

Ah, the sweet smell of spring. It's such a refreshing time! The warm sunshine feels so good on our skin, and melts away our winter blues. Celebrate the budding season with a variety of fun packages including a delicious buffet filled with flavors, a healthy balance bowl station, and new infused waters!. Contact our Catering department to schedule your next event with flavorsome food and impeccable service. To place an order or speak with the catering department please call or email.

BLOOMING FLAVORS!



BREAKFAST

Mango Chia Overnight Oats 1 Parfait | 250 cal

Almond flavored oats and Greek yogurt parfait with chia seeds, cardamom and mango.

\$4.99 each / minimum order 12

Asian Breakfast Tacos 1 Taco | 210 cal

Hearty grain tortilla with green onions, eggs, black rice, bok choy, mushrooms, cilantro and chili oil.

\$3.99 each / minimum order 12

Build Your Own Yogurt Parfait 1 Parfait | 0-320 cal







A perfect start to your morning. Healthy and delicious yogurt parfait created to your liking!

\$7.99 per guest / minimum order 12


Select Two Yogurts:

- Vanilla Greek Yogurt  (1/2 Cup | 90 cal)
- Non Fat Plain Greek Yogurt  (1/2 Cup | 60 cal)
- Parfait Low Fat Strawberry Yogurt  (1/2 Cup | 110 cal)

Select Three Fruits:

- Fresh Whole Strawberries  (1 Tbsp | 0 cal)
- Fresh Blueberries  (1 Tbsp | 5 cal)
- Fresh Red Raspberries  (1 Tbsp | 0 cal)
- Granny Smith Apples  (1 Tbsp | 0 cal)
- Fresh Mango  (1 Tbsp | 0 cal)
- Golden Raisins  (1 Tbsp | 30 cal)

Included Sauces:

- Apple Butter  (1 Tsp | 10 cal)
- Pure Maple Syrup  (1 Tsp | 10 cal)
- Honey  (1 Tsp | 20 cal)

Included Nuts:

- Pistachios  (1 Tsp | 20 cal)
- Oats, Honey & Almonds Simply Granola  (1 Tsp | 10 cal)

Included Seeds:

- Pumpkin Seeds  (1 Tsp | 20 cal)
- Flax Seeds  (1 Tsp | 20 cal)

ADVENTURE BOX TAKEAWAYS

North African Adventure Box 1 Box | 400 cal

Seasoned chicken breast, green lentil couscous and dried figs. Served with naan bread and a Harissa dipping sauce.

\$8.79 each / minimum order 5

Southern Sampler Adventure Box 1 Box | 580 cal

Bbq pulled chicken with smoked paprika sauce, roasted corn succotash, creamy coleslaw & a mini corn muffin.

\$6.79 each / minimum order 5

GRAB AND GO SANDWICHES

Strawberry Quinoa & Kale Wrap 1 Wrap | 630 cal

Strawberry quinoa salad, poblano & jalapeno peppers, toasted pumpkin seeds & spring mix lettuce in a spinach tortilla.

\$12.99 each / minimum order 3

Turkey Trailhead 1 Baguette | 400 cal

Turkey breast, toasted asparagus, hummus & roasted red onion on an artisan baguette.

\$14.99 each / minimum order 3

GRAB AND GO SALADS

Brussels Sprouts Kale Salad With Salmon 1 Salad | 670 cal

Baby kale, brussels sprouts, sunflower seeds, craisins, blue cheese and maple dijon topped with cranberry glazed salmon.

\$15.99 each / minimum order 3

Freekeh & Raspberry Salad With Chicken 1 Salad | 520 cal

Freekeh, grilled chicken, toasted pistachios, mint, scallions, raspberries, feta & honey olive oil vinaigrette.

\$14.99 each / minimum order 3

Avocado Mexican Cobb Salad 1 Salad | 450 cal

Mixed greens, corn, avocado, carrots, cucumbers, onions, cotija cheese, tortilla strips and cilantro lime ranch dressing.

\$13.99 each / minimum order 3

SERVED LUNCHEONS AND DINNERS

Blackened Pork Loin And Verde Salsa 1 Guest | 440 cal

Blackened pork loin with tomatillo verde salsa, avocado creme, watercress, sugar snap peas and fried tortilla strips.

