



# EVERYDAY MENU

CAMPUS CATERING

 **METHODIST  
UNIVERSITY**

CAMPUS CATERING SERVICES

# ALL-DAY PACKAGES

Choose one of these 3 packages to sustain you throughout the day.

## ALL DAY DELICIOUS \$37.99

Relax. We'll keep the food coming! These 4 selections will keep your energy up throughout the day. Available for 15 guests or more. Includes appropriate condiments.

### DELICIOUS DAWN

|                                   |                        |
|-----------------------------------|------------------------|
| Assorted Muffins                  | 400-510 Cal each       |
| Assorted Scones                   | 430-470 Cal each       |
| Fresh Seasonal Sliced Fruit       | 40 Cal/2.5 oz. serving |
| Assorted Juice                    | 110-170 Cal each       |
| Bottled Water                     | 0 Cal each             |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving    |

### AM PERK UP

|                                   |                     |
|-----------------------------------|---------------------|
| Granola Bars                      | 190 Cal each        |
| Assorted Individual Yogurt Cups   | 50-150 Cal each     |
| Iced Tea                          | 5 Cal/8 oz. serving |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving |

### POWER UP LUNCH

|  |                          |
|--|--------------------------|
| Tomato and Cucumber Couscous Salad                     | 120 Cal/3.75 oz. serving |
| Orange Fennel Spinach Salad                            | 210 Cal/3.2 oz. serving  |
| Bakery Fresh Rolls                                     | 160 Cal each             |
| Green Beans Gremolata                                  | 70 Cal/3 oz. serving     |
| Three Pepper Cavatappi with Pesto                      | 310 Cal/7.5 oz. serving  |
| Grilled Chicken with a Lemon Tarragon White Wine Sauce | 200 Cal/5.75 oz. serving |
| New York Cheesecake                                    | 440 Cal/slice            |
| Iced Tea   | 5 Cal/8 oz. serving      |
| Iced Water   | 0 Cal/8 oz. serving      |

### PM PICK ME UP

|   |                          |
|---|--------------------------|
| Chilled Spinach Dip with Tortilla Chips | 230 Cal/2.25 oz. serving |
| Grilled Vegetable Tray                  | 70 Cal/3 oz. serving     |
| Freshly Baked Brownies                  | 250 Cal/2.25 oz. serving |
| Bottled Water                           | 0 Cal each               |
| Gourmet Coffee, Decaf and Hot Tea       | 0 Cal/8 oz. serving      |



# ALL-DAY PACKAGES

## MEETING WRAP UP \$32.99

Serve these favorites and success is a wrap! This All-Day package includes the following 4 delights. Available for 15 guests or more. Includes appropriate condiments.

### MORNING MINI

|                                   |                     |
|-----------------------------------|---------------------|
| ■ Miniature Muffins               | 80-120 Cal each     |
| ■ Miniature Danish                | 140-170 Cal each    |
| ■ Miniature Scones                | 110-120 Cal each    |
| ■ Yogurt Parfait Cups             | 370-400 Cal each    |
| Bottled Water                     | 0 Cal each          |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving |

### THE ENERGIZER

|                                   |                     |
|-----------------------------------|---------------------|
| ■ Donut Holes                     | 45-90 Cal each      |
| ■ Ripe Bananas                    | 110 Cal each        |
| Iced Tea                          | 5 Cal/8 oz. serving |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving |

### IT'S A WRAP

Includes choice of salad.

|                                 |                          |
|---------------------------------|--------------------------|
| Chicken Caesar Wrap             | 540 Cal each             |
| Pepper Jack Tuna Wrap           | 590 Cal each             |
| Cran-Apple Turkey Wrap          | 650 Cal each             |
| ■ Grilled Vegetable Wrap        | 620 Cal each             |
| ■ Fresh Seasonal Sliced Fruit   | 40 Cal/2.5 oz. serving   |
| ■ Traditional Garden Salad      | 50 Cal/3.5 oz. serving   |
| ■ Grilled Vegetable Pasta Salad | 130 Cal/3 oz. serving    |
| ■ Individual Bag of Chips       | 100-160 Cal each         |
| ■ Assorted Craveworthy Cookies  | 250-310 Cal each         |
| ■ Freshly Baked Brownies        | 250 Cal/2.25 oz. serving |
| Iced Tea                        | 5 Cal/8 oz. serving      |
| Iced Water                      | 0 Cal/8 oz. serving      |

### MID-DAY MUNCHIES

Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy Cookies and Beverages

|                                   |                      |
|-----------------------------------|----------------------|
| ■ Tortilla Chips                  | 90 Cal/1 oz. serving |
| ■ Salsa Roja                      | 20 Cal/1 oz. serving |
| ■ Salsa Verde                     | 20 Cal/1 oz. serving |
| ■ Pico De Gallo                   | 10 Cal/1 oz. serving |
| ■ Assorted Fruit                  | 50-110 Cal each      |
| ■ Assorted Craveworthy Cookies    | 250-310 Cal each     |
| Bottled Water                     | 0 Cal each           |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving  |

## SIMPLE PLEASURES \$24.89

Easy does it-Casually tasteful fare. This All-Day package includes 3 of our favorites. Available for 15 guests or more. Includes appropriate condiments.

