

Time to pack away your heavy winter coats and welcome back warmer weather and the return of bright and colorful blooms. Celebrate the budding season with a variety of fun packages including a Lent and Passover friendly buffet, a grilled cheese sandwich station, and new infused waters! Contact our Catering department to schedule your next event with delicious food and impeccable service. To place an order or speak with the catering department please call 540-654-1931.

# FLAVOURS OF SPRING



## BREAKFAST Á LA CARTE SELECTIONS & ADD ONS

### Forbidden Rice Breakfast Taco

1 Taco | 200 cal

Hearty Grain Tortilla Crepes with Scallions, Eggs, Forbidden Rice, Bok Choy, Shitake Mushrooms, Cilantro and Chili Oil

\$20.99 per dozen

### Banana, Honey and Peanut Butter Biscuit

1 Biscuit | 380 cal

Fresh Baked Buttermilk Biscuit with Peanut Butter, Sliced Bananas and Honey

\$12.59 per dozen

### Strawberry Coconut Chia and Quinoa Parfait

1 Parfait | 370 cal

Minimum Order of 15.

White Quinoa, Chia Seeds, Fresh Strawberries, Toasted Coconut, Almond Milk, Greek Yogurt, Vanilla and Honey

\$2.79 each \*Contains nuts

### Oui French Style Yogurt

1 Yogurt | 160-170 cal

Minimum Order of 8.

A thick, subtly sweet, fresh tasting yogurt made with simple ingredients and poured and set in its own glass pot.

\$13.99 for 8 cups

## ADVENTURE BOX TAKEAWAYS

Minimum Order of 5.



AZTEC POLLO ASADO ADVENTURE BOX

### Aztec Pollo Asado Adventure Box

1 Box | 170 cal

Slow Roasted Mexican Seasoned Chicken, with an Aztec Grain Salad, Pico De Gallo and Corn Chips

\$5.59 each

### Chicken Shawarma Adventure Box

1 Box | 390 cal

Chicken, Pickled Carrots, Cucumbers and Onions with Hummus, Mini Pitas and Chermoula Yogurt Dipping Sauce

\$5.59 each

## PREMIUM TAKEAWAY OR “GRAB & GO” SALADS

Minimum Order of 3.

### Chili Lime Chicken Salad

1 Salad | 920 cal

Brown Rice, Red Beans, Pico De Gallo, Avocado, Scallions, Ancho Chicken over Romaine with Ancho Chili Lime Ranch Dressing

\$10.49 each

## PREMIUM TAKEAWAY OR “GRAB & GO” SANDWICHES

Minimum Order of 3.

### Calabrese Style Chicken Naan

1 Sandwich | 360 cal

Marinated Grilled Chicken Breast. Layered with Roasted Red Peppers, Fresh Tomatoes, Red Onion, Provolone and Arugula with Pesto Aioli

\$9.09 each



CALABRESE STYLE CHICKEN NAAN

### Raspberry, Honey & Goat Cheese Sandwich

1 Sandwich | 320 cal

Honey and Lemon Zest-Spiked Goat Cheese, Raspberry Jam, and Basil On Brioche

\$9.09 each \*Contains nuts

### Turkey Multigrain Salad

1 Salad | 500 cal

Romaine, Crisp Cabbage, Quinoa, Farro, Roasted Turkey, Fresh Mint, Basil & Cilantro with a Garlic Lime Vinaigrette

\$10.49 each

### Fresh Orange, Strawberry & Pecan Salad

1 Salad | 440 cal

Salad of Oranges, Strawberries, Candied Pecans, Blue Cheese, Roasted Fennel, Balsamic Vinaigrette & Crushed Red Pepper

\$9.09 each

## SERVED LUNCHEONS & DINNERS

### Pork Chop with Cilantro Pumpkin Seeds Pesto with Green Beans and Tomatoes

1 Entrée | 380 cal

Minimum Order of 10 Guests.

Grilled Pork Chop Topped with Cilantro-Pumpkin Seed Pesto and Served with Green Beans and Grape Tomatoes

\$17.49 per guest

### Grilled Flank Steak Salad with Red Onions, Tomatoes and Spinach

1 Entrée | 490 cal

Minimum Order of 10 Guests.

Marinated and Grilled Flank Steak and Red Onions on a Bed of Baby Spinach and Tomato Wedges

\$18.89 per guest

### Carrot Osso Buco with Creamy Polenta

1 Entrée | 180 cal

Minimum Order of 3 Guests.

