



FLAVOURS

by **sodexo**^{*}

WAUBONSEE COMMUNITY
COLLEGE



FLAVOURS

TASTE : SUCCESS

In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

Our team of catering professionals are specially trained to assist you with planning your event, focusing on every aspect to ensure quality and consistency. Our culinary team has created a variety of healthy and delicious menus to fit a wide range of budgets and tastes, including choices featuring organic and/or sustainable selections. They also take great pride in using the best possible local and seasonal ingredients, regional favorites and specialty items that will make your event a complete success.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us by phone at 630-466-6673, email us at WaubonseeDining.USA@Sodexo.com or visit our website: <http://www.wccdining.com>.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind.

 = Mindful  = Vegetarian  = Vegan

We can also accomodate Gluten Free requests.

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; china is also available upon request. Freshly Brewed Seattle's Best Coffee (8 fluid oz. | 0 cal), Seattle's Best Decaffeinated Coffee (8 fluid oz. | 0 cal) and Tazo Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Tazo Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 5 or more.

CONTINENTAL

\$6.50 per guest

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

CHOOSE TWO:

Assorted Breakfast Breads  (1 slice | 200 - 280 cal)

Mini Scones (1 each | 180-210 cal)

Cinnamon Rolls  (1 each | 110 - 450 cal)

Coffee Cake 

(1 square | 240-450 cal)

Danish

(1 each | 270 cal)

Assorted Muffins

(1 each | 330-450 cal)

Cream Cheese, Butter and Assorted Jellies

Chilled Bottles of Orange Juice

(8 fluid oz. | 140 cal)

Cranberry Juice

(8 fluid oz. | 210 cal)

Apple Juice

(8 fluid oz. | 90 cal)

BREAKFAST BUFFET

\$8.75 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)

Assorted Breakfast Breads 

(1 slice | 370 - 400 cal)

Coffee Cake 

(1 square | 240 - 450 cal)

Danish

(1 each | 270 cal)

Cream Cheese, Butter and Assorted Jellies

Hashbrowns  (4 oz. | 130 cal) or O'Brien Potatoes  (4 oz. | 190 cal)

CHOOSE TWO:

Crispy Bacon

(1 slice | 50 cal)

Breakfast Ham Steak 

(1/2 slice | 50 cal)



Sausage

(2 links | 100 cal)

CHOOSE ONE:

Scrambled Eggs 

(4 oz. | 190 cal)

Scrambled Egg Whites  

(4 oz. | 60 cal)

Western Scrambled Eggs

(4 oz. | 160 cal)

Spinach and Pesto Scrambled Eggs 

(4 oz. | 170 cal)

Grilled Zucchini, Bacon and Swiss Frittata

(1 wedge | 250 cal)

ADD ON:

Pancakes   (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter  (3 halves | 200 cal)

\$3.25 per guest

Chilled Bottles of Orange Juice

(8 fluid oz. | 140 cal)

Cranberry Juice

(8 fluid oz. | 210 cal)

Apple Juice

(8 fluid oz. | 90 cal)

A FRESH NEW START



HEALTHY START

\$6.50 per guest

Seasonal Cubed Fresh Fruit  

Vanilla Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola

Multi-Grain Bars and Granola Bars 

Whole Wheat Bagels, Low-Fat Cream Cheese and Assorted Jellies

Chilled Bottles of Orange Juice

Cranberry Juice

Apple Juice

(4 oz. | 50 cal)



(1 each | 200 - 360 cal)

(1 each | 90 - 160 cal)

(1 each | 60 - 100 cal)

(8 fluid oz. | 140 cal)


(8 fluid oz. | 210 cal)

(8 fluid oz. | 90 cal)

OMELET STATION

\$5.95 per guest

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 15 or more.

Cage-Free Eggs  (2 eggs | 140 cal)

Ham  (2 tbsp. | 20 cal)

Pork Sausage Links (2 tbsp. | 15 cal)

Scallions (1 oz. | 10 cal)

Diced Tomatoes (1 oz. | 5 cal)

Sweet Peppers  (3 oz. | 20 cal)

Egg Whites   (4 oz. | 60 cal)

Bacon  (2 tbsp. | 50 cal)

Feta Cheese  (1 oz. | 70 cal)

Shredded Cheddar (1 oz. | 110 cal)

Seasonal Garden Vegetables (varies by season)

All will be prepared by one of our talented culinarians.

A LA CARTE SELECTIONS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. Waited Service is available upon request.

FROM THE BAKERY *per dozen*

ASSORTED FRESHLY HOUSE-BAKED MUFFINS *\$9.25 per dozen*

Cranberry Orange

(1 muffin | 330 cal)

Blueberry

(1 muffin | 390 cal)

Cappuccino Chocolate Chunk

(1 muffin | 450 cal)

Banana Walnut 

(1 muffin | 430 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES *\$9.25 per dozen*

Banana Nut Bread 

(1 slice | 370 - 400 cal)

Blueberry Coffee Cake 

(1 square | 110 cal)

Apple Streusel Coffee Cake 

(1 square | 260 cal)

ASSORTED DANISH *\$9.25 per dozen*

(1 each | 270 cal)

ASSORTED BAGELS with Cream Cheese and Jellies *\$12.75 per dozen*

(1 bagel | 210 - 310 cal)

HOUSE-BAKED COUNTRY BISCUITS with Butter, Honey and Jellies *\$9.55 per dozen*

(1 each | 160 - 450 cal)

ASSORTED DOUGHNUTS *\$12.75 per dozen*

(1 each | 280 - 310 cal)

ASSORTED MINI SCONES *\$9.25 per dozen*

(1 each | 180 - 210 cal)

