



## Select Value Menu

**The Select Value Menu features many of the same dishes that are in the full catering guide with the same professional presentation but with slight modifications to make them more cost effective.**

**Catering directed to departments and groups with Value in mind.**

## Light Breakfast

**\$4.99 per guest**

Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)

### CHOOSE TWO:

Assorted Breakfast Breads (1 slice | 200 - 280 cal) Coffee Cake (1 square | 240-450 cal) Mini Scones (1 each | 180-210 cal) Danish (1 each | 270 cal) Cinnamon Rolls (1 each | 110 - 450 cal) Assorted Muffins (1 each | 330-450 cal)

## Healthy Side Breakfast

**\$5.59 per guest**

Seasonal Cubed Fresh Fruit (4 oz. | 50 cal)

Non-Fat Greek Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola each | 200 - 360 cal) Multi-Grain Bars and Granola Bars (1 each | 90 - 160 cal)

Whole Wheat Bagels, Low-Fat Cream Cheese and Assorted Jellies (1 each | 60 - 100 cal)

## American Breakfast

**\$9.69 per guest**

Seasonal Sliced Fresh Fruit (4 oz. | 50 cal)

### CHOOSE TWO:

Mini Croissants (1 each | 280 - 310 cal) Assorted Muffins (1 each | 330 - 450 cal) Low-Fat Muffins (1 each | 160 - 210 cal) Assorted Breakfast Breads (1 slice | 370 - 400 cal) Coffee Cake (1 square | 240 - 450 cal) Mini Scones (1 each | 180 - 210 cal) Butter and Assorted Jellies

### CHOOSE ONE:

Home Fries (4 oz. | 150 cal) or Roasted Sweet Potatoes (4 oz. | 170 cal)

### CHOOSE TWO:

Crispy Bacon (1 slice | 50 cal) Turkey Bacon (1 slice | 10 cal) Breakfast Ham Steak (1/2 slice | 50 cal)

Sausage (2 links | 100 cal) Turkey Link Sausage (2 links | 70 cal)

### CHOOSE ONE:

Scrambled Eggs (4 oz. | 190 cal) Scrambled Egg Whites (4 oz. | 60 cal) Scrambled Eggs with Cheddar (4 oz. | 240 cal) Spinach and Pesto Scrambled Eggs (4 oz. | 170 cal) Western Scrambled Eggs (4 oz. | 160 cal) Broccoli Cheddar Quiche (1 wedge | 330 cal) Garden Vegetable Quiche (1 wedge | 350 cal) Grilled Zucchini, Bacon and Swiss Frittata (1 wedge | 250 cal) Hashbrown, Mushroom and Spinach Quiche (1 wedge | 210 cal)

## Select Value Entrée Salads

*All Salads are served with a Canned Coca-Cola Soft Drinks, Regular and Diet. High quality plastic service ware is included; eco-friendly service ware and china are also available, as is plated service, upon request. Services include Delivery, linen-draped service tables, set up and clean up. 15 guest minimum per menu selection.*

### CAESAR SALAD **\$9.49 per guest** (1 salad | 490 cal)

Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing

Add Grilled Breast of Chicken **\$12.39 per guest** (1 salad | 490 cal)

Add Grilled Marinated Steak **\$12.39 per guest** (1 salad | 490 cal)

### GREEK SALAD **\$9.49 per guest** (1 salad | 190 cal)

Classic Greek Salad of Firm Tomatoes, Cucumbers, Red Onion, Kalamata Olives and Feta Drizzled with a Light Vinaigrette

### CHEF'S SALAD **\$12.39 per guest** (1 salad | 600 cal)

Field Greens Layered with Ham, Smoked Turkey, Cheddar, Cage-Free

Hard Cooked Egg and Sweet Potato Hay with a Choice of Honey Mustard, Ranch, Balsamic Vinaigrette or Low-Fat Dressing

### GARDEN SALAD **\$8.49 per guest** (1 salad | 280 cal)

Tossed Greens with Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins, Almonds and a Choice of Ranch, Balsamic Vinaigrette or Low-Fat Dressing

## SELECT VALUE Buffet Lunch Options

*Selections from these menus are presented buffet style. Services include delivery, linen-draped Service tables set up and clean up.*