\$20.99 guest / minimum order 10

Pan Seared Chicken Breast With Asparagus 1 Guest | 670 cal

Seared crispy skin-on chicken breast with cranberries and leeks with light cream sauce served with risotto and asparagus.

\$23.99 guest / minimum order 10

Grilled Eggplant Parmesan 1 Guest | 460 cal

Grilled eggplant layered with garlic spinach, roasted red peppers, fresh mozzarella and marinara, served with capellini.

\$18.99 guest / minimum order 3

ADD ON BEVERAGES

Minty Lemonade 1 Guest | 70 cal

Real lemonade made with fresh squeezed lemons and garnished with mint.

\$19.99 per gallon / minimum order 1 gallon

Blueberry Orange Ginger Infused Water 1 Guest | 0 cal

Refreshing blueberries, orange and ginger infused water.

\$22.99 per gallon / minimum order 1 gallon



 VEGAN  VEGETARIAN  MINDFUL

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available.

DeSales Dining Catering
610-282-1100
dining@desales.edu

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BLOOMING FLAVORS!



HORS D' OEUVRES

Texas Bruschetta 1 Slice | 190 cal **V**

Roasted poblanos, red peppers, pecans, tomatoes, cotija cheese and avocado served on toasted baguette.

\$34.99 per dozen / minimum order 3



Cold Vegan Spring Roll 1 Spring Roll | 60 cal **VG**

Light spring rolls filled with crisp shredded vegetables, tofu & lettuce.

\$18.99 per dozen / minimum order 3 dozen



SPECIALTY STATIONS

Abloom Buffet 1 Guest | 70-1670 cal

Spring brings new life and new flavors. Celebrate and come together with this delicious buffet.

\$19.99 guest / minimum order 30 people

Healthy Balanced Bowls 1 Guest | 90-220 cal **VG** **V**

Time to hit the brakes! Build your own healthy and delicious balanced smoothie bowl!

\$6.99 guest / minimum order 15 people

French Fry Bar 1 Guest | 50-460 cal

Take a break with our tasty French Fry Bar! Featuring sweet and regular fries waiting to be smothered with your favorite toppings!

\$5.99 guest / minimum order 15 people

Woo-Hoo! We Did It! Reception 1 Guest | 30-1100 cal

Graduation marks the beginning of a new chapter and why not celebrate it with this delicious Woo-Hoo We Did It Reception package.

\$10.99 guest / minimum order 20 people

ADD ON DESSERTS

Power Bites! 1 Dozen | 645-720 cal

These incredible Power Bites are an antioxidant powerhouse and an excellent way to revitalize and boost your energy!

\$10.99 dozen / minimum order 3 people

Included Bites:

- Coconut Cashew Power Bites **V** (4 Bites | 240 cal)
- Lemon Poppy Seed Power Bites **VG** (4 Bites | 280 cal)
- Cherry Pie Power Bites **V** (4 Bites | 220 cal)

SPECIALTY STATIONS

French Fry Bar 1 Guest | 50-460 cal

Take a break with our tasty French Fry Bar! Featuring sweet and regular fries waiting to be smothered with your favorite toppings!

\$5.99 guest / minimum order 15 people

Included Fries:

- Fresh Cut Idaho French Fried Potatoes **VG** (2 oz | 90 cal)
- Fresh Cut Sweet Potato Fries **VG** (2 oz | 100 cal)

Included Toppings:

- Vegetarian Chili **V** (1 oz | 30 cal)
- Garlic Butter **V** (1 Tbsp | 100 cal)
- Scratch Cheese Sauce **V** (1 Tbsp | 30 cal)
- Tomato & Basil Bruschetta Topping **VG** (1 Tbsp | 10 cal)
- Pico De Gallo **VG** (1 Tbsp | 0 cal)
- Cinnamon Brown Sugar (1 Tsp | 110 cal)
- Thick & Zesty Beef Chili (1 oz | 30 cal)
- Crisp Bacon Strip (1/2 oz | 80 cal)
- Light Sour Cream **V** (1 Tbsp | 20 cal)
- Fresh Green Onions **VG** (1 Tsp | 0 cal)
- Feta Cheese **V** (1/2 Tsp | 0 cal)
- Sliced Black Olives **VG** (1/2 Tsp | 0 cal)

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FLAVOURS
by sodexo

VG VEGAN **V** VEGETARIAN **VG** MINDFUL

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BLOOMING FLAVORS!