CINNAMON ROLLS *\$11.25 per dozen*

(1 each | 110 - 450 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT

\$19.95 per dozen

(1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA

\$26.95 per dozen

(1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT

(4 oz. | 50 cal)

Small 15-25 *\$29.75 per tray*

Medium 25-50 *\$39.75 per tray*

Large 50-75 *\$49.75 per tray*

FIRST THINGS FIRST



BREAKFAST SANDWICH \$29.95 per dozen

Choice of One:

Toasted English Muffins	(1 each 110 cal)
Biscuits	(1 each 290 cal)
Bagels	(1 each 280 cal)
Croissants	(1 each 280 - 310 cal)

Choice of One:

Scrambled Eggs	(4 oz. 190 cal)
Scrambled Eggs and Cheese	(4 oz. 240 cal)
Scrambled Egg Whites	(4 oz. 60 cal)

Choice of One:

Pork Sausage Patty	(1 patty 140 cal)
Ham	(1 slice 30 cal)
Bacon	(1 slice 50 cal)

BREAKFAST TACO \$24.95 per dozen

Choice of One:

Flour Tortilla	(1 each 210 cal)
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Choice of One:

Scrambled Eggs	(4 oz. 190 cal)
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Choice of One:

Pork Sausage Patty	(1 patty 140 cal)
Bacon	(1 slice 50 cal)

Accompanied by

Shredded Cheddar Cheese	(1 oz. 110 cal)
Fresh Salsa	(2 oz. 15 cal)

Scrambled Egg Whites	(4 oz. 60 cal)
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Ham	(1 slice 30 cal)
Home Fried Potatoes	(4 oz. 150 cal)

Guacamole	(2 oz. 80 cal)
Sour Cream	(1 tbsp. 30 cal)



FIRST
THINGS FIRST


A LA CARTE SELECTIONS

ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 10 or more.

HOME FRIES WITH CARAMELIZED ONIONS  \$2.55 per guest (4 oz. | 150 cal)

ROASTED SWEET POTATOES  \$2.75 per guest (4 oz. | 170 cal)

HARD BOILED EGGS  \$1.25 per guest (1 each | 70 cal)

INDIVIDUAL BISCUIT QUICHES \$2.55 per guest

Quiche Lorraine (1 each | 370 cal)

Western Quiche (1 each | 370 cal)

Sausage and Cheddar Quiche (1 each | 410 cal)

Broccoli Cheddar Quiche  (1 each | 310 cal)

BREAD PUDDINGS \$2.75 per guest

Bacon and Cheddar (1 square | 560 cal)

Ham, Mushroom and Swiss (1 square | 400 cal)

WHEAT BERRY PECAN CRUNCH FRENCH TOAST   \$3.50 per guest (3 halves | 380 cal)

OATMEAL BAR \$3.25 per guest

Steel Cut Oatmeal  (8 oz. | 170 cal)

Served with a Choice Of Five:

Creamy Peanut Butter  (1 oz. | 160 cal)

Blueberries   (2 oz. | 30 cal)

Strawberries   (2 oz. | 15 cal)

Sliced Bananas   (1 banana | 90 cal)

Ground Cinnamon (1 oz. | 0 cal)


Dark or Light Brown Sugar  (1 oz. | 110 cal)

Raisins   (1 oz. | 80 cal)

Walnut Pieces (1 oz. | 190 cal)

Honey  (1 oz. | 90 cal)

Chocolate Chips  (1 oz. | 150 cal)

Dried Cranberries   (1 oz. | 90 cal)

Choice of Milk:

2% (3 fluid oz. | 45 cal)

Non-Fat (3 fluid oz. | 30 cal)

REFRESH AND
REJUVENATE



High quality plastic serveware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

COFFEE AND TEA SERVICE

Coffee Service includes Freshly Brewed Seattle's Best Coffee, Decaffeinated Coffee and Tazo Herbal and Non-Herbal Teas to include Decaffeinated Tazo Tea with Hot Water (8 oz. | 0 cal)

HOT BEVERAGES

16 servings per gallon

Freshly Brewed Seattle's Best Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

\$10.25 per gallon

Freshly Brewed Flavoured Seattle's Best Coffee and Decaffeinated Coffee (8 oz. | 0 cal)

\$12.75 per gallon

Tazo Herbal and Non Herbal Teas to include Decaffeinated Tazo Tea with Hot Water (8 oz. | 0 cal)

\$10.25 per gallon

Hot Chocolate \$1.25 per packet (8 oz. | 200 cal)

COLD BEVERAGES

16 servings per gallon

Orange Juice \$10.25 per gallon (10 oz. | 150 cal)

Freshly Brewed Unsweetened Iced Tea \$10.25 per gallon (8 oz. | 0 cal)

Freshly Brewed Iced Sweet Tea \$10.25 per gallon (8 oz. | 20 cal)

Lemonade \$10.25 per gallon (8 oz. | 130 cal)

Strawberry Lemonade \$10.75 per gallon (8 oz. | 100 cal)

Orange Blossom Punch \$10.75 per gallon (8 oz. | 110 cal)

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes \$2.25 per gallon (8 oz. | 0 - 60 cal)

Bottled Water \$1.25 per guest (12 oz. | 0 cal)

Bottled Fruit Juice: \$1.25 per guest (8 oz. | 35-170 cal)

Orange, Cranberry, Apple

Assorted Canned Soft Drinks, Regular and Diet \$1.25 per guest (20 oz. | 0 - 270 cal)



GREENS
TO GO

PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal) or Seasonal Fresh Fruit Cup 🍓🍷 (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serveware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)