### The Deli \$10.49 per guest

Assorted Breads (2 slices | 140-200 cal) Multigrain Sandwich Wrap (1 wrap | 180 cal) and Rolls (1 roll | 160-180 cal)  
Sliced Roasted Turkey (3 oz. | 90 cal) Low-Sodium Turkey (3 oz. | 90 cal) Buffet Ham (3 oz. | 90 cal) Roast Beef (3 oz. | 140 cal) Salami (3 oz. | 200 cal)  
American Cheese (1 slice | 50 cal) Sliced Swiss Cheese (1 slice | 50 cal) Provolone Cheese (1 slice | 70 cal)  
Leaf Lettuce (1 slice | 0 cal) Sliced Tomato (1 slice | 0 cal) Sliced Onions (2 rings | 0 cal) Dill Pickles (1 spear | 5 cal)  
Mayonnaise Dijon Mustard  
Bulk Chips (2 oz. | 140-320 cal)  
Assorted Cookies (1 cookie | 160-180 cal) Bars (1 bar | 310 cal) Brownies (1 brownie | 190-510 cal)  
Freshly Brewed Iced Tea

### Texas Style BBQ \$12.59 per guest

Roasted Vegetable Bow Tie Pasta Salad (4 oz. | 120 cal)  
Cornbread (4 oz. | 120 cal) Rolls (1 roll | 90 cal) and Butter  
Ranch Style Baked Beans (4 oz. | 160 cal) Vegetarian Baked Beans (4 oz. | 120 cal)  
Baked Barbecued Chicken (1 quarter | 290 cal) Barbecued Beef Brisket (4 oz. | 310 cal)  
Freshly Brewed Iced Tea, Sweet Tea and Lemonade

### Classic BBQ \$10.89 per guest

Potato Chips (1 bag | 160 cal)  
Ranch Style Baked Beans (4 oz. | 130 cal)  
Vegetarian Baked Beans (4 oz. | 120 cal)  
Hamburger and Hot Dog Buns to Include Whole Wheat (1 each | 380 cal)  
Grilled Hamburgers (1 sandwich | 330 cal) Grilled Hot Dogs (1 sandwich | 320 cal)  
Veggie Burgers (1 sandwich | 320 cal)  
Leaf Lettuce (1 slice | 0 cal) Sliced Tomato (1 slice | 5 cal) Dill Pickles (5 chips | 0 cal) Onions (2 rings | 0 cal)  
Relish (1 tbsp. | 20 cal) Ketchup, Mustard and Mayonnaise

### Kansas Style BBQ \$15.79 per guest

Farmhouse Potato Salad (4 oz. | 220 cal)  
Cornbread and Butter (1 cut | 210 cal)  
Root Beer Baked Beans (4 oz. | 130 cal)  
Macaroni & Cheese (1 cut | 400 cal)  
**Choice of Two Entrées:**  
Baked Barbecue Chicken (1 quarter | 290 cal)  
BBQ Turkey Breast with Ancho Mango BBQ (4 oz. | 120 cal)  
Kansas City BBQ Beef (3 oz. | 190 cal)  
Grilled Salmon with Mango Salsa (1 filet | 230 cal)

### Pasta Buffet

#### \$13.69 per guest

Caesar Salad with Homemade Croutons (1 salad | 460 cal)  
Assorted Rolls and Butter (1 roll | 90 cal)  
Sautéed Fresh Zucchini (4 oz. | 50 cal)  
Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)  
Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)  
Home-Style Meatballs in Marinara Sauce (2 meatballs + 1 oz. sauce | 190 cal)  
Traditional Chicken Cacciatore (1 quarter | 400 cal)  
Parmesan Cheese (1 oz. | 120 cal)

# SELECT VALUE Dinner Buffet

*Selections from these menus are presented buffet style. Services include delivery, linen-draped Service tables set up and clean up. High quality plastic service ware is included; both eco-friendly Service ware and china are available, upon request. Build Your Own Buffet by selecting - One Entree, Two Accompaniments, One Dessert and One Beverage.*

## POULTRY

Chicken Marsala \$13.69 per guest (1 entrée | 280 cal)

Lemon Parmesan Chicken with White Wine Chive Sauce \$13.69 per guest (1 entrée | 530 cal)

Select Value Apricot Glazed Roasted Turkey \$13.69 per guest (1 entrée | 140 cal)

## BEEF

Braised Beef Sicilian \$15.79 per guest (1 entrée | 310 cal)

Caramelized Onion Meatloaf \$12.59 per guest (1 entrée | 210 cal)

## PORK

Asian Marinated Pork Loin with Honey and Soy Glaze \$14.69 per guest (1 entrée | 220 cal)

Mustard Herb Pork Loin \$12.59 per guest (1 entrée | 300 cal)

## SEAFOOD

Broiled Salmon with Dill Butter \$15.79 per guest (1 entrée | 270 cal)

Citrus Crusted Baked Pollock \$13.69 per guest (1 entrée | 140 cal)(1 entrée | 180 cal)

Garlic Shrimp Skewers \$14.69 per guest (1 entrée | 440 cal)