Braised Carrots, Cremini Mushrooms, Red Wine, Lemon Juice, Curry Spices, Vegan Polenta

\$13.99 per guest

GRILLED FLANK STEAK SALAD



CHILI LIME CHICKEN SALAD



 VEGAN  VEGETARIAN  MINDFUL

Consult with our catering team on adding a soup du jour to your package for an additional \$2.99 per guest.

University of Mary Washington Catering  
1301 College Avenue, Fredericksburg, VA 22401  
Leslie Jacobs: 540-654-1931  
Ljacobs@UMW.edu

Follow us on



FLAVOURS  
by sodexo\*

Check out these great specialty menu selections for spring!

To place an order or speak with the catering department please call Leslie Jacobs at 540-654-1931 or e-mail Ljacobs@umw.edu.

# FLAVOURS OF SPRING



## HORS D' OEUVRES

Minimum order 3 Dozen.

### Cilantro Garlic Shrimp Skewers

1 Skewer | 200 cal

Skewered Shrimp Marinated in Ginger, Garlic and Cilantro, Served with a Sweet Tomato Jam  
\$20.99 per dozen

### Tomato Gruyere Crostini

1 Crostini | 80 cal

Melted Gruyere Cheese, Dijon Mustard and Fresh Tomato on a Mini Puff Pastry Crostini  
\$13.99 per dozen



CILANTRO GARLIC SHRIMP SKEWERS

Spring Catering Specials and Prices are available through May 31<sup>st</sup>, 2019

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

Additional nutritional information available.

## SPECIALTY STATIONS

### Spring Buffet

1 Guest | 805 - 1660 cal

Minimum group size 30.

The first flush of Spring brings warmer weather, flowering buds and the promise of a season's bounty. Celebrate and come together with this delicious buffet. LENT & PASSOVER FRIENDLY!  
\$16.09 per guest

### Ooey, Goopy & Grilled

1 Guest | 955-1365 cal

Minimum group size 15.

We all love a good grilled cheese sandwich! Celebrate National Grilled Cheese Month in April with a delicious Grilled Cheese sandwich buffet.  
\$11.19 per guest

### Cinco de Mayo Breaks

Minimum group size 15.

Perfect for Cinco de Mayo, But Great Any Time of the Year! Choose from Sweet or Savory Options or Combine Them Both for a Fun Party!

### Churro Break

1 Guest | 290-720 cal

Build Your Own Churro and Cinnamon Sugar Tortilla Chip Bar!  
\$4.19 per guest

### Chips & Dips Break

1 Guest | 135-290 cal

Take a Break with our tasty Chips and Dips Bar! Featuring a Variety of House Made Salsas, Creamy Guacamole and Fresh Toppings.  
\$4.19 per guest

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## ADD ON BEVERAGES

### Strawberry, Basil, Lemon Infused Water

8 oz | 0 cal

Refreshing Strawberry, Basil and Lemon Infused Water  
\$12.59 per gallon

### Honeydew, Cucumber, Mint Infused Water

8 oz | 0 cal

Refreshing Honeydew, Cucumber and Mint Infused Water  
\$12.59 per gallon



STRAWBERRY, BASIL, LEMON INFUSED WATER

## ADD ON DESSERTS

### Cereal Bars Galore!

1 Bar | 240-370 cal

Sweet, Crunchy, Sticky and Fun. Bring Out Your Inner Child with these Lip Smacking Cereal Bars! Great for National Cereal Day –March 7<sup>th</sup> or Bring Your Child to Work Day!  
\$12.59 per dozen

Choose from:

- Cinnamon Toast Crunch Bar (1 Bar | 270 cal)
- Golden Grahams S'M-Oreos Bar (1 Bar | 370 cal)
- Lucky Charms Cereal Bar (1 Bar | 240 cal)
- Peanut Butter Cocoa Puffs Bar (1 Bar | 380 cal)
- Trix Bar (1 Bar | 250 cal)
- Rice Krispie Bar (1 Bar | 280 cal)



CEREAL BARS GALORE!

University of Mary Washington Catering  
1301 College Avenue, Fredericksburg, VA 22401  
Leslie Jacobs: 540-654-1931  
Ljacobs@UMW.edu

Follow us on



FLAVOURS  
by sodexo\*

Consider all the options for our Spring Buffet; Ooey, Goopy & Grilled Sandwich Bar; and our Cinco De Mayo Breaks!

To place an order or speak with the catering department please call Leslie Jacobs at 540-654-1931 or e-mail Ljacobs@umw.edu.

# FLAVOURS OF SPRING



## SPECIALTY STATIONS

Minimum group size 30.

### Spring Buffet

1 Guest | 805 - 1660 cal

The first flush of Spring brings warmer weather, flowering buds and the promise of a season's bounty. Celebrate and come together with this delicious buffet.