\$8.25 per guest

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

Add Grilled Breast of Chicken \$1.25 per guest

Add Grilled Portobello \$1.25 per guest

COBB SALAD (1 salad | 770 cal)

\$9.50 per guest

Mounds of Smoked Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

GREEK SALAD 🍓🍷 (1 salad | 190 cal)

\$8.75 per guest

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

SOUTHWESTERN GRILLED CHICKEN SALAD 🍓🍷 (1 salad | 290 cal)

\$9.50 per guest

Crisp Romaine, Grilled Chicken, Black Bean Salsa, Cheddar Jack and Baked Tortilla Strips with Avocado Chipotle Dressing

HEALTHY NUT SALAD 🍓🍷 (1 salad | 230 cal)

\$8.75 per guest

Almonds, Sunflower Seeds, Diced Apples, Dried Cranberries and Edamame on Crisp Lettuce with a Creamy Poppy Seed Dressing

GARDEN SALAD 🍓🍷 (1 salad | 280 cal)

\$7.75 per guest

Matchstick Carrots, Sliced Cucumber, Croutons, Red Onion, Raisins and Almonds on a Bed of Tossed Greens with a Choice of Dressing



MOVABLE
FEAST

PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one: Pasta Salad (3 oz. | 120 cal), Potato Salad (4 oz. | 45 cal), Cole Slaw (3 oz. | 90 cal), Italian Cucumber Salad (4 oz. | 90 cal), Large Cookie (1 each | 160 - 170 cal), Brownie (1 each | 170 - 180 cal) or Seasonal Fresh Fruit Cup 🍓 🍷 (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet, or Bottled Water. High quality plastic serveware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 5 guest minimum per menu selection.

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)

\$7.95 per guest

Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef's Hot Pepper Mayonnaise

THE DELI (1 sandwich | 280 cal)

\$7.95 per guest

Craft Your Own Deli Sandwich with Choice of Artisan Breads of White or Whole Wheat, Multigrain Sandwich Flat or Croissant, Deli Meats of Oven Roasted Turkey Breast, Low-Sodium Turkey, Roast Beef, Ham, Tuna Salad, a Selection of Cheeses of Provolone, American or Swiss and an Assortment of Fresh Toppings of Lettuce and Sliced Tomato or Grilled Provençal Vegetable Sandwich

TURKEY AND SHARP CHEDDAR (1 sandwich | 360 cal)

\$7.95 per guest

Classic Oven Roasted Turkey, Sharp Cheddar, Green Leaf Lettuce and Tomato Slice on a Hearty Kaiser Roll

TWISTED BEEF AND HORSERADISH WRAP 🍓 🍷 (1 sandwich | 320 cal)

\$7.95 per guest

Herb Crusted Roast Beef with Bistro Sauce, Caramelized Red Onions, Lettuce and Tomato Wrapped in a Whole Grain Tortilla

TUSCAN GRILLED CHICKEN SANDWICH 🍓 🍷 (1 sandwich | 530 cal)

\$7.95 per guest

Balsamic Coated Chicken, Grilled, Paired with Fat-Free Hummus, Bistro Sauce, Roasted Onions and Peppers on a Multigrain Roll

THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)

\$7.95 per guest

Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

HUMMUS, AVOCADO AND ROASTED VEGETABLE WRAP 🍓 🍷 (1 sandwich | 340 cal)

\$7.95 per guest

Balsamic Roasted Eggplant, Zucchini, Red Peppers and Onions Finished with Lettuce, Avocado and Hummus Spread on a Tortilla

PORTOBELLO RUSTICO 🍓 🍷 (1 sandwich | 430 cal)

\$7.95 per guest

Roasted Balsamic Portobello Mushroom, Fresh Mozzarella and Basil, Roasted Tomato Salsa and Baby Spinach on a Multigrain Roll



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed Seattle's Best Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Tazo Teas with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

CHICKEN

SUN-DRIED TOMATO-CRUSTED CHICKEN BREAST 🍽️ (1 plate | 680 cal)

\$15.95 per guest

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

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)

\$15.95 per guest

Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)

\$15.95 per guest

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

GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)

\$15.95 per guest

Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

CHICKEN CORDON BLEU (1 plate | 910 cal)

\$15.95 per guest

Chicken Breast Stuffed with Swiss Cheese and Smoked Ham, Coated in Garlic Thyme Panko, then Baked Golden Brown

BEEF AND PORK

BRAISED SHORT RIBS (1 plate | 390 cal)

\$17.95 per guest

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

FLANK STEAK ROULADE (1 plate | 540 cal)

\$17.95 per guest

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

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)

\$16.95 per guest

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

CORIANDER RUBBED PORK TENDERLOIN WITH A GREEN PEPPERCORN MUSTARD SAUCE (1 plate | 290 cal)

\$16.95 per guest

Lean Pork Tenderloin Rubbed with Chef's Own-Made Coriander Spice Blend Served with Sautéed Onions and Garlic Blended with Dijon Mustard and Green Peppercorns for Piquant Creamy Sauce



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

COMBINATION PLATE

BEEF AND SALMON FILETS (1 plate | 340 cal)

\$22.95 per guest

Medallion Pairing of Beef Tenderloin and Salmon atop Caramelized Onion Mashed Potatoes and Balanced with Mesclun Greens

SEAFOOD

BLACKENED COD WITH SALSA VERDE 🍷 (1 plate | 280 cal)

\$16.95 per guest

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

BROILED SALMON WITH TWO SALSAS 🍷 (1 plate | 310 cal)

\$19.95 per guest

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

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)

\$17.95 per guest

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

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)

per guest

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

VEGETARIAN

VEGETABLE WHOLE WHEAT PASTA PRIMAVERA 🍷 (1 plate | 340 cal)

