



FUEL : PERFORMANCE

elements

by *sodexo*^{*}

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)

\$2.19 per guest

Crudit  & Dip (4 oz. + dip | 140 cal) *\$3.19 per guest*

Domestic Cheese & Crackers

(2 oz. cheese + 6 crackers | 340 cal) *\$2.19 per guest*

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

\$3.19 per guest

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

\$3.69 per guest

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

930 cal) *\$5.59 per guest*

SWEETS

Assorted Donuts (1 donut | 280-310 cal) *\$11.89 per dozen*

Assorted Mini Danish (1 danish | 120 cal) *\$14.99 per dozen*

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

\$15.75 per dozen

Assorted Cookies (1 cookie | 160-180 cal) *\$6.09 per dozen*

Assorted Low-Fat Muffins (1 muffin | 160-210 cal) *\$12.59 per*

dozen

Brownies (1 brownie | 80 - 190 cal) *\$7.09 per dozen*

Rice Krispy Treats (1 cut | 80 - 170 cal) *\$7.19 per dozen*

NIBBLES

Baked Chips (1 bag | 130 cal) *\$6.39 per bag*

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

\$5.29 per bag

Pretzels / 1 lb. bag, 15 servings (1 oz. | 110 cal) *\$6.39 per bag*

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

salsa - 150-285) *\$1.59 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) *\$9.49 per dozen*

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

\$13.59 per dozen

Cocktail Meatballs (1 meatball | 45 cal) *\$10.49 per dozen*

Choice of One Sauce: Marinara, BBQ or Thai Sauce

Egg Rolls & Sauce (1 roll | 120-150 cal) *\$12.59 per dozen*

Nachos (2 oz. | 260 cal) *\$5.29 per guest*

SUPPLIES

6" Plates *\$0.29 each*

9" Plates *\$0.29 each*

Knife, Fork or spoon *\$0.39 each*

12 oz. Hot Cup *\$0.39 each*

10 oz. Cold Cup *\$0.39 each*

White Cocktail Napkins *\$0.19 each*

Dinner Napkins *\$0.19 each*

Banquet Cloth *\$4.29 each*

HERO PARTY

2-Foot Sub (serves 10 guests) *\$30.49 per sub*

5-Foot Sub (serves 30 guests) *\$101.89 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 *\$11.59 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 *\$16.79 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 Coca-Cola Soda (12 oz. | 0-270 cal) *\$1.39 each*

Assorted Bottled Coca-Cola Soda (20 oz. | 0-180 cal) *\$1.39 each*

Assorted Liter Coca-Cola Soda (8 oz. | 0-120 cal) *\$2.59 each* Bottled

Water *\$1.39 each*

Assorted Bottled Juice *\$1.39 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 *\$15.79 per gallon* Orange

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

or Apple Juice (10 oz. | 140 cal) *\$15.79 per gallon*

Lemonade (8 oz. | 75 cal) *\$15.79 per gallon*

Freshly Brewed Iced Tea (8 oz. | 0 cal) *\$15.79 per gallon*

Freshly Brewed Sweet Iced Tea (128 oz. | 280 cal) *\$15.79 per gallon*

Hot Chocolate (128 oz. | 3130 cal) *\$15.79 per gallon*

BIRTHDAY PACKAGE *\$36.79 package*

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

Plates, Napkins & Utensils




Prices are good through July 2019.

breaktime

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

HEALTH BREAK

\$4.79 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 and Assorted Bottled Juices

SWEETS

\$4.99 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

AFTERNOON WAKE-UP CALL

\$4.79 per guest

Seasonal Cubed Fresh Fruit (2 oz. | 25 cal) and Assorted Cookies (1 cookie | 150-180 cal), Freshly Brewed aspreto Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) and aspreto Numi Herbal and Non-herbal aspreto Numi 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

\$4.79 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 Coca-Cola 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 20 or more guests.

SOUTHEAST ASIAN BUFFET \$11.29 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 \$12.39 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 \$14.39 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)

Add Dessert: Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Cookies (1 cookie | 170-250 cal) or Fresh Fruit (3 oz. | 30-45 cal) \$1.09 per guest

Prices are good through July 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)
\$1.09 per guest

BREAKFAST CLUB \$5.59 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 aspreto Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8oz. | 0 cal) and aspreto Numi Herbal and Non-Herbal aspreto Numi Teas (8 oz. | 0 cal) to Include Decaffeinated (8 oz. | 0 cal) with Hot Water, Bottles of Orange (10 oz. | 140 cal) and Apple Juice (10 oz. | 140 cal).

PIZZA PARTY \$5.59 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 Coca-Cola Soft Drinks, Regular or Diet (12 oz. | 0-270 cal).

Additional Toppings \$1.09 per guest

ICE CREAM SUNDAE BAR \$5.29 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 Butterscotch (2 oz. | 140 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 \$52.00 per tub

TACO BAR PARTY \$9.99 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 Coca-Cola 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 to Friday, 8:00am - 8:00pm. This menu is available on weekends.

To place an order online:

<https://usouthernmaine.catertrax.com> or call our catering office: 207-780-4039

All orders must be placed 4 business days prior to service. A guaranteed guest count is required 2 business days in advance. We require 24 business hours of notice for cancellations.

Payment must be received prior to the pick-up or delivery for your event. Accepted forms of payment include cash, check, purchase order and department accounts. If you are a tax-exempt organization, a copy of your tax-exemption certificate must be submitted prior to the date of your pick-up or delivery.

All tables, chairs and trash can set ups are scheduled through the Facilities/Room Reservations Office: 207-780-5960

Included with breacktime, themed buffets and ez party packages, are high quality plastic serviceware or eco-friendly serviceware products, based on the amount of food ordered. Services include delivery, linen-draped service tables, set up and clean up.

There are additional charges for linens on guest tables. Attendants are an additional charge of \$20.00 per hour (minimum 3 hours).

Due to health regulation, it is the policy of Elements by Sodexo that excess food items from events cannot be removed from the event site. Items purchased for pick-up should be properly stored prior to the event and removed and disposed of by the host of the event.