### SIMPLE CONTINENTAL

|                                   |                       |
|-----------------------------------|-----------------------|
| ■ Assorted Donuts                 | 190-490 Cal each      |
| ■ Assorted Bagels                 | 170-360 Cal each      |
| Orange Juice                      | 120 Cal/8 oz. serving |
| Bottled Water                     | 0 Cal each            |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving   |

### BOX LUNCH

Choice of Sandwich accompanied by Chips, Assorted Craveworthy Cookies and Bottled Water

|  |                  |
|--|------------------|
| Tuna Salad Ciabatta                      | 540 Cal each     |
| Ham and Swiss Sub                        | 380 Cal each     |
| Turkey and Swiss Sandwich                | 490 Cal each     |
| ■ Roasted Pepper and Mozzarella Ciabatta | 530 Cal each     |
| ■ Individual Bag of Chips                | 100-160 Cal each |
| ■ Assorted Craveworthy Cookies           | 250-310 Cal each |
| Bottled Water                            | 0 Cal each       |

### MID-DAY MUNCHIES

Fresh Tortilla Chips served with two (2) Salsas: Salsa Roja, Salsa Verde or Pico De Gallo accompanied by a Fruit Bowl, Assorted Craveworthy Cookies and Beverages

|                                   |                      |
|-----------------------------------|----------------------|
| ■ Tortilla Chips                  | 90 Cal/1 oz. serving |
| ■ Salsa Roja                      | 20 Cal/1 oz. serving |
| ■ Salsa Verde                     | 20 Cal/1 oz. serving |
| ■ Pico De Gallo                   | 10 Cal/1 oz. serving |
| ■ Assorted Fruit                  | 50-110 Cal each      |
| ■ Assorted Craveworthy Cookies    | 250-310 Cal each     |
| Bottled Water                     | 0 Cal each           |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving  |

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



# BREAKFAST

## BREAKFAST COLLECTIONS

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

### BASIC BEGINNINGS \$7.69

Choice of one (1) Breakfast Pastry served with Bottled Water, Gourmet Coffee, Decaf and Hot Tea

|                                   |                     |
|-----------------------------------|---------------------|
| ■ Assorted Danish                 | 200-430 Cal each    |
| ■ Assorted Muffins                | 400-510 Cal each    |
| ■ Assorted Scones                 | 430-470 Cal each    |
| ■ Assorted Bagels                 | 170-360 Cal each    |
| Bottled Water                     | 0 Cal each          |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving |

### MINI CONTINENTAL \$10.19

|                                   |                        |
|-----------------------------------|------------------------|
| ■ Miniature Muffins               | 80-120 Cal each        |
| ■ Miniature Danish                | 140-170 Cal each       |
| ■ Miniature Bagels                | 110-160 Cal each       |
| ■ Fresh Seasonal Sliced Fruit     | 40 Cal/2.5 oz. serving |
| Bottled Water                     | 0 Cal each             |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving    |

### HEALTHY CHOICE BREAKFAST \$8.69

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day

|                                   |                     |
|-----------------------------------|---------------------|
| ■ Individual Cereal Cups          | 140-260 Cal each    |
| Milk                              | 120 Cal each        |
| ■ Bananas                         | 110 Cal each        |
| ■ Assorted Individual Yogurt Cups | 50-150 Cal each     |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving |

## À LA CARTE BREAKFAST

Includes appropriate condiments

- Assorted Bagels (170-360 Cal each) \$19.99 Per Dozen
- Assorted Muffins (400-510 Cal each) \$19.99 Per Dozen
- Cinnamon Rolls (260 Cal each) \$16.99 Per Dozen
- Assorted Danish (200-430 Cal each) \$19.99 Per Dozen
- Assorted Scones (430-470 Cal each) \$19.99 Per Dozen
- Fresh Seasonal Sliced Fruit (40 Cal/2.5 oz. serving)  
\$3.09 Per Person

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# BREAKFAST

## HOT BREAKFAST

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

### ULTIMATE BREAKFAST \$14.89

Cheddar and Onion Frittata and Pancakes with Butter and Syrup accompanied by Scrambled Eggs, Crisp Bacon, Breakfast Sausage, Breakfast Potatoes, choice of three (3) Breakfast Pastries with Butter, Jam and Cream Cheese, Fresh Seasonal Sliced Fruit, Assorted Juices and Bottled Water, Gourmet Coffee, Decaf and Hot Tea

|                                   |                           |
|-----------------------------------|---------------------------|
| Assorted Muffins                  | 400-510 Cal each          |
| Assorted Danish                   | 200-430 Cal each          |
| Assorted Scones                   | 430-470 Cal each          |
| Assorted Bagels                   | 170-360 Cal each          |
| Fresh Seasonal Sliced Fruit       | 40 Cal/2.5 oz. serving    |
| Scrambled Eggs                    | 180 Cal/4 oz. serving     |
| Breakfast Potatoes                | 130-150 Cal/3 oz. serving |
| Bacon                             | 45 Cal each               |
| Breakfast Sausage                 | 130-220 Cal each          |
| Cheddar and Onion Frittata        | 270 Cal each              |
| Pancakes                          | 50 Cal each               |
| Maple Syrup                       | 70 Cal/1 oz. serving      |
| Assorted Juices                   | 110-170 Cal each          |
| Bottled Water                     | 0 Cal each                |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving       |



