



FUEL : PERFORMANCE

**el**ements

by *sodexo*<sup>\*</sup>

# trays, sweets, hot snacks & beverages

Menu items from this section are available for pick-up. High quality plastic serveware is available upon request.

## TRAYS – 12 guest minimum

Seasonal Cubed Fresh Fruit & Dip (2 oz. + dip | 50 cal)

*\$1.34 per guest*

Crudit  & Dip (4 oz. + dip | 140 cal) *\$1.34 per guest*

Domestic Cheese & Crackers

(2 oz. cheese + 6 crackers | 340 cal) *\$1.34 per guest*

Hummus & Pita Chips (1 oz. dip + 2 oz. chips | 190 cal)

*\$1.34 per guest*

Pepperoni, Domestic Cheese & Crackers (1 serving | 380 cal)

*\$1.79 per guest*

Deli Meat, Cheeses, Assorted Breads & Condiments (1 serving |

930 cal) *\$5.00 per guest*

## SWEETS

Assorted Donuts (1 donut | 280-310 cal) *\$10.16 per dozen*

Assorted Mini Danish (1 danish | 120 cal) *\$10.16 per dozen*

Assorted Bagels & Spreads (1 bagel | 210-310 cal)

*\$10.16 per dozen*

Assorted Cookies (1 cookie | 160-180 cal) *\$10.16 per dozen*

Assorted Low-Fat Muffins (1 muffin | 160-210 cal)

*\$10.16 per dozen*

Brownies (1 brownie | 80 - 190 cal) *\$10.16 per dozen*

Rice Krispy Treats (1 cut | 80 - 170 cal) *\$10.16 per dozen*

## NIBBLES

Baked Chips (1 bag | 130 cal) *\$.74 per bag*

Potato Chips / 1 lb. bag, 15 servings (1 oz. | 160 cal)

*\$9.53 per bag*

Pretzels or Potato Chips / (1 oz. | 110 cal) *\$.63 per bag*

Tortilla Chips & Salsa / 1 lb., 13-15 servings (2 oz. chips + 2 oz.

salsa | 150-285 cal) *\$1.16 per guest*

## HOT SNACKS

Wings with Celery & Carrots Sticks (3 each | 15 cal)

with Ranch Dip (2 oz. | 190 cal)

**Choose Two:** Cajun (1 wing | 90 cal), Spicy (1 wing | 40 cal),

BBQ (1 wing | 100 cal), Boneless (1 wing | 120 cal) or Buffalo

(1 wing | 80 cal) *\$9.31 per dozen*

Chicken Fingers & Sauce (3 tenders + 4 oz. sauce | 740 cal)

*\$6.84 per dozen*

Cocktail Meatballs (1 meatball | 45 cal) *\$6.84 per dozen*

**Choice of One Sauce:** Marinara, BBQ or Thai Sauce

Egg Rolls & Sauce (1 roll | 120-150 cal) *\$8.24 per dozen*

Nachos (2 oz. | 260 cal) *\$2.56 per guest*

## HERO PARTY

2-Foot Sub (serves 10 guests) *\$22.06 per sub*

5-Foot Sub (serves 30 guests) *\$55.15 per sub*

## American Sub

Ham, Turkey, American Cheese, with Lettuce, Tomato and Mayonnaise or Mustard (1 cut | 500 cal)

## Italian Sub

Ham, Salami, Pepperoni, Provolone, with Lettuce, Onions, Tomato, Oil, Vinegar & Mayonnaise (1 cut | 740 cal)

## Vegetable Sub

Hummus, Roasted Vegetables, Provolone, with Lettuce, Tomato and Onions (1 cut | 310 cal)

## PICNICS – 10 guest minimum

### BBQ *\$10.39 per guest*

All Beef Hot Dogs (1 sandwich | 370-400 cal), Hamburgers

(1 sandwich | 290 cal), Veggie Burgers (1 sandwich | 260 cal),

Cheese (1 slice | 50 cal), Assorted Rolls (1 roll | 100 cal), Condiment

Tray (1 each | 0-200 cal) with Cole Slaw (3 oz. | 90 cal) and

Macaroni Salad (4 oz. | 120 cal)

### Deluxe BBQ *\$15.59 per guest*

BBQ Chicken Quarters (2 eighths | 560 cal), BBQ Ribs (5 ribs + 3oz.

sauce | 670 cal), Grilled Portobello Mushrooms (1 cap | 30 cal) with

Country Potato Salad (4 oz. | 160 cal) and Pasta Salad (4 oz. | 120

cal)