\$13.95 per guest

Al Dente Whole Wheat Pasta Tossed with Sautéed Zucchini, Broccolini, Heirloom Tomatoes and Onions in a Creamy Béchamel

VEGETARIAN PAELLA WITH EDAMAME 🍷 (1 plate | 250 cal)

\$13.95 per guest

Saffron Rice Baked with Tomatoes, Carrots, Edamame and Black Olives

PORTOBELLO MUSHROOM NAPOLEON 🍷 (1 plate | 170 cal)

\$16.95 per guest

Layers of Portobello, Soft Mozzarella, Zucchini, Spinach and Red and Yellow Peppers Sitting on a Swirl of Roasted Tomato Coulis

ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette	V	(1 salad 110 cal)
Iceberg Wedge with Maytag Bleu Cheese	V	(1 salad 130 cal)
Caesar Salad with Anchovies and Homemade Croutons	V	(1 salad 160 cal)
Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing	V	(1 salad 740 cal)

SIDES

Choice of One:

Fresh Carrots with Dill	V	(4 oz. 40 cal)
Fresh Green Beans	V	(4 oz. 40 cal)
French Green Beans and Carrot Medley	V V	(4 oz. 40 cal)
Grilled Balsamic Zucchini	V V	(4 oz. 60 cal)
Roasted Root Vegetables	V V	(4 oz. 60 cal)
Fresh Spinach and Garlic Sauté	V	(4 oz. 45 cal)
Roasted Fresh Seasonal Asparagus	V V	(4 oz. 30 cal)
Oven-Roasted Butternut Squash	V V	(4 oz. 50 cal)
Braised Red Cabbage	V	(4 oz. 90 cal)
Chef's Choice of Seasonal Vegetable		(4 oz. 30 - 130 cal)

Choice of One:

Horseradish Mashed Yukon Potatoes	V	(4 oz. 120 cal)
Mashed Sweet Potatoes	V	(4 oz. 210 cal)
Roasted Potatoes O'Brien	V	(4 oz. 190 cal)
Oven-Herbed Roasted Red Potatoes	V	(4 oz. 130 cal)
Oven-Roasted Sweet Potatoes	V	(4 oz. 100 cal)
Israeli Couscous	V V	(4 oz. 110 cal)
Basil Orzo	V V	(4 oz. 190 cal)
Lemon Rice	V V	(4 oz. 140 cal)
Vegetable Risotto	V	(4 oz. 210 cal)
Chef's Choice of Side Pairing		(4 oz. 100 - 400 cal)

IN GOOD COMPANY



DESSERTS

Chocolate Fudge Cake
New York Cheesecakes
Cora's Red Velvet Cake
Dutch Apple Pie

(1 slice | 590 cal)
(1 slice | 450 cal)
(1 slice | 760 cal)
(1 slice | 450 cal)

ADDITIONAL OPTIONS:

Apple Caramel Bread Pudding *\$1.25 per guest*
White Chocolate Bread Pudding *\$1.25 per guest*
Designer Key Lime Pie *\$1.25 per guest*
Molten Chocolate Cake *\$1.25 per guest*

(1 each | 210 cal)
(1 each | 850 cal)
(1 slice | 1000 cal)
(1/2 bundt | 215 cal)

BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Canned Soft Drinks, Regular and Diet or Bottled Water are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. Add Soup du Jour with Crackers \$2.95 per guest. These menus are available for groups of 5 or more. Waited service is available upon request.

SIGNATURE SALADS

\$11.75 per guest

These Delicious Salad Creations Have Been Proven to be Most Popular with Our Customers and Come Complete with:

Fresh Baked Crusty Rolls	(1 roll 100 cal)
Crispy Pita Wedges	(2 oz. 190 cal)
Flatbreads	(1/4 flatbread 70 cal)
Assorted Crackers	(1 package 25 cal)
Butter	(2 chips 110 cal)
A Selection of Oversized Cookies	(1 cookie 160-180 cal)
Scrumptious Brownies	(1 bar 190-510 cal)
or Assorted Bars	(1 bar 60-380 cal)

CHOOSE ONE SALAD:

Classique Niçoise Salad 🍽️	(1 salad 200 cal)
Napa Valley Chicken Salad 🍽️	(1 salad 290 cal)
Grilled Chicken Tabbouleh Salad 🍽️	(1 salad 240 cal)
Greek Salad 🍽️	(1 salad 190 cal)
Cobb Salad	(1 salad 770 cal)
Italian House Wedge Salad	(1 salad 180 cal)
Caesar Salad 🍽️	(1 salad 490 cal)
with Grilled Chicken	(3 oz. 110 cal)

CHOOSE TWO ADDITIONAL SALADS:

Market Salad with Balsamic Vinaigrette 🍷	(1 salad 110 cal)
Italian Cucumber Salad 🌱	(4 oz. 90 cal)
Seasonal Fresh Fruit Salad 🍽️	(4 oz. 45 cal)
Apple Fennel Slaw 🍽️	(4 oz. 90 cal)
Minted Cucumber Salad 🍽️	(4 oz. 20 cal)
Orzo and Pepper Salad 🍽️	(4 oz. 170 cal)
Artichoke Hearts with Italian Parsley 🍽️ 🌱	(4 oz. 60 cal)
Broccoli & Cavatelli Salad 🍽️	(4 oz. 120 cal)
Farmhouse Potato Salad 🍷	(4 oz. 220 cal)
Antipasto Platter 🍽️	(1 serving 340 cal)
Vegetarian Antipasto Platter 🍷	(1 serving 190 cal)
Seasonal Crudité with	(2 oz. 15 cal)
Hummus 🌱	(1 oz. 50 cal)
Ranch Dip 🌱	(2 oz. 110-190 cal)