### AMERICAN BREAKFAST \$11.39

Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, choice of one (1) Breakfast Pastry, Bottled Water, Gourmet Coffee, Decaf and Hot Tea

|                                   |                           |
|-----------------------------------|---------------------------|
| Assorted Muffins                  | 400-510 Cal each          |
| Assorted Danish                   | 200-430 Cal each          |
| Assorted Scones                   | 430-470 Cal each          |
| Assorted Bagels                   | 170-360 Cal each          |
| Scrambled Eggs                    | 180 Cal/4 oz. serving     |
| Breakfast Potatoes                | 130-150 Cal/3 oz. serving |
| Bacon                             | 45 Cal each               |
| Breakfast Sausage                 | 130-220 Cal each          |
| Bottled Water                     | 0 Cal each                |
| Gourmet Coffee, Decaf and Hot Tea | 0 Cal/8 oz. serving       |

### SUNRISE SANDWICH BUFFET \$11.89

Choice of two (2) Breakfast Sandwiches served with Breakfast Potatoes, Fresh Seasonal Sliced Fruit, Bottled Water, Gourmet Coffee, Decaf and Hot Tea

|   |                           |
|---|---------------------------|
| Egg and Cheese English Muffin               | 260 Cal each              |
| Egg and Cheese Croissant                    | 370 Cal each              |
| Sausage, Egg and Cheese Biscuit             | 520 Cal each              |
| Ham, Egg and Cheese Biscuit                 | 450 Cal each              |
| Bacon, Egg and Cheese Bagel                 | 370 Cal each              |
| Spicy Bacon, Egg, Potato and Cheese Burrito | 590 Cal each              |
| Spicy Veggie Sausage Biscuit                | 370 Cal each              |
| Spicy Southern Chicken Biscuit              | 640 Cal each              |
| Fresh Seasonal Sliced Fruit                 | 40 Cal/2.5 oz. serving    |
| Breakfast Potatoes                          | 130-150 Cal/3 oz. serving |
| Bottled Water                               | 0 Cal each                |
| Gourmet Coffee, Decaf and Hot Tea           | 0 Cal/8 oz. serving       |

Egg Whites, Turkey Bacon and Turkey Sausage are available upon request - nominal fee may apply



# BREAKFAST

## BREAKFAST ENHANCEMENTS

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

### LOX AND BAGELS \$9.49

■ Bagels 170-360 Cal each

Smoked Salmon Platter with  
Hard-boiled Eggs, Sliced Tomato,  
Cucumber, Slivered Red Onion, and  
Cream Cheese

120 Cal/3.25 oz. serving

### YOGURT PARFAIT BAR \$8.49

Choose two (2) Yogurt flavors served with a variety of toppings

|                      |                        |
|----------------------|------------------------|
| ■ Greek Yogurt       | 70 Cal/4 oz. serving   |
| ■ Strawberry Yogurt  | 100 Cal/4 oz. serving  |
| ■ Vanilla Yogurt     | 110 Cal/4 oz. serving  |
| ■ Diced Pineapple    | 30 Cal/2 oz. serving   |
| ■ Fresh Strawberries | 20 Cal/2 oz. serving   |
| ■ Walnuts            | 90 Cal/0.5 oz. serving |
| ■ Granola            | 110 Cal/1 oz. serving  |

### JUST FRENCH TOAST \$4.09

|                                |                      |
|--------------------------------|----------------------|
| ■ Orange Cinnamon French Toast | 90 Cal each          |
| ■ Maple Syrup                  | 70 Cal/1 oz. serving |

Egg Whites, Turkey Bacon and Turkey Sausage are available upon request - nominal fee may apply

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# SANDWICHES & SALADS

## CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more. Includes appropriate condiments.

### DELI EXPRESS \$11.89

Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads, Chips, Assorted Craveworthy Cookies and Beverages

|   |                         |
|---|-------------------------|
| Side Salads   | 25-330 Cal each         |
| ■ Individual Bags of Chips                                    | 100-160 Cal each        |
| ■ Assorted Baked Breads and Rolls                             | 110-160 Cal each        |
| Deli Platter (Turkey, Roast Beef, Ham, Tuna)                  | 25-80 Cal/1 oz. serving |
| ■ Cheese Tray (Cheddar and Swiss)                             | 110 Cal/1 oz. serving   |
| ■ Relish Tray (Lettuce, Tomato, Onion, Pickles, Pepperoncini) | 20 Cal/1 oz. serving    |
| ■ Assorted Craveworthy Cookies                                | 250-310 Cal each        |
| Lemonade  | 90 Cal/8 oz. serving    |
| Iced Tea  | 5 Cal/8 oz. serving     |
| Iced Water  | 0 Cal/8 oz. serving     |

## PREMIUM BOX LUNCHES

### Asiago Roast Beef Focaccia \$13.99

|   |                          |
|---|--------------------------|
| Roast Beef, Asiago, Kale Spring Mix, Tomato and Onion on Focaccia with Spicy Mayonnaise | 590 Cal each             |
| ■ Grilled Vegetable Pasta Salad   | 130 Cal/3 oz. serving    |
| ■ Individual Bag of Chips   | 100-160 Cal each         |
| ■ Freshly Baked Brownie   | 250 Cal/2.25 oz. serving |
| Bottled Water   | 0 Cal each               |

### Blackened Chicken Ciabatta \$13.99

|   |                          |
|---|--------------------------|
| Grilled Blackened Chicken Breast, Spring Salad Mix and Cucumber Raita on Ciabatta | 390 Cal each             |
| ■ Spiced Sweet Potato Salad   | 120 Cal/4 oz. serving    |
| ■ Individual Bag of Chips   | 100-160 Cal each         |
| ■ Freshly Baked Brownie   | 250 Cal/2.25 oz. serving |
| Bottled Water   | 0 Cal each               |