**\$16.09 per guest | Add-On entrée \$3.49 per guest**

**LENT & PASSOVER FRIENDLY!**

Ask your Catering Manager for more details



#### Choose one Soup:

- Matzo Ball Soup (8 oz | 140 cal)
- Cold Cantaloupe Mint Soup   (8 oz | 110 cal)
- Mint Snap Pea Soup   (8 oz | 80 cal)

#### Choose one Salad:

- Fennel & Orange Salad  (1 Salad | 160 cal)
- Greek Salad  (1 Salad | 80 cal)
- Spring Salad   (1 Salad | 60 cal)

#### Choose one Entrée:

- Citrus & Herb Crusted Salmon (1 Fillet | 190 cal)
- Vegetable Roll Up  (1 Roll up | 180 cal)
- Stuffed Flounder Florentine  (1 Fillet | 80 cal)

#### Served with the following Sides and Dessert:

- Lemon Quinoa   (4 oz | 210 cal)
- Roasted Asparagus Spears  (3 oz | 35 cal)
- Herbed Yukon Potatoes   (4 oz | 110 cal)
- Flourless Chocolate Torte  (1 Slice | 440 cal)

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Additional nutritional information available.

 VEGAN  VEGETARIAN  MINDFUL

## SPECIALTY STATIONS

Minimum group size 15.





### Ooey, Goopy & Grilled

1 Guest | 955-1365 cal

We all love a good grilled cheese sandwich! Celebrate National Grilled Cheese Month in April with a delicious Grilled Cheese sandwich buffet.

**\$11.19 per guest**

#### Choose three Sandwiches to feature:

- Grilled Cheese & Tomato  (1 Sand | 510 cal)
- Grilled Cheese, Tomato & Bacon (1 Sand | 560 cal)
- Pepper Belly Melt (1 Sand | 620 cal)
- Mac & Ribs Melt (1 Sand | 630 cal)
- Goat Cheese Melt  (1 Sand | 480 cal)
- French Onion Soup Melt  (1 Sand | 540 cal)
- Brie Melt  (1 Sand | 680 cal)

#### Choose one Dessert Sandwich:


- S'mores Melt  (1/2 Sand | 310 cal)
- Apple Pie Melt  (1/2 Sand | 310 cal)

#### Choice of one Side:

- Tater Tots  (4 oz | 340 cal)
- Baked Tater Tots  (4 oz | 200 cal)
- French Fries  (5 oz | 280 cal)
- Baked French Fries   (5 oz | 140 cal)

#### Served with:

- Mason Jar Pickles  (1 Pickle | 25 cal)

**Add-On Tomato Soup  (8 oz | 180 cal) for \$ 2.99 per guest**

## SPECIALTY STATIONS

Minimum group size 15.

### Cinco De Mayo Breaks




#### Churro Break

1 Guest | 290-720 cal

Build Your Own Churro and Cinnamon Sugar Tortilla Chip Bar!

**\$4.19 per guest**

#### Choose three sauces:

- Caramel  (1 oz | 90 cal)
- White Chocolate Sauce  (1 oz | 120 cal)
- Raspberry Puree  (1 oz | 0 cal)
- Milk Chocolate Sauce  (1 oz | 120 cal)

#### Choose two toppings:

- Mini Chocolate Chips  (1 Tb | 60 cal)
- Rainbow Sprinkles  (1 Tb | 80 cal)
- Salted Crushed Peanuts   (1 Tb | 50 cal)
- Shredded Coconut  (1 Tb | 70 cal)

#### Served with:

- Churros  (1 Ea | 140 cal)
- Cinnamon Sugar Tortilla Chips  (1 oz | 100 cal)







### Chips & Dips Break

1 Guest | 135-290 cal





Take a Break with our tasty Chips and Dips Bar!

**\$4.19 per guest**

#### Comes with:

- Tortilla Chips  (1 oz | 120 cal)
- Guacamole  (2 Tb | 40 cal)
- Pico de Gallo  (2 Tb | 5 cal)
- Black Olives  (1 Tb | 20 cal)
- Sour Cream  (1 Tb | 30 cal)
- Shredded Cheddar Cheese  (1 Tb | 30 cal)
- Sliced Scallions  (1 Tb | 0 cal)

#### Choose two additional dips:

- Mild Salsa  (2 Tb | 10 cal)
- Chipotle & Pineapple Salsa  (2 Tb | 15 cal)
- Black Bean & Corn Salsa  (2 Tb | 20 cal)
- Salsa Verde  (2 Tb | 10 cal)

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