HANDCRAFTED SANDWICHES

\$8.25 per guest

Your Choice of Three Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

Two Salads

Assorted Bags of Chips

Scrumptious Brownies

Assorted Bars

A Selection of Oversized Cookies

or Fresh In-Season Fruit Cups

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

(1 bag | 130-320 cal)

(1 bar | 190-510 cal)

(1 bar | 60-380 cal)

(1 cookie | 160-180 cal)

(4 oz. | 45 cal)

CHOOSE THREE HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

Roast Beef and Cheddar on Ciabatta

Twisted Beef & Horseradish Wrapped in Whole Grain 🍞

Tuscan Grilled Chicken Breast on Multigrain Roll 🍞

Picnic Grilled Chicken Sandwich on Parisian Roll

Southwestern BBQ on Ciabatta

Roasted Vegetables on Multigrain Roll 🍷

Tabbouleh Hummus Pita 🍷

Dijon Cage-Free Egg Salad on Pumpernickel Bread 🍷

(1/2 sandwich | 180 cal)

(1/2 sandwich | 1000 cal)

(1/2 wrap | 160 cal)

(1/2 sandwich | 260 cal)

(1/2 sandwich | 220 cal)

(1/2 sandwich | 310 cal)

(1/2 sandwich | 200 cal)

(1/2 sandwich | 280 cal)

(1/2 sandwich | 180 cal)

CHOOSE TWO SIDE SALADS:

Market Salad with Balsamic Vinaigrette 🍷

Seasonal Fresh Fruit Salad 🍞

Apple Fennel Slaw 🍞

Minted Cucumber Salad 🍞

Orzo and Pepper Salad 🍞

Artichoke Hearts with Italian Parsley 🍷🍷

Farmhouse Potato Salad 🍷

Seasonal Crudit  with

Hummus 🍷

Ranch Dip 🍷

(1 salad | 110 cal)

(4 oz. | 45 cal)

(4 oz. | 90 cal)

(4 oz. | 20 cal)

(4 oz. | 170 cal)

(4 oz. | 60 cal)

(4 oz. | 220 cal)

(2 oz. | 15 cal)

(1 oz. | 50 cal)

(2 oz. | 110-190 cal)

MAGNIFICENT
MORSELS



SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serviceware is included; china is also available, upon request. These menus are available for groups of 5 or more. Waited Service is available upon request.

DELI BUFFET








\$9.50 per guest

Choice of Two Salads:

Creamy Cole Slaw with Apples	(4 oz. 100 cal)	Seasonal Fresh Fruit Salad 	(4 oz. 45 cal)
Potato Salad	(4 oz. 190 cal)	Market Salad with Homemade Croutons 	(1 salad 110 cal)
Balsamic Vinaigrette	(2 oz. 90 cal)	Low-Fat Ranch Dressing	(2 oz. 110 cal)
Assorted Breads and Rolls	(2 slices 140-200 cal) (1 roll 160-180 cal)	Multigrain Sandwich Wrap	(1 wrap 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)		
Sliced Swiss Cheese	(1 slice 50 cal)	Provolone Cheese	(1 slice 70 cal)
American Cheese	(1 slice 50 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		
Assorted Individual Bags of Chips	(1 bag 130-320 cal)		
Assorted Cookies	(1 cookie 160-180 cal)	Brownies	(1 brownie 190-510 cal)
Freshly Brewed Iced Tea			
*Add Tuna Salad	(3 oz. 90 cal)	Cage-Free Egg Salad	(3 oz. 230 cal)
		Chicken Salad	(3 oz. 110 cal)
\$1.95 per guest			
*Add Soup du Jour with Crackers	(1 package 25 cal)		
\$2.95 per guest			

OLD FASHIONED BBQ

\$11.95 per guest

Seasonal Fresh Fruit Salad  	(4 oz. 45 cal)
Roasted Vegetable Bow Tie Pasta Salad  	(4 oz. 120 cal)
Country Potato Salad  	(4 oz. 120 cal)
Cornbread  	(4 oz. 120 cal)
Baked Barbecued Chicken	(1 quarter 290 cal)
Barbecued Beef Brisket	(4 oz. 310 cal)
Assorted Cookies	(1 cookie 160-180 cal)
Brownies	(1 brownie 200 cal)
Freshly Brewed Iced Tea or Lemonade	



FESTIVE FLAIR

BACKYARD COOK OUT

\$10.95 per guest

Country Potato Salad
Cole Slaw
Potato Chips
Grilled Hamburgers
Grilled Hot Dogs
Veggie Burgers
Leaf Lettuce
Sliced Tomato
Dill Pickles
Relish
Onions
Ketchup, Mustard and Mayonnaise
Assorted Cookies
Brownies
Assorted Canned Soft Drinks, Regular and Diet

(4 oz. | 160 cal)
(4 oz. | 120 cal)
(1 bag | 160 cal)
(1 sandwich | 330 cal)
(1 sandwich | 320 cal)
(1 sandwich | 320 cal)
(1 slice | 0 cal)
(1 slice | 5 cal)
(5 chips | 0 cal)
(1 tbsp. | 20 cal)
(2 rings | 0 cal)

(1 cookie | 160-180 cal)
(1 cut | 190-220 cal)



FESTIVE
FLAIR

SPECIALTY BUFFETS

LITTLE ITALY

\$15.95 per guest

Antipasto Platter	(1 serving 340 cal)
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)
Tiramisu	(1 slice 490 cal)
Cannoli	(1 cannoli 320 cal)
Assorted Canned Soft Drinks, Regular and Diet	

BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; china is also available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Waited service is available upon request. These menus are available for groups of 10 or more.