### Asian Chicken Salad \$14.49

|  |                          |
|--|--------------------------|
| Grilled Chicken, Romaine, Vegetables, Orange and Almonds tossed with a Sweet and Spicy Sesame Dressing | 430 Cal each             |
| ■ Bakery Fresh Roll  | 160 Cal each             |
| ■ Fresh Fruit Cup  | 40 Cal/2.5 oz. serving   |
| ■ Lemon Cheesecake Bar   | 300 Cal/2.75 oz. serving |
| Bottled Water  | 0 Cal each               |

### CLASSIC BOX LUNCH \$10.49

Your choice of Classic Sandwich - served with Potato Chips, Craveworthy Cookies and Bottled Water

|                                |                  |
|--------------------------------|------------------|
| Classic Selection Sandwich     | 140-750 Cal each |
| ■ Individual Bag of Chips      | 100-160 Cal each |
| ■ Assorted Craveworthy Cookies | 250-310 Cal each |
| Bottled Water                  | 0 Cal each       |

### CLASSIC SELECTIONS BUFFET \$15.99

Your Choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and Beverages

|                                |                      |
|--------------------------------|----------------------|
| Side Salads                    | 25-330 Cal each      |
| ■ Dill Pickle Slices           | 0 Cal/1 oz. serving  |
| ■ Individual Bags of Chips     | 100-160 Cal each     |
| Classic Selection Sandwiches   | 140-750 Cal each     |
| ■ Assorted Craveworthy Cookies | 250-310 Cal each     |
| Lemonade                       | 90 Cal/8 oz. serving |
| Iced Tea                       | 5 Cal/8 oz. serving  |
| Iced Water                     | 0 Cal/8 oz. serving  |

## CLASSIC SANDWICH OPTIONS

(Available Sandwich Choices for the Classic Boxed Lunch and Classic Selections Buffet)

Roast Beef and Cheddar Sandwich (420 Cal each)

Apple Bacon Chicken Salad Ciabatta (390 Cal each)

Turkey, Bacon and Garlic Aioli Ciabatta (400 Cal each)

■ Grilled Vegetable Wrap (610 Cal each)

Bavarian Ham and Swiss on a Pretzel Roll (480 Cal each)

### ADDITIONAL PREMIUM BOX LUNCH OPTIONS AVAILABLE UPON REQUEST!

Please contact your catering professional!



# SANDWICHES & SALADS

## CLASSIC COLLECTIONS

All prices are per person and available for 12 guests or more.  
Includes appropriate condiments.

### THE EXECUTIVE LUNCHEON \$18.29

Choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and Beverages

|                                |                      |
|--------------------------------|----------------------|
| Side Salads                    | 25-330 Cal each      |
| ■ Dill Pickle Slices           | 0 Cal/1 oz. serving  |
| ■ Individual Bags of Chips     | 100-160 Cal each     |
| Executive Luncheon Sandwiches  | 370-760 Cal each     |
| ■ Assorted Craveworthy Cookies | 250-310 Cal each     |
| Lemonade                       | 90 Cal/8 oz. serving |
| Iced Tea                       | 5 Cal/8 oz. serving  |
| Iced Water                     | 0 Cal/8 oz. serving  |

### EXECUTIVE LUNCHEON SANDWICHES

(Available Sandwich Choices for the Executive Luncheon Buffet)

Ham and Brie, with Fresh Pear, Spinach and Caramelized Onions on Wheatberry Bread (700 Cal each)

Sliced Portobello Mushroom with Arugula and Olive Pesto Spread on a French Baguette (570 Cal each)

Italian Sub with Fresh Lettuce, Tomato, Onion and Herbal Honey Dijon Sauce (560 Cal each)

Turkey, Ham and Ranch Club with Bacon, Lettuce and Tomato (580 Cal each)

Deli style Turkey, Ham and Mozzarella with Pesto Mayo on a Baguette (640 Cal each)

Tarragon Chicken Salad and Chive Cream Cheese Wrap (590 Cal each)

Roast Beef and Fontina Sub (650 Cal each)

### SIDE SALAD SELECTIONS

(Included with Deli Express, Classic Selections, and Executive Luncheon Sandwich Buffets)

■ Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 Cal/3 oz. serving)

■ Toasted Cranberry Apple Couscous with Apricots, Granny Smith Apples, Almonds, Red Onions, Fresh Spinach and Scallions (180 Cal/3 oz. serving)

■ Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic (120 Cal/4 oz. serving)

■ Roasted Sweet Potato Salad with Green Chiles, Scallions, Celery, Red Peppers and Fresh Cilantro tossed in spicy Caribbean Jerk Seasoning (120 Cal/4 oz. serving)

■ Grilled Vegetable Pasta Salad with a Balsamic Dressing (130 Cal/3 oz. serving)

■ Red-skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing (240 Cal/4 oz. serving)

■ Traditional Coleslaw finely shredded with Carrots in a Mayonnaise and Celery Seed Dressing (170 Cal/3.5 oz. serving)

■ Traditional Garden Salad with a Balsamic Vinaigrette Dressing (50 Cal/3.5 oz. serving)

■ Ranch Pasta Salad (120 Cal/3 oz. serving)

■ Fresh Fruit Salad (40 Cal/2.5 oz. serving)

