelf Bar Prices Per Drink

*Mixed Drinks - \$7
Premium Wine - \$7
Premium Beer - \$4
Domestic Beer - \$3
Non-Alcoholic - \$1*

One bartender is recommended for every 75 guests.

Bartender rates are \$25 per hour with a 4 hour minimum, which will include set up and breakdown.

Alcohol Procedure and Policy

University of Mary Washington Catering requires a bar attendant to dispense all beer, wine, and liquor products at all catered events. Bartender service is an additional \$25.00 per hour for a minimum of four hours. All alcoholic beverages are to remain within the facility. Alcoholic beverages not consumed will remain the property of UMW Catering Department, in accordance with the laws of Virginia.

It is the policy of UMW Catering that no alcoholic beverages may be brought on the premises for consumption without written permission. An alcohol permit is required on campus. UMW Catering reserves the right to refuse service of alcoholic beverages to any person. All bartenders and catering supervisors have completed TIPS Alcohol Training Programs for Service.

Labor, Fees and Payments

We plan the staffing for your event based on the number of guests, type of service, menu and location. If you require additional staff or would like your event to be tended, additional labor charges will be applied to your bill. Labor charges are for a minimum of four hours.

Labor Charges

Catering Wait staff - \$20/hour

Bartenders - \$25/hour

Catering Chef - \$30/hour

Non-University customers: A deposit of 75% is required two weeks prior to your event, with the balance due on the day of your event.

University of Mary Washington Customers: We do not require any deposit for all school events. Depending on the date and availability, we can take reservations three days prior to the event. We also offer special menus and pricing for the student organizations. Please contact one of our sales professionals for more details.

Catering Equipment

Standard Equipment: Event prices include delivery, set up and breakdown.. Linens are provided for registration or check-in tables, and food tables. . If you would like linen on guest tables, there is a \$5.00 charge per cloth. Specialty rentals are available upon request for additional costs. Equipment rental charges may apply to certain events.

China Charges: There will be an additional charge for china for all events. The charge may vary according to the amount of china, glassware and silverware required.

Standard China - \$2 per guest

China Service with Additional Glassware - \$3.50 per guest

Cocktail Reception - \$2 per guest

Delivery Fee

There is no delivery fee for catering services on the University of Mary Washington campus. Off-campus deliveries are subject to a fee of \$25 and up, depending upon the distance and difficulty of the location.

Weekend Events

If an event is booked as the sole event for a weekend day or holiday, the client may incur additional charges associated with the execution and staffing of the event.

Event Confirmation, Guarantees, Changes & Cancellations

You must sign a final catering contract or send an e-mail confirming our catering agreement (including your final guest count) no less than three business days before the scheduled catered event. If we do not receive a final guest count three business days before the event we will use your most recent estimated guest count for determining all elements of the catering agreement, including the price. Any event changes, or cancellations, must be provided to us no less than three business days prior to the event. If you notify us of a cancellation later than three business days prior to the event, you will be responsible for any expenses already incurred by our Catering Department.

This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including the time, date, and location, and menu selections, number of attendees, professional services, equipment, and staffing.

Event Payment

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, and American Express, cash, check, and University of Mary Washington departmental and foundation accounts.

A deposit of 75% is required two weeks prior to your scheduled event, with the balance due on the day of the event. A service charge of 18% and 11.3% tax will also be added to your bill.

If you are a tax-exempt organization you must submit a copy of your tax exemption certificate prior to the date of your scheduled event.

Food Removal Policy

Due to health regulations, it is the policy of UMW Catering that excess food items left at the end of an event cannot be removed from the event site by the customer or other guests. If we are attending or picking up the event, our catering staff will appropriately handle the remaining food items. Food items purchased from UMW Catering for pick up should be properly stored prior to the event, and any food remaining at the end of the event should be removed and disposed of by the event host.

Catering Support for Planning Your Event

Please contact our catering sales office

540-654-1930 or 540-654-1931

e-mail: Catering@umw.edu

Monday through Friday, 8:30 a.m. to 4:30 p.m.