## BEVERAGES

Assorted Canned Pepsi Soda (12 oz. | 0-270 cal) *\$.84 each*

Assorted Bottled Pepsi Soda (20 oz. | 0-180 cal) *\$1.16 each*

24pk Bottled Water (20 oz. | 0 cal) *\$11.02 each*

Assorted Bottled Juice (10 oz. | 140-170 cal) *\$1.06 each*

## BULK BEVERAGES – gallon serves 16 guests

Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) or Hot

Water for Tea (8 oz. | 0 cal) & Condiments *\$7.17 per gallon*

Orange (8 oz. | 140 cal), Cranberry (8 oz. | 210 cal)

or Apple Juice (8 oz. | 90 cal) *\$7.17 per gallon*

Lemonade (8 oz. | 75 cal) *\$7.17 per gallon*

Freshly Brewed Iced Tea (8 oz. | 0 cal) *\$7.17 per gallon*

Freshly Brewed Sweet Iced Tea (8 oz. | 20 cal) *\$7.17 per gallon*

Hot Chocolate (8 oz. | 200 cal) *\$7.17 per gallon*

## BIRTHDAY PACKAGE *\$38.66 package*

1/2 Sheet Cake - serves 32 (1 cut | 140 - 150 cal), Balloons, Candles, Card, Plates, Napkins & Utensils

## breaktime

High quality plastic serviceware is included. Offered to groups of 10 or more guests.

### HEALTH BREAK

\$7.27 per guest

Granola Bars  (1 bar | 100-110 cal), Whole Seasonal Fresh Fruit  (1 serving | 50-110 cal), Carrot and Celery Sticks  (3 each | 15 cal), Bottled Water (20 oz. | 0 cal) and Assorted Bottled Juices (10 oz. | 140-170 cal)

### SWEETS

\$8.31 per guest

Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Assorted Mini Chocolate Bars (3 pieces | 130 cal), Assorted Individual Bags of Chips & Baked Chips (1 bag | 130-320 cal) and Chocolate Milk (1/2 pint | 180 cal)

### AFTERNOON WAKE-UP CALL

\$5.19 per guest

Seasonal Cubed Fresh Fruit (2 oz. | 25 cal) and Assorted Cookies (1 cookie | 150-180 cal), Freshly Brewed Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) and Herbal and Non-herbal Teas (8 oz. | 0 cal) to Include Decaffeinated with Hot Water (8 oz. | 0 cal) and Freshly Brewed Iced Tea (8 oz. | 0 cal)

### NY BREAK

\$5.19 per guest

Pretzel Bar (1 pretzel + topping | 210 cal), Popcorn (1 cup | 40 cal), White Chocolate Macadamia (1 cookie | 170 cal) & Double Chocolate Chip Cookies (1 cookie | 170 cal), Linzer Bars (1 cut | 210 cal) and Lemonade (8 oz. | 70 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal)

 = Vegetarian

 = Vegan

 = Mindful

We can also accommodate  
Gluten Free requests.

## themed buffets

All themed buffets include assorted canned Pepsi soft drinks, regular and diet (12 oz. | 0-270 cal). Choose One Entrée and Two Sides. High quality plastic serviceware is included. Offered to groups of 10 or more guests.

### SOUTHEAST ASIAN BUFFET \$11.43 per guest

#### Choose One Entrée:

Sesame Pork Cutlet and Fried Rice  (1 serving | 260 cal)  
Five Spice Chicken (4 oz. | 160 cal)  
Grilled Beef Lemon Grass (4 oz. | 200 cal)  
Marinated Lemon Grass Tofu   (4 oz. | 140 cal)  
Korean Stir Fried Vegetables with Tofu    (1 serving | 180 cal)

#### Choose Two Sides:

Asian Steak Salad  (1 salad | 190 cal), Vietnamese Table Salad   (1 salad | 5 cal), Asian Cellophane Noodle Salad   (1 salad | 260 cal), Asian Slaw   (4 oz. | 130 cal), Mustard Greens and Garlic   (4 oz. | 110 cal), Long Beans in Garlic   (4 oz. | 110 cal), Thai Fried Rice    (4 oz. | 130 cal)

### ITALIAN BUFFET \$11.43 per guest

#### Choose One Entrée:

Chicken Parmesan Over Linguine  (1 serving | 420 cal)  
Chicken Marsala (1 breast | 200 cal)  
Italian Sausage Halves, Onions & Peppers  (1/2 sausage + 2 oz. vegetables | 160 cal)  
Eggplant Parmesan  (1 cut | 280 cal)  
Polenta "Lasagna" with Eggplant Caponata  (1 cut | 580 cal)

#### Choose Two Sides:

Garlic Bread  (1 slice | 140 cal), Italian Meatballs (2 meatballs | 110 cal), Broccoli with Garlic & Lemon  (4 oz. | 60 cal), Baked Ziti with Marinara  (1 cut | 470 cal), Cheese Ravioli with Marinara (6 each + 2 oz. sauce | 230 cal), Penna Pasta with Marinara Sauce  (4 oz. | 200 cal)

### HEALTHY LIFESTYLE BUFFET \$11.43 per guest

#### Choose One Entrée:

Thai Citrus Beef Stir Fry with Rice  (1 serving | 370 cal)  
Turkey Snap Peas and Sweet Potatoes  (1 serving | 310 cal)  
Pork Tenderloin Stir Fry with Soba Noodles  (1 serving | 470 cal)  
Vegetarian Paella with Edamame  (8 oz. | 250 cal)  
Ricotta, Leek and Olive Pizzetta  (1 pizza | 250 cal)

#### Choose Two Sides:

Strawberry Salad with Chocolate Vinaigrette   (1 salad | 350 cal), Garden Salad with Tomatoes and Cucumbers   (1 salad | 20 cal), Buffalo Shrimp Salad  (1 salad | 170 cal), Broccoli and Carrot Medley   (4 oz. | 35 cal), Eggplant, Tomatoes and Onions   (4 oz. | 70 cal), Roasted Vegetables   (4 oz. | 90 cal), Basmati Cilantro Rice   (4 oz. | 150 cal)

Prices are good through August 31, 2019.