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



# BUFFETS

## THEMED BUFFETS

12 Person Minimum. Includes appropriate condiments and choice of beverages.

### BUILD YOUR OWN BITE SIZED SOUTHERN BBQ \$16.29

|                                |                          |
|--------------------------------|--------------------------|
| ■ Fresh Country Coleslaw       | 170 Cal/3.5 oz. serving  |
| ■ Vegetarian Baked Beans       | 160 Cal/4 oz. serving    |
| Collard Greens                 | 90 Cal/3 oz. serving     |
| ■ Macaroni and Cheese          | 260 Cal/4 oz. serving    |
| Hush Puppies                   | 70 Cal each              |
| Pulled BBQ Chicken             | 190 Cal/3 oz. serving    |
| Cilantro-Lime Pulled Chicken   | 180 Cal/3 oz. serving    |
| Pulled BBQ Pork                | 290 Cal/3 oz. serving    |
| Anise Herbed Pulled Pork       | 220 Cal/3 oz. serving    |
| ■ Slider Buns                  | 80 Cal each              |
| ■ Assorted Craveworthy Cookies | 250-310 Cal each         |
| ■ Bakery-fresh Brownies        | 250 Cal/2.25 oz. serving |
| Lemonade                       | 90 Cal/8 oz. serving     |
| Iced Tea                       | 5 Cal/8 oz. serving      |
| Iced Water                     | 0 Cal/8 oz. serving      |

### BASIC ITALIAN BUFFET \$16.79

Home-style Lasagna and choice of Veggie Lasagna served with traditional Italian Sides

|   |                           |
|---|---------------------------|
| ■ Italian House Salad                   | 50 Cal/3.5 oz. serving    |
| ■ Garlic Breadsticks                    | 110 Cal each              |
| Home-style Lasagna with Parmesan Cheese | 330 Cal/7.25 oz. serving  |
| ■ Cauliflower Lasagna                   | 430 Cal/8.375 oz. serving |
| ■ Vegetable Alfredo Lasagna             | 460 Cal/11 oz. serving    |
| ■ Chocolate Dipped Biscotti             | 190 Cal each              |
| Lemonade                                | 90 Cal/8 oz. serving      |
| Iced Tea                                | 5 Cal/8 oz. serving       |
| Iced Water                              | 0 Cal/8 oz. serving       |

### YUCATAN BOWL \$17.79

Create your own Yucatan Bowls with White or Brown Rice, Charro Beans, Braised Chicken and Beef, Roasted Portobello Mushrooms, Toppings Bar including two (2) Salsas, and Sides

|                                |                          |
|--------------------------------|--------------------------|
| ■ Romaine Lettuce Salad        | 0 Cal/0.25 oz. serving   |
| ■ Avocado Ranch Dressing       | 80 Cal/1 oz. serving     |
| ■ Cilantro Lime White Rice     | 120 Cal/3 oz. serving    |
| ■ Cilantro Lime Brown Rice     | 140 Cal/3.5 oz. serving  |
| ■ Charro Beans                 | 90 Cal/3 oz. serving     |
| Braised Chicken                | 180 Cal/3 oz. serving    |
| Braised Beef                   | 160 Cal/3 oz. serving    |
| ■ Roasted Portobello Mushrooms | 20 Cal/2.25 oz. serving  |
| ■ Guacamole                    | 40 Cal/1.33 oz. serving  |
| ■ Pico De Gallo                | 10 Cal/1 oz. serving     |
| ■ Salsa Verde                  | 10 Cal/1 oz. serving     |
| ■ Salsa Roja                   | 20 Cal/1 oz. serving     |
| ■ Dulce de Leche Brownie       | 220 Cal/2.25 oz. serving |
| Lemonade                       | 90 Cal/8 oz. serving     |
| Iced Tea                       | 5 Cal/8 oz. serving      |
| Iced Water                     | 0 Cal/8 oz. serving      |



# BUFFETS

## THEMED BUFFETS

12 Person Minimum. Includes appropriate condiments and choice of beverages.

### REPUBLIC OF SPICE \$17.99

Kadai Jhinga Masala (Prawns in sauce) and Tandoori Chicken served over Lemon-Ginger Basmati Rice and Accompaniments

|                             |                          |
|-----------------------------|--------------------------|
| ■ Kachumber Side Salad      | 40 Cal/3.9 oz. serving   |
| ■ Tikka Chaat Side Salad    | 70 Cal/3 oz. serving     |
| ■ Curry-Spiced Naan         | 440 Cal each             |
| Kadai Jhinga Masala         | 120 Cal/4.5 oz. serving  |
| Tandoori Chicken            | 150 Cal/3 oz. serving    |
| ■ Lemon-Ginger Basmati Rice | 170 Cal/3.25 oz. serving |
| ■ Pickled Red Onion         | 10 Cal/0.5 oz. serving   |
| ■ Shredded Carrot           | 10 Cal/0.5 oz. serving   |
| ■ Cilantro                  | 0 Cal/0.125 oz. serving  |
| ■ Mango Chutney             | 45 Cal/1 oz. serving     |
| Cucumber Mint Raita         | 15 Cal/1 oz. serving     |
| ■ Tomato Chutney            | 5 Cal/0.5 oz. serving    |
| ■ Honey Lemon Rice Pudding  | 200 Cal/4.25 oz. serving |
| Lemonade                    | 90 Cal/8 oz. serving     |
| Iced Tea                    | 5 Cal/8 oz. serving      |
| Iced Water                  | 0 Cal/8 oz. serving      |