## VEGETARIAN

Vegetarian Lasagna \$13.69 per guest (1 entrée | 290 cal)

Stuffed Peppers with Herbed Tomato Sauce \$13.69 per guest (1 entrée | 210 cal)

Vegetarian Pad Thai \*Contains Peanuts \$13.69 per guest (1 entrée | 280 cal)

## Optional Sides

### SIDES – choice of one (4oz Serving)

Oven-Roasted Herbed Red Potatoes (4 oz. | 130 cal)

Garlic-Mashed New Potatoes (4 oz. | 120 cal)

Rice Pilaf (4 oz. | 150 cal)

White Rice (4 oz. | 140 cal)

Olive Oil and Garlic Spaghetti (4 oz. | 380 cal)

### SIDES – choice of one (4oz Serving)

Balsamic Herb Roasted Vegetables (4 oz. | 110 cal)

Lemon Garlic Broccoli (4 oz. | 60 cal)

Sautéed Zucchini (1 each | 50 cal)

Glazed Carrots (4 oz. | 120 cal)

Fresh Green Beans (4 oz. | 40 cal)

Variety of Seasonal Vegetables (4 oz. | 40-120 cal)

### Desserts – choice of two

Double Chocolate Layer Cake (1 slice | 350 cal)

Chocolate Mousse (1 scoop | 90 cal)

Cora's Red Velvet Cake (1 slice | 760 cal)

Apple Crisp (1 serving | 150 cal)

Assorted Cookies and Brownies (1 serving | 160-510 cal)

Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue or Pecan Pie (1 slice | 320-520 cal)

Tropical Rice Pudding (1 serving | 770 cal)

### Beverages– choice of one

Coffee station: Regular Coffee (8 fluid oz. | 0 cal) Decaffeinated Coffee (8 fluid oz. | 0 cal) Teas (1 tea bag | 0 cal)

Iced Water Station

Lemonade

Freshly Brewed Iced Tea

Sweet Tea

Assorted Canned Coca-Cola Soft Drinks, Regular and Diet

## SELECT VALUE Served Meals

All Served Luncheons and Dinners include a choice of entrée, Two Accompaniments, Freshly Baked Dinner Rolls and Butter, choice of Dessert,

### CHICKEN

SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST *\$14.69 per guest (1 plate | 680 cal)*

*Panko-Encrusted Chicken Breast Served with a Sautéed Garlic Cream Sauce and Sun-Dried Tomato Strips*

TRADITIONAL CHICKEN PICCATA *\$13.69 per guest (1 plate | 380 cal)*

*Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Lemon Butter Sauce*

GRILLED CHICKEN WITH BRUSCHETTA TOPPING *\$14.69 per guest (1 plate | 360 cal)*

*Balsamic Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato basil Bruschetta Salad*

### BEEF AND PORK

BRAISED SHORT RIBS *\$20.99 per guest (1 plate | 390cal)*

*Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection*

Flank Steak Roulade *\$19.99 per guest (1 plate | 540 cal)*

*Tender Spinach and Sweet Basil Peppers Cradled by Seasoned Flank Steak Laced with a Rich Demi-Glace Sauce*

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS *\$20.99 per guest (1 plate | 530 cal)*

*Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg*

ROASTED PORK TENDERLOIN WITH RASPBERRY VINEGAR SAUCE *\$20.99 per guest (1 plate | 290 cal)*

*Slow-Roasted Pork Tenderloin Dressed with a Tart Red Wine Vinegar Sauce and Accented with Raspberry, Horseradish and Garlic*

### COMBINATION PLATE

GRILLED BEEF TENDERLOIN & CRAB CAKE WITH A DEMI DIJON MUSTARD SAUCE *\$26.29 (1 plate | 560 cal)*

*Tenderloin of Beef Dusted with Salt, Pepper, Rosemary and Parsley, then Charred for a Light Smoky Flavor and Light, Crispy Crab Cakes with a Crunchy Crust Served with a Stone Ground Mustard Sauce*

### SEAFOOD

BLACKENED ATLANTIC HADDOCK WITH SALSA VERDE *\$18.89 per guest (1 plate | 280 cal)*

*Blackened Haddock Drizzled with Green Tomatillo Sauce, Paired with a Colorful Watercress Salad and Fresh Cilantro*

BROILED SALMON with TWO SALSAS *\$18.89 per guest (1 plate | 310 cal)*

*Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives*

PARMESAN-CRUSTED POLLOCK with CHIVE BUTTER SAUCE *\$18.89 per guest (1 plate | 560 cal)*