SPECIALTY STATIONS

Ablloom Buffet 1 Guest | 70-1670 cal

Spring brings new life and new flavors. Celebrate and come together with this delicious buffet.

\$19.99 guest / minimum order 30 people

Select One Soup:

- Vegetable Beef Soup  (8 oz | 80 cal)
- Thai Pea Soup  (8 oz | 110 cal)
- Spring Chicken Soup  (8 oz | 80 cal)

Select One Salad:

- Super Bean Salad Mix  (1 Salad | 130 cal)
- Brussels Sprout & Citrus Salad   (1 Salad | 70 cal)
- Asparagus, Kalamata And Farro Salad   (1 Salad | 90 cal)



Select One Entrée:

- Herb Baked Salmon (1 Piece | 90 cal)
- Red Lentil Pasta With Kale Pesto  (1 Bowl | 820 cal)
- Lebanese Natural Airline Chicken Breast (1 Breast | 260 cal)

Sides:

- Cooked Red Quinoa   (4 oz | 200 cal)
- Fresh Roasted Balsamic Brussels Sprouts  (4 oz | 80 cal)
- Italian-Style Roasted Red Bliss Potatoes  (4 oz | 180 cal)

Dessert:

- Angel Food Cake With Strawberry Sauce   (1 Slice | 160 cal)

SPECIALTY STATIONS

Healthy Balanced Bowls 1 Guest | 90-220 cal












Time to hit the brakes! Build your own healthy and delicious balanced smoothie bowl!

\$6.99 guest / minimum order 15 people

Select Two Smoothies:

- Berry Burst Smoothie  (6 oz | 100 cal)
- Almond Peach Smoothie  (6 oz | 50 cal)
- Strawberry Mango Smoothie  (6 oz | 110 cal)
- Chocolate Cashew Smoothie  (6 oz | 80 cal)

Select Five Toppings:

- Shredded Coconut  (1 Tsp | 20 cal)
- Oats, Honey & Almonds Simply Granola  (1 Tsp | 10 cal)
- Flax Seeds  (1 Tsp | 20 cal)
- Chia Seeds  (1 Tsp | 20 cal)
- Fresh Blueberries  (1 Tbsp | 5 cal)
- Fresh Whole Strawberries  (1 Tbsp | 0 cal)
- Slivered Blanched Almonds  (1 Tsp | 10 cal)
- Sunflower Seeds  (1 Tsp | 20 cal)
- Golden Raisins  (1 Tsp | 10 cal)
- Dry Roasted Unsalted Cashews  (1 Tsp | 10 cal)
- Fresh Mango  (1 Tbsp | 0 cal)




SPECIALTY STATIONS

Woo-Hoo! We Did It! Reception 1 Guest | 30-1100 cal






Graduation marks the beginning of a new chapter and why not celebrate it with this delicious Woo-Hoo We Did It Reception package.

\$10.99 guest / minimum order 30 people


Select Three Hot Options:

- Beef Italian Meatballs (1 Meatball | 90 cal)
- Pork & Vegetable Egg Roll (1 Egg Roll | 230 cal)
- Chicken Salad Roll (1 Roll | 400 cal)
- Mini Blt (1 Slider | 110 cal)
- Tomato Gruyere Crostini  (1 Crostini | 80 cal)
- Franks In A Blanket (1 Frank | 40 cal)

Select Two Cold Options:

- One Tropical Mango Roll  (1 Roll | 90 cal)
- Sun-Dried Tomato/Pesto Ciliegine Skewers  (1 Skewer | 90 cal)
- Cucumber Rounds With Feta & Tomato  (1 Piece | 30 cal)
- Miso Dressed Crab Salad On Cucumber (1 Piece | 50 cal)
- Broccoli Raab & Fresh Mozzarella Crostini  (1 Crostini | 200 cal)
- Texas Bruschetta  (1 Slice | 190 cal)

Select Two Sweet Options:

- Sparkling Cookie Bites (4 Bites | 190 cal)
- Pb&C Power Bites   (4 Bites | 240 cal)
- Double Chocolate Krinkle Bites (4 Bites | 150 cal)
- Blueberry White Chocolate Blondie Bar (4 Bar Bites | 160 cal)
- Strawberry Basil Cheesecake Bar (4 Bar Bites | 240 cal)
- Honey Blueberry Cheesecake Bar (4 Bar Bites | 250 cal)

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