### HEARTLAND BUFFET \$15.99

|                                |                          |
|--------------------------------|--------------------------|
| Baby Spinach Salad             | 60 Cal/2.15 oz. serving  |
| ■ Bakery Fresh Rolls           | 160 Cal each             |
| ■ Roasted New Potatoes         | 110 Cal/2.75 oz. serving |
| ■ Fresh Herbed Vegetables      | 100 Cal/3.5 oz. serving  |
| Grilled Lemon Rosemary Chicken | 130 Cal/3 oz. serving    |
| ■ Oreo Blondies                | 270 Cal/1.75 oz. serving |
| Lemonade                       | 90 Cal/8 oz. serving     |
| Iced Tea                       | 5 Cal/8 oz. serving      |
| Iced Water                     | 0 Cal/8 oz. serving      |



### LOOKING TO CREATE YOUR OWN THEMED BUFFET OR UNIQUE CUSTOM BUFFET?

Contact us at [presley-joy@aramark.com](mailto:presley-joy@aramark.com) / 910.884.0065 to explore more options and personalize your buffet to fit your event.

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# BUFFETS

## THEMED BUFFETS

12 Person Minimum. Includes appropriate condiments and choice of beverages.

### BAKED POTATO BAR \$16.89

Top your own Baked Potatoes with a Garden Salad and choice of Apple Cobbler or Apple Pie for Dessert

|   |                          |
|---|--------------------------|
| ■ Classic Garden Salad  | 50 Cal/3.5 oz. serving   |
| Top your own Baked Potato with Chicken Mushroom Alfredo, Chili Con Carne, Steamed Broccoli, Crumbled Bacon, Shredded Cheddar Cheese, Scallions and Sour Cream | 660 Cal/12 oz. serving   |
| ■ Apple Cobbler   | 350 Cal/4.75 oz. serving |
| ■ Apple Pie   | 410 Cal/slice            |
| Lemonade  | 90 Cal/8 oz. serving     |
| Iced Tea  | 5 Cal/8 oz. serving      |
| Iced Water  | 0 Cal/8 oz. serving      |
| ■ Add on Cheddar Cheese Sauce   | 60 Cal/1 oz. serving     |

### CLASSIC PIZZA \$16.49

|  |                          |
|--|--------------------------|
| ■ Classic Garden Salad                           | 50 Cal/3.5 oz. serving   |
| Home-style Kettle Chips                          | 240 Cal/1.25 oz. each    |
| ■ Traditional New York-style Cheese Pizza Slices | 330 Cal/slice            |
| Meat Lover's Pizza Slices                        | 470 Cal/slice            |
| ■ Garden Vegetable Pizza Slices                  | 380 Cal/slice            |
| ■ Assorted Craveworthy Cookies                   | 250-310 Cal each         |
| ■ Bakery-fresh Brownies                          | 250 Cal/2.25 oz. serving |
| Lemonade   | 90 Cal/8 oz. serving     |
| Iced Tea   | 5 Cal/8 oz. serving      |
| Iced Water                                       | 0 Cal/8 oz. serving      |

### HARVEST BOUNTY \$19.89

Choice of Herb Roasted Turkey or Baked Ham served with Sides and Beverages

|                                 |                          |
|---------------------------------|--------------------------|
| ■ Traditional Mixed Green Salad | 50 Cal/3.5 oz. serving   |
| ■ Southern Biscuits             | 190 Cal each             |
| ■ Buttermilk Mashed Potatoes    | 120 Cal/3.75 oz. serving |
| ■ Sautéed Dill Green Beans      | 30 Cal/3 oz. serving     |
| Herb Roasted Turkey             | 130 Cal/3 oz. serving    |
| Baked Ham                       | 110 Cal/3 oz. serving    |
| ■ Apple Pie                     | 410 Cal/slice            |
| Lemonade                        | 90 Cal/8 oz. serving     |
| Iced Tea                        | 5 Cal/8 oz. serving      |
| Iced Water                      | 0 Cal/8 oz. serving      |



# BUFFETS

## CREATE YOUR OWN BUFFET

Customize Your Own Buffet: Select (1) starter, (1) entrée, (2) sides, and (1) dessert. Served with Assorted Rolls and Butter, and Choice of Two Beverages. Includes appropriate condiments.

### BUFFET STARTERS

- Seasonal Garden Salad with Balsamic Vinaigrette (50 Cal/3.5 oz. serving)
- Classic Caesar Salad (160 Cal/2.7 oz. serving)
- Greek Salad with Crumbled Feta (120 Cal/3.25 oz. serving)
- Antipasto Salad (130 Cal/3 oz. serving)
- Autumn Vegetable Salad with Red Wine Vinaigrette (80 Cal/3 oz. serving)
- Seasonal Fresh Fruit Salad (40 Cal/2.25 oz. serving)

### BUFFET ENTREES

- Lemon Artichoke Chicken Breast (200 Cal/5.75 oz. serving) \$17.79
- Asiago Chicken in a Roasted Red Pepper Sauce (310 Cal/5 oz. serving) \$17.79
- Chipotle Pork Loin topped with a Pineapple Salsa (180 Cal/3.75 oz. serving) \$18.89
- Grilled Salmon in a Moroccan Herb Sauce (120 Cal/2.75 oz. serving) \$19.29
- Asian Marinated Steak (160 Cal/3 oz. serving) \$18.49
- Grilled Lemon Rosemary Chicken (130 Cal/3 oz. serving) \$17.79
- Beef Tenderloin and Mushroom Ragout (290 Cal/7.65 oz. serving) \$22.99