*Roasted Pollock Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter*

GARLIC SHRIMP SKEWERS *\$20.99 per guest (1 plate | 350 cal)*

*Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley*

## VEGETARIAN

SPAGHETTI SQUASH *\$13.69 per guest (1 plate | 340 cal)*

*Spaghetti Squash with a Spanish-Inspired Sofrito of Peppers, Onion, Garlic and Select Herbs Served with Vegan Pinto Beans*

TERYAKI TOFU, QUINOA AND PINEAPPLE *\$13.69 per guest (1 plate | 290 cal)*

*White Quinoa, Celery, Onions and Tomatoes Tossed in Ponzu Sauce and Served with Teriyaki Tofu and Grilled Pineapple Salsa*

SMOKED GOUDA FARFALLE *\$13.69 per guest (1 plate | 510 cal)*

*A Casserole of Farfalle Pasta Hand-prepped with Fresh Spinach, Savory Smoked Gouda and Grated parmesan Cheeses*

## Optional Sides

### Choice of One:

- Fresh Carrots with Dill (4 oz. | 40 cal)
- French Green Beans and Carrot Medley (4 oz. | 40 cal)
- Fresh Green Beans (4 oz. | 40 cal)
- Grilled Balsamic Zucchini (4 oz. | 60 cal)
- Sautéed Broccoli Rabe or Zucchini (4 oz. | 130 cal)
- Broccoli with Sautéed Carrots (4 oz. | 60 cal)
- Herb Crusted Broiled Tomatoes (1 half | 35 cal)
- Roasted Root Vegetables (4 oz. | 60 cal)
- Sautéed Mushrooms (4 oz. | 130 cal)
- Fresh Spinach and Garlic Sauté (4 oz. | 45 cal)
- Julienne of Carrots and Fennel with Pearl Onions (4 oz. | 60 cal)
- Roasted Fresh Seasonal Asparagus (4 oz. | 30 cal)
- Oven-Roasted Butternut Squash (4 oz. | 50 cal)
- Sautéed Fennel and Brussels Sprouts (4 oz. | 70 cal)
- Braised Red Cabbage (4 oz. | 90 cal)
- Chef's Choice of Seasonal Vegetable (4 oz. | 30 - 130 cal)

### Choice of One:

- Horseradish Mashed Yukon Potatoes (4 oz. | 120 cal)
- Caramelized Onion Mashed Yukon Potatoes (4 oz. | 110 cal)
- Mashed Sweet Potatoes (4 oz. | 210 cal)
- Oven-Herbed Roasted Red Potatoes (4 oz. | 130 cal)
- Oven-Roasted Sweet Potatoes (4 oz. | 100 cal)
- Potatoes O'Gratin (4 oz. | 400 cal)
- Roasted Potatoes O'Brien (4 oz. | 190 cal)
- Roasted Fingerling Potatoes (4 oz. | 180 cal)
- Israeli Couscous (4 oz. | 110 cal)
- Basil Orzo (4 oz. | 190 cal)
- Ginger Jasmine Rice (4 oz. | 180 cal)
- Lemon Rice (4 oz. | 140 cal)
- Fontina Risotto Cake (1 cake | 210 cal)
- Black Beans and Rice (4 oz. | 180 cal)
- Vegetable Risotto (4 oz. | 210 cal)
- Chef's Choice of Side Pairing (4 oz. | 100 - 400 cal)

## Dessert Options

- Chocolate Fudge Cake (1 slice | 590 cal)
- New York Cheesecakes (1 slice | 450 cal)
- Cora's Red Velvet Cake (1 slice | 760 cal)
- Dutch Apple Pie (1 slice | 450 cal)
- Lattice Top Blueberry Pie (1 slice | 320 cal)

## Platters

*Small (15ppl), Medium (25ppl) and Large (50ppl)*

Farm Fresh Crudites with Ranch Dip (2 oz. + 2 oz. dressing | 15-190 cal)

*\$31.49 Small/\$52.49 Medium/\$104.99 Large*

Seasonal Cubed Fresh Fruit Tray (4 oz. | 50 cal)

*\$41.99 Small/\$70.09 Medium/\$140.29 Large*

Domestic Cheeses with Crackers and Baguette Rounds (2 oz. + 6 crackers | 340 cal)

*\$31.49 Small/\$52.49 Medium/\$104.99 Large*

## Large Pizza's

Cheese Pizza

*\$12.59*

Additional Toppings

*\$1.09 each*

Extra Cheese

Pepperoni

Sausage

Ham

Peppers

Mushrooms

Onions

Black Olives

## Specialty Pizzas

Vegetable Pizza

*\$15.79*

Greek Vegetable Pizza

*\$15.79*

BBQ Chicken Pizza

*\$15.79*

Buffalo Chicken pizza

*\$15.79*

Hawaiian Pizza

*\$15.79*

Meat Lovers Pizza

*\$16.79*