SALADS

CHOOSE ONE:

Market House Salad with a Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing  (1 salad | 110-370 cal)

Greek Salad 

(1 salad | 190 cal)

Caesar Salad 

(1 salad | 460 cal)

Includes Assorted Dinner Rolls with Butter

(1 roll | 90 cal)

ENTRÉES

POULTRY

Chicken Marsala  \$18.95 per guest

(1 entrée | 280 cal)

Blackened Chicken Breast \$18.95 per guest

(1 entrée | 200 cal)

Fried Chicken Breast Parmesan \$18.95 per guest

(1 entrée | 470 cal)

BEEF

Braised Beef Sicilian \$18.95 per guest

(1 entrée | 310 cal)

Caramelized Onion Meatloaf \$18.95 per guest

(1 entrée | 210 cal)

Beef Stroganoff \$18.95 per guest

(1 entrée | 410 cal)

PORK

Asian Marinated Pork Loin with Honey and Soy Glaze \$18.95 per guest

(1 entrée | 220 cal)

Roast Pork Loin with Mustard Herb Crust \$18.95 per guest

(1 entrée | 300 cal)

SEAFOOD

Broiled Salmon with Dill Butter \$18.95 per guest

(1 entrée | 270 cal)

Citrus Baked Tilapia \$18.95 per guest

(1 entrée | 180 cal)

Garlic Shrimp Skewers \$18.95 per guest

(1 entrée | 440 cal)

VEGETARIAN

Vegetarian Lasagna  \$18.95 per guest

(1 entrée | 290 cal)

Stuffed Peppers with Herbed Tomato Sauce  \$18.95 per guest

(1 entrée | 210 cal)

Vegetable Whole Wheat Pasta Primavera \$18.95 per guest






(1 entrée | 340 cal)

CUSTOMIZED CREATIONS











SIDES

CHOOSE ONE (4 oz. serving):

Oven-Roasted Herbed Red Potatoes 	(4 oz. 130 cal)
Garlic-Mashed New Potatoes 	(4 oz. 120 cal)
Rice Pilaf 	(4 oz. 150 cal)
Olive Oil and Garlic Spaghetti 	(4 oz. 380 cal)
White Rice 	(4 oz. 140 cal)

CHOOSE ONE (4 oz. 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

CHOOSE 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	(1 slice 350-520 cal)

BEVERAGES

Freshly Brewed Seattle's Best Coffee	(8 fluid oz. 0 cal)
Decaffeinated Coffee	(8 fluid oz. 0 cal)
Tazo Herbal and Non-Herbal Teas	(1 tea bag 0 cal)
Decaffeinated Tazo Tea with Hot Water	(1 tea bag 0 cal)

CHOOSE TWO:

Iced Water Station
Lemonade
Freshly Brewed Iced Tea
Assorted Canned Soft Drinks, Regular and Diet

HOT HORS D'OEUVRES

FROM PLATTERS TO PASSED

High quality plastic serveware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

CHICKEN

Greek Chicken Skewers	(1 each 90 cal)
\$15.95 per dozen	
Chipotle Maple Bacon-Wrapped Chicken	(1 each 50 cal)
\$15.95 per dozen	
Blackened Chicken Sliders	(1 each 140 cal)
\$15.95 per dozen	
Ginger Chicken Satay with Coconut Peanut Sauce	(1 each + 1 oz. sauce 110 cal)
\$15.95 per dozen	
Lemon Pepper Chicken Skewers with Spicy Mustard Dipping Sauce	(1 each + 1/2 tbsp. sauce 45 cal)
\$15.95 per dozen	

PORK

Pork Pot Stickers with Garlic Soy Sauce	(1 each + 3 oz. sauce 50 cal)
\$14.95 per dozen	
Mini Ham Biscuits with Mustard Sauce	(1 each 150 cal)
\$14.95 per dozen	
Sausage Bites with Dijon Mustard	(1 each 300 cal)
\$14.95 per dozen	
Ham and Cheese Pinwheels	(1 each 50 cal)
per dozen	
Sausage-Stuffed Mushrooms	(1 each 20 cal)
\$14.95 per dozen	

SEAFOOD

Bacon Wrapped Scallops with BBQ Sauce	(1 each 45 cal)
\$22.95 per dozen	
Tuxedo Shrimp with Diablo Sauce	(2 each 150 cal)
\$22.95 per dozen	
Seafood Stuffed Mushrooms	(1 each 15 cal)
\$22.95 per dozen	



SAVORY SELECTIONS

BEEF

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour

\$12.95 per dozen

Beef Satay with Sweet & Spicy Sauce

\$16.95 per dozen

Mini Reuben Sandwiches

\$16.95 per dozen

Petite Beef Wellington

\$16.95 per dozen

(1 each + 3 oz. sauce | 45-130 cal)

(1 each + sauce | 110 cal)

(1 each | 150 cal)

(1 each | 70 cal)

VEGETARIAN

Spanakopita

\$12.95 per dozen

Mini Vegetable Samosas

\$12.95 per dozen

Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce

\$12.95 per dozen

(1 each | 45 cal)

(1 each | 90 cal)

(1 each + 3 oz. sauce | 120-150 cal)



MAGNIFICENT
MORSELS

COLD HORS D'OEUVRES

High quality plastic serveware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

Assorted Finger Sandwiches \$11.95 per dozen CHOOSE THREE: Ham Salad, Chicken Salad, Tuna Salad and Cage-Free Egg Salad on	(1 each 40 cal)
Shrimp Cocktail with Cajun Rémolade and Cocktail Sauce \$19.95 per dozen	(shrimp + sauce 150 cal)
Prosciutto-Wrapped Melon with Dijon Dipping Sauce \$14.95 per dozen	(1 wedge + 1 tsp. sauce 100 cal)
Cucumber Rounds with Feta and Tomatoes per dozen	(1 each 30 cal)
Sun-Dried Tomato and Gorgonzola Bruschetta \$11.95 per dozen	(1 slice 100 cal)
Miso Crab Salad on Cucumber \$11.95 per dozen	(1 each 50 cal)
Fresh Mozzarella and Shrimp Skewers per dozen	(1 each 230 cal)



DELECTABLE
DELIGHTS

GOURMET DIPS AND MORE

Services include delivery, linen-draped service tables, set up and clean up.