### BUFFET SIDES

- Italian Seasoned Green Beans (40 Cal/3.25 oz. serving)
- Pan Roasted Vegetables (45 Cal/3 oz. serving)
- Toasted Cranberry Apple Couscous (180 Cal/3 oz. serving)
- Toasted Orzo with Spinach and Cranberries (170 Cal/4 oz. serving)
- Roasted Red Potatoes (100 Cal/2.75 oz. serving)
- Mashed Sweet Potatoes (110 Cal/4.25 oz. serving)
- Fresh Herbed Vegetables (100 Cal/3.5 oz. serving)

### BUFFET FINISHES

- Apple Pie (410 Cal/slice)
- New York-Style Cheesecake (440 Cal/slice)
- Assorted Miniature Chocolate and Caramel Cheesecakes (80 Cal/3.75 oz. serving)
- Spiced Carrot Cake (370 Cal/slice)
- Chocolate Cake (270 Cal/slice)

Add an extra Buffet Finish? (80-520 Cal each) \$4.29

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# RECEPTIONS

## HORS D'OEUVRES

Hors d'oeuvres are priced per dozen. Includes appropriate condiments.

### RECEPTION HORS D'OEUVRES (HOT)

Bacon Wrapped Scallops (20 Cal each) \$29.99

Balsamic Fig and Goat Cheese Flatbread (80 Cal each) \$25.99

Beef Satay (35 Cal each) \$25.99

Buffalo Style Chicken Spring Rolls (25 Cal each) \$23.99

Chicken Satay (20 Cal each) \$23.99

Crab Cakes (30 Cal each) \$25.99

■ Crispy Asiago Asparagus (50 Cal each) \$22.99

■ Spanakopita (70 Cal each) \$22.99

■ Vegetable Spring Rolls (15 Cal each) \$33.99

### RECEPTION HORS D'OEUVRES (COLD)

■ Assorted Petit Fours (60-140 Cal each) \$25.99

■ Chocolate-Caramel Mini Cheesecakes (80 Cal each) \$23.99

■ Mediterranean Antipasto Skewers (70 Cal each) \$31.99

■ Veggie Hummus Cup (190 Cal each) \$26.49

■ Bruschetta Crostini (50 Cal each) \$16.49

Shrimp Cocktail (70 Cal each) Market Price

### UNSURE OF HOW MANY ITEMS AND HOW MUCH TO ORDER FOR YOUR RECEPTION?

Contact your catering events specialist to discuss the proper amounts needed for a reception.





# RECEPTIONS

## RECEPTION PLATTERS AND DIPS

### CLASSIC SLICED CHEESE TRAY \$41.99 Serves 12

■ Classic Sliced Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini (290 Cal/2.75 oz. serving)

### FRESH SEASONAL FRUIT \$35.99 Serves 12

■ Fresh Seasonal Fruit Tray (40 Cal/2.5 oz. serving)

### ASSORTED MINI SANDWICHES \$64.99 Serves 12

An assortment of our most popular Mini Sandwiches

|   |              |
|---|--------------|
| Ham and American Cheese Mini Sandwiches | 260 Cal each |
| Roast Beef and Cheddar Mini Sandwiches  | 280 Cal each |
| Turkey and Swiss Mini Sandwiches        | 310 Cal each |
| Mini Caprese Sandwiches                 | 250 Cal each |

### GRILLED VEGETABLES \$27.79 Serves 12

■ Grilled Vegetables served with Balsamic Vinaigrette (70 Cal/3 oz. serving)

### HUMMUS WITH PITA CHIPS \$31.99 Serves 12

■ Hummus with Pita Chips (220 Cal/4.5 oz. serving)

### MAY WE SUGGEST A SERVED MEAL OR RECEPTION?

Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (910) 884-0065 to arrange a personal consultation.

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# RECEPTIONS

## RECEPTION STATIONS

Reception Stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 12 guests or more. Includes appropriate condiments.

### DIM SUM \$10.99

A little afternoon Dim Sum to spice up your afternoon meeting or evening reception served with two (2) dipping sauces

|   |                                   |
|---|-----------------------------------|
| Egg Rolls   | 190 Cal each                      |
| Pot Stickers  | 45 Cal each                       |
| ■ Sweet Soy Sauce   | 50 Cal/1 oz. serving              |
| ■ Sweet and Sour Sauce                                    | 40 Cal/1 oz. serving              |
| ■ Chili Garlic Sauce                                      | 45 Cal/1 oz. serving              |
| Sweet and Spicy Boneless Chicken Wings with Celery Sticks | 600 Cal/7.5 oz. serving           |
| ■ Gourmet Dessert Bars                                    | 300-370 Cal/2.75-3.25 oz. serving |

### AMERICAN TEA \$10.49

The perfect selection of sweet and savory snacks

|  |                       |
|--|-----------------------|
| Fresh Mozzarella Tea Sandwiches          | 250 Cal each          |
| Grilled Chicken and Apple Tea Sandwiches | 230 Cal each          |
| Roast Beef and Brie Tea Sandwiches       | 270 Cal each          |
| ■ Scones with Jam and Honey              |                       |
| Cream Cheese                             | 380 Cal/3 oz. serving |
| ■ Assorted Petit Fours                   | 60-140 Cal each       |
| ■ Shortbread Cookies                     | 20 Cal each           |
| Hot Water with Assorted Tea Bags         | 0 Cal/8 oz. serving   |

### SOFT PRETZEL BAR \$5.49

Crisp on the outside and soft on the inside, try our Hot Pretzels served with your choice of Three (3) Dipping Sauces; Sweet or Salty, the choice is Yours!