## ez party packages

High quality plastic serviceware is included. Offered to groups of 10 or more guests.

**Add Dessert:** Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Cookies (1 cookie | 170-250 cal) or Seasonal Fresh Fruit (3 oz. | 30-45 cal)

**\$.84 per guest**

### **BREAKFAST CLUB** \$9.35 per guest

Seasonal Cubed Fresh Fruit (2 oz. | 25 cal), Individual Fruit Low-Fat Greek Yogurt Parfaits (6 oz. | 60-180 cal), Low-Fat Muffins (1 muffin | 160-210 cal) and Freshly Brewed Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) and Herbal and Non-Herbal Teas (8 oz. | 0 cal) to Include Decaffeinated (8 oz. | 0 cal) with Hot Water, Carafes of Orange (10 oz. | 140 cal) and Cranberry Juice (10 oz. | 170 cal).

### **PIZZA PARTY** \$4.76 per guest

Fresh Baked Pizza with Choice of One Topping (1 cut | 240-660 cal): Pepperoni, Sausage, Mushrooms, Onions, Vegetarian or Broccoli. Served with Tossed Salad (1 salad + 2 oz. dressing | 15 cal + 190-260 cal) and One Dressing and Assorted Canned Pepsi Soft Drinks, Regular or Diet (12 oz. | 0-270 cal).

**Additional Toppings** \$.85 per topping per guest

### **ICE CREAM SUNDAE BAR** \$49.95 per guest

**Choice of One Ice Cream Flavour (One per 45 guests):** Chocolate (1 scoop | 90 cal), Vanilla (1 scoop | 90 cal) or Strawberry (1 scoop | 80 cal)

**Choice of One Sauce:** Chocolate (2 oz. | 200 cal), Strawberry (2 oz. | 140 cal) or Caramel (2oz. / 200 cal)

**Choice of One Topping:** Sprinkles (1 oz. | 130 cal), Cookie Crumbs (1 oz. | 130 cal), Crushed Peanuts (1 oz. | 170 cal) or M&M's® (1 oz. | 140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180 cal) are Included.

**Additional Ice Cream Flavour** \$19.95 per tub

### **TACO BAR PARTY** \$6.23 per guest

Taco Shells (1 shell | 60 cal), Seasoned Ground Beef (1 oz. | 50 cal) or Ground Turkey (1 oz. | 35 cal), Sautéed Vegetables (1 oz. | 20 cal), Shredded Cheddar Cheese (1 tbsp. | 30 cal), Chopped Tomatoes (1 oz. | 5 cal), Shredded Lettuce (1 oz. | 0 cal), Onions (1 oz. | 10 cal), Guacamole (2 oz. | 80 cal), Salsa (1 oz. | 15 cal), Sour Cream (1 tbsp. | 30 cal), and Assorted Canned Pepsi Soft Drinks, Regular and Diet (12 oz. | 0-270 cal).

## 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 meetings, community organizations and informal meetings.

### CATERING POLICIES

Service Hours are Monday-Thurs. 8:00am-9:30pm, Fri. Sat. & Sun. 9:00am-8:30pm.

To place an order, please obtain a Catering Request for Clubs Form which can be obtained from the Marist College Student Activities Office located on the 3rd floor of the student center. After the form is completed and signed, you must bring the form to the Catering Office located in the Student Center Rm 2119B. If you have any questions, please call Catering at 845-575-3229.

All orders must be placed 2 business days (Monday-Friday) prior to service. Please note we are unable to accept cancellation notices made on Saturday, Sunday and Holidays.

Payment will be processed through your club accounts on the next business day after your event. All tables, chairs and trash can set ups are scheduled through the College Activities Office: 845-575-3279. The student organization is responsible for the event clean up. Failure to do so may result in a cleaning surcharge.

Due to health regulation, it is the policy of Marist Dining Services that excess food items from events cannot be removed from the event site. At conclusion of event, food items and serviceware products should be properly disposed of.

Food catering orders are to be picked up by a member of the student group at the rear door of the kitchen facility. The student is required to leave his/her college ID card with a dining service staff member. After returning the catering cart to the kitchen, the ID will be returned to the student. If a catering order is requested to be delivered on campus, excluding the Murray Student Center, a delivery/set up fee of \$25.00 will be charged during regular business hours.