HOT DIPS

Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips **\$1.75 per guest**

(1 oz. + 2 oz. chips | 250 cal)

Spinach and Crab Dip with Baguette Rounds **\$2.95 per guest**

(1 oz. + 1 chip | 120 cal)

COLD DIPS

Sold per guest

Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by Tortilla Chips (2 oz. | 260 cal)

\$3.75 per guest

Creamy Mediterranean Dip with Pita Chips

(1 oz. + 2 oz. chips | 230 cal)

\$2.75 per guest

COLD DISPLAYS

Small (15-25), Medium (25-50) and Large (50-75)

Fresh Farm Crudités with Ranch Dip 

(2 oz. + 2 oz. dressing | 15-190 cal)

\$20.75 Small/\$30.75 Medium/\$40.75 Large

Seasonal Cubed Fresh Fruit 


(4 oz. | 50 cal)

\$29.75 Small/\$39.75 Medium/\$49.75 Large

Domestic Cheeses with Crackers 

(2 oz. + 6 crackers | 340 cal)

\$20.75 Small/\$30.75 Medium/\$40.75 Large

Artisan Cheeses with Baguette Rounds 

(2 oz. + 6 crackers | 280 cal)

\$24.75 Small/\$34.75 Medium/\$44.75 Large

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte. Served with Baguette Rounds.

(1 cracker | 25-70 cal)

Roasted Vegetable Cheesecake **\$29.95 each**

(1 slice | 360 cal)

Savory Pesto and Sun-Dried Tomato Torte **\$25.95 each**

(1 slice | 310 cal)

WINGS AND THINGS BAR

\$9.95 per guest

CHOOSE TWO WING STYLES (6 wing serving):

Buffalo

(510 cal)

BBQ

(630 cal)

Cajun Style

(570 cal)

Honey

(530 cal)

Celery and Carrot Sticks

(6 sticks, 3 each | 15 cal)

Bleu Cheese

(2 oz. | 280 cal)

Ranch Dressing

(2 oz. | 190 cal)

Steak Fries

(4 oz. | 270 cal)



CHEF'S
FARE

SPECIALTY AND CARVING STATIONS

Create a delightful culinary experience for your guests by adding an interactive flair. Add one or more of these chef – attended action or bar stations and watch your event come alive! Services include delivery, linen-draped service tables, set up and clean up.

SLIDER STATION

\$8.95 per guest

CHOOSE THREE:

Cheeseburger (1 sandwich | 180 cal), Hamburger (1 sandwich | 170 cal), Pork BBQ (1 sandwich | 330 cal), Buffalo Chicken (1 sandwich | 290 cal)

Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp. | 40 cal), Ketchup (1 tbsp. | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp. | 20 cal), Grainy Mustard (1 tbsp. | 20 cal), Honey Mustard (2 oz. | 310 cal) and Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal).

FAJITA SMALL PLATE STATION

\$9.95 per guest

Classic Chicken (3 oz. | 110 cal), Beef (3 oz. | 170 cal) or Veggie (1 oz. | 10 cal) Fajitas Accompanied with Mexican Rice (1/2 cup | 170 cal) Refried Beans (4 oz. | 140 cal), Tortilla Chips (2 oz. | 260 cal) and Appropriate Toppings.

CARVING STATIONS

Our Beef, Poultry, and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces and condiments, as well as assorted Mini Rolls (1 roll | 70-160 cal).

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)

\$10.95 per guest

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)

\$12.95 per guest

Mustard Apricot Glazed Ham (3 oz. | 100 cal) with Honey Mustard Sauce (1 oz. | 70 cal)

\$10.95 per guest

Roast Pork Loin (3 oz. | 160 cal) with Chipotle Mayonnaise (2 tbsp. | 80 cal)

\$10.95 per guest

Roast Beef (3 oz. | 140 cal) with Horseradish Cream (1 oz. | 50 cal) and Roasted Garlic Au Jus (1 oz. | 25 cal)

\$10.95 per guest



GRAND
FINALE

SWEET AND SALTY

Services include linen-draped service tables, set up and clean up.

ASSORTED HOME-STYLE COOKIES (2 cookies per serving) *\$7.75 per dozen*

Chocolate Chip	(360 cal)	Oatmeal Raisin	(310 cal)
Sugar	(330 cal)	Peanut Butter	(350 cal)
White Chocolate Macadamia Nut	(340 cal)	Double Chocolate Chip with White Chips	(330 cal)

BROWNIES (1 cut per serving) *\$9.55 per dozen*

Fudge	(350 cal)
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GOURMET DESSERT BARS (1 cut per serving) *\$10.55 per dozen*

Luscious Lemon Bar	(70 cal)
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ASSORTED MINI PETIT FOURS AND PASTRIES

\$14.95 per dozen

(1 slice | 140 cal)

ASSORTED MINI CANDY BARS

\$1.25 per guest

(3 pieces | 130 cal)