|                              |                       |
|------------------------------|-----------------------|
| ■ Hot Pretzels               | 170 Cal each          |
| ■ Honey Mustard Sauce        | 130 Cal/1 oz. serving |
| ■ Spicy Mustard Sauce        | 30 Cal/1 oz. serving  |
| ■ Yellow Mustard Sauce       | 20 Cal/1 oz. serving  |
| ■ Nacho Cheese Sauce         | 40 Cal/1 oz. serving  |
| ■ Vegan Cheddar Cheese Sauce | 60 Cal/1 oz. serving  |
| ■ Cajun Cheese Sauce         | 60 Cal/1 oz. serving  |
| ■ Buffalo Blue Sauce         | 30 Cal/1 oz. serving  |
| ■ Chocolate Sauce            | 70 Cal/1 oz. serving  |
| ■ Caramel Sauce              | 100 Cal/1 oz. serving |

## BREAKS

All prices are per person and available for 12 guests or more

### CHOCOHOLIC \$7.69

Become addicted with an assortment of Chocolate-themed treats

|  |                |
|--|----------------|
| ■ Miniature Chocolate Bars             | 45-70 Cal each |
| ■ Chunky Chocolate Craveworthy Cookies | 280 Cal each   |
| Chilled Chocolate Milk                 | 160 Cal each   |
| ■ Chocolate Dipped Pretzels            | 110 Cal each   |
| ■ Chocolate Dipped Strawberries        | 40 Cal each    |

### SNACK ATTACK \$6.19

The perfect blend of sweet and salty to get you through your day!

|                                |                          |
|--------------------------------|--------------------------|
| ■ Individual Bags of Chips     | 100-160 Cal each         |
| ■ Roasted Peanuts              | 190 Cal/1 oz. serving    |
| ■ Trail Mix                    | 290 Cal each             |
| ■ Assorted Craveworthy Cookies | 250-310 Cal each         |
| ■ Bakery-fresh Brownies        | 250 Cal/2.25 oz. serving |

### BREADS AND SPREADS \$5.69

Looking for a variety of flavors to spice up your meeting? Try dipping our Tortilla Chips, Pita Chips and Crostini into your choice of four (4) spreads, accompanied by a Fresh Fruit Tray

|                               |                        |
|-------------------------------|------------------------|
| ■ Tortilla Chips              | 190 Cal/2 oz. serving  |
| ■ Pita Chips                  | 140 Cal/2 oz. serving  |
| ■ Crostini                    | 40 Cal each            |
| ■ Korean Roja Guacamole       | 90 Cal/2 oz. serving   |
| ■ Ginger Verde Guacamole      | 90 Cal/2 oz. serving   |
| ■ Chilled Spinach Dip         | 200 Cal/2 oz. serving  |
| ■ Feta and Roasted Garlic Dip | 260 Cal/2 oz. serving  |
| ■ Traditional Hummus          | 80 Cal/2 oz. serving   |
| ■ Artichoke and Olive Dip     | 140 Cal/2 oz. serving  |
| ■ Fresh Fruit Tray            | 40 Cal/2.5 oz. serving |

# BEVERAGES & DESSERTS

## BEVERAGES

Includes appropriate accompaniments

- Bottled Water (0 Cal each) \$1.99 Each
- Assorted Sodas (Can) (0-150 Cal each) \$1.79 Each
- Regular Coffee (0 Cal/8 oz. serving) \$19.99 Per Gallon
- Decaf Coffee (0 Cal/8 oz. serving) \$19.99 Per Gallon
- Hot Chocolate (160 Cal/8 oz. serving) \$19.99 Per Gallon
- Iced Tea (5 Cal/8 oz. serving) \$17.99 Per Gallon
- Lemonade (90 Cal/8 oz. serving) \$17.99 Per Gallon
- Assorted Fruit Juices (120-130 Cal/8 oz. serving) \$17.99 Per Gallon
- Iced Water (0 Cal/8 oz. serving) \$1.29 Per Gallon

- Infused Water \$8.99 Per Gallon
- Lemon Infused Water 0 Cal/8 oz. serving
- Orange Infused Water 10 Cal/8 oz. serving
- Apple Infused Water 20 Cal/8 oz. serving
- Cucumber Infused Water 10 Cal/8 oz. serving
- Grapefruit Infused Water 10 Cal/8 oz. serving

## DESSERTS

Available for 12 guests or more

- Assorted Blondies (240-300/1.875-2.38 oz. serving) \$14.49 Per Dozen
- Assorted Craveworthy Cookies (250-310 Cal each) \$13.49 Per Dozen
- Bakery-fresh Brownies (250 Cal/2.25 oz. serving) \$14.49 Per Dozen
- Gourmet Dessert Bars (300-370 Cal/2.75-3.25 oz. serving) \$16.49 Per Dozen
- New York Cheesecake (440 Cal/slice) \$18.49 Serves 8



■ VEGETARIAN ■ VEGAN

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

## ORDERING INFORMATION

### LEAD TIME

Notice of 72 hours is appreciated; however, we will do our best to accommodate all late orders that are received. We appreciate the importance of your function and will do whatever it takes to exceed your expectations.

### EXTRAS

If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges. We are delighted to assist you with all of your event needs from rental equipment, linens, florals to service staff and everything in between. - Additional fees may apply

## CONTACT US TODAY

910.884.0065  
presley-joy@aramark.com  
www.methodistuniversity.catertrax

Prices effective until 07/01/2020  
Prices may be subject to change