MULTI-GRAIN BARS AND GRANOLA BARS

\$1.25 per item

(1 bar | 90-160 cal)

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

\$1.25 per item

(1 bag | 110-230 cal)

ASSORTED POPCORN *\$1.25 per guest*

(1 bag | 120 cal)

MIXED NUTS WITH PEANUTS *\$8.95 per pound*

(1 oz. | 120 cal)

TRAIL MIX *\$8.95 per pound*

(1 oz. | 150 cal)

DESSERT STATION *\$2.95 per guest*

Choice of Three (1 each per serving): Assorted Cupcakes (160-340 cal), Mini Red Velvet Whoopie Pies (390 cal), Assorted Mini Cookies (400 cal), Gourmet Bars (140-280 cal) or Seasonal Sliced Fresh Fruit (2 oz. | 25 cal)

ICE CREAM SUNDAE BAR *\$3.55 per guest*

10 guest minimum

Choice of Ice Cream Flavours (One per 45 guests):

Chocolate	(1 scoop 90 cal)
Vanilla	(1 scoop 90 cal)
Strawberry	(1 scoop 80 cal)

Choice of Two Sauces:

Chocolate	(2 oz. 200 cal)
Strawberry	(2 oz. 140 cal)
Butterscotch	(2 oz. 140 cal)

Choice of Three Toppings: Sprinkles (130 cal), Cookie Crumbs (130 cal), M&M's® (140 cal), Crushed Peanuts (170 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180-200 cal) are included.

PLAN FOR
SUCCESS



PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event.

Our experienced event planning specialists are very consultative and will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of such details as the exact event date, event location and number of guests that will be in attendance, it's a good idea to touch base with us as early on in the process as possible.

Some catering arrangements through Flavours by Sodexo can be made by phone, email or online; other catering arrangements require an in-person appointment with one of our event planning specialists. It's easy to get in touch with Flavours by Sodexo about your catering needs. Here are the options:

Visit Our Office: You may visit us in person at Waubensee Community College- Student Center in Sugar Grove. Our office hours are Monday through Friday, 9:00a.m.- 4:00 p.m. Please be aware that we are closed on some holidays.

Visit us on the Web: You may contact us about your catering needs through our online catering Website at <http://www.wccdining.com>. The ultimate in convenience, this site will enable you to easily view our fabulous catering menus, see your order history, place recurring orders and much, much more.

Give us a Call: You may speak with an event planning specialist by calling 630-466-6673.

Send us an Email: You may email us at WaubenseeDining.USA.com.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. If your event will take place at the APC or Bodie buildings on the Sugar Grove Campus, contact Rick Solorio at 630-466-2293. If your event will take place at the Auditorium on the Sugar Grove Campus or the Downtown Aurora Campus Multipurpose Room, contact Christie Konen at 630-466-2790. You will need to officially "reserve" the space in order for us to be permitted to serve you in these locations.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event.

EVENT CONFIRMATIONS & GUARANTEES

No less than 7 days from the scheduled catered event, you must sign a Banquet Event Order. You will also be asked to provide us with a "final" number of guests that will attend your event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. If you do not provide us with a final number, we use the estimated number.

EVENT CHANGES AND CANCELLATIONS

No less than 3 days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office.

EVENT PAYMENT

Payment must be received **prior** to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, cash, check, purchase order, department accounts and foundation accounts.

If your group is not a university, college or school:

- A deposit of 75% is required two weeks prior to your scheduled event with the balance due on the day of the event.
- An administrative fee 18% will be added to your bill.
- Sales tax of 8% will be added to your bill.

If you are a tax-exempt organization:

- You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.

A person wearing a white button-down shirt is holding a tablet computer with both hands. The image is partially obscured by a large, stylized geometric pattern of thick, light-brown lines that intersect to form a series of squares and rectangles. The text 'PLAN FOR SUCCESS' is positioned in the lower-left area of the image, within the white space created by the geometric pattern.

PLAN FOR
SUCCESS

DELIVERY FEES

There is no delivery fee for catering services held within Waubonsee Community College- Sugar Grove Campus and Downtown Aurora Campus. Deliveries outside of these two campuses will be subject to a \$25.00 or 10% delivery fee, whichever is greater, and not to exceed \$100.00.

SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be provided for all served meals and some buffets. Continental breakfasts, breaks, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guest. Served meals are priced on an individual basis.

THE CHARGE FOR EACH STAFF MEMBER IS:

Attendants/Waitstaff \$25.00 per hour (minimum 4 hours)

Station Chefs \$40.00 per hour (minimum 4 hours)

CATERING EQUIPMENT

As the host of the catered event, you are responsible for the equipment we have provided for the service of your catered event. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account. For very large events, specialty equipment may need to be rented at an additional charge.

CHINA CHARGES

We provide high quality plastic products unless otherwise requested. We offer china service for any event at an additional charge.

Full Meal Service and Silverware \$2.25 per guest

Coffee or Beverage China Service \$1.25 per guest

Reception China and Silverware \$1.25 per guest

FLORAL CHARGES

We will be happy to order, receive, and handle floral arrangements for you. For decorative requests, an additional fee will be determined in accordance with your specific needs.

LINENS AND SKIRTING

We provide linens and skirting for food, beverage, and guest tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there will be a \$5.00 charge for each tablecloth. Other tables may be skirted and covered at \$5.00 per tablecloth and \$20.00 per skirt. The same applies to registration tables, name tags, head tables, and any additional table that will not be directly used for setup. We can also provide napkins to meet your color scheme for \$0.50 each. Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of Flavours by Sodexo/Waubonsee Dining Services, 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.

NOTES

NOTES



FLAVOURS

by *sodexo**