



JMU Special Event Catering



BREAKFAST

BREAKFAST COLLECTIONS

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

Mini Continental \$9.79

MINIATURE MUFFINS	80-120 CAL EACH
MINIATURE DANISH	140-170 CAL EACH
MINIATURE CROISSANTS	180 CAL EACH
MINIATURE BAGELS	110-160 CAL EACH
FRESH SEASONAL SLICED FRUIT	35 CAL/2.5 OZ. SERVING
ASSORTED JUICE	110-170 CAL EACH
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Quick Start \$9.29

ASSORTED MUFFINS	190-520 CAL EACH
ASSORTED DANISH	200-430 CAL EACH
SCONES	230-490 CAL EACH
FRESH SEASONAL SLICED FRUIT	35 CAL/2.5 OZ. SERVING
ASSORTED JUICE	110-170 CAL EACH
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Healthy Choice Breakfast \$7.79

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
2% MILK	140 CAL/8 OZ. SERVING
BANANAS	110 CAL EACH
ASSORTED INDIVIDUAL YOGURT CUPS	50-150 CAL EACH
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

À LA CARTE BREAKFAST

Includes appropriate condiments

ASSORTED BAGELS WITH BUTTER, CREAM CHEESE AND PRESERVES
\$2.09 PER PERSON

ASSORTED BAGELS 170-360 CAL EACH

ASSORTED BAGELS WITH BUTTER, CREAM CHEESE AND PRESERVES
\$15.99 PER DOZEN

ASSORTED BAGELS 170-360 CAL EACH

TRAY OF MINIATURE MUFFINS, DANISH AND SCONES
\$2.09 PER PERSON

MINIATURE MUFFINS 80-120 CAL EACH

MINIATURE DANISH 140-170 CAL EACH

MINIATURE SCONES 120-240 CAL EACH

TRAY OF MINIATURE MUFFINS, DANISH AND SCONES
\$15.99 PER DOZEN

MINIATURE MUFFINS 80-120 CAL EACH

MINIATURE DANISH 140-170 CAL EACH

MINIATURE SCONES 120-240 CAL EACH

FRESH SEASONAL SLICED FRUIT (35 CAL/2.5 OZ. SERVING)
\$2.09 PER PERSON

GRANOLA BARS (190 CAL EACH) \$1.69 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 \$13.99

MUFFINS	190-520 CAL EACH
BAGELS	170-360 CAL EACH
CROISSANTS	180 CAL EACH
■ SCRAMBLED EGGS	180 CAL/4 OZ. SERVING
■ CHEDDAR VEGETABLE STRATA	190 CAL/4.75 OZ. SERVING
■ HASH BROWNS	130-150 CAL/3 OZ. SERVING
BACON	40 CAL EACH
SAUSAGE LINKS	130 CAL EACH
PANCAKES	50 CAL EACH
SYRUP	110 CAL/1 OZ. SERVING
FRESH SEASONAL SLICED FRUIT	35 CAL/2.5 OZ. SERVING
ASSORTED JUICE	110-170 CAL EACH
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING

Smart Sunrise Sandwich Buffet \$11.39

GARDEN VEGETABLES & EGG	
ON WHEAT ENGLISH MUFFIN	220 CAL EACH
SOUTHWEST GARDEN VEGETABLE,	
HAM & EGG ON WHEAT ENGLISH MUFFIN	220 CAL EACH
TURKEY SAUSAGE, SWISS & EGG	
ON WHEAT ENGLISH MUFFIN	250 CAL EACH
ROASTED BANANA YOGURT PARFAIT	440 CAL EACH
APPLE PIE YOGURT PARFAIT	410 CAL EACH
HONEY GINGER YOGURT PARFAIT	440 CAL EACH
STRAWBERRY YOGURT PARFAIT	370 CAL EACH
FRESH SEASONAL SLICED FRUIT	35 CAL/2.5 OZ. SERVING
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING

American Breakfast \$9.99

DANISH	200-430 CAL EACH
■ SCRAMBLED EGGS	180 CAL/4 OZ. SERVING
■ ■ SLICED HASH BROWNS	140 CAL/2 OZ. SERVING
■ ■ DICED HASH BROWNS	130 CAL/3 OZ. SERVING
■ ■ SHREDDED HASH BROWNS	150 CAL/3 OZ. SERVING
HASH BROWN PATTIES	150 CAL/2.25 OZ. SERVING
BACON	40 CAL EACH
SAUSAGE LINKS	130 CAL EACH
SAUSAGE PATTIES	200 CAL EACH
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING

French Toast Breakfast \$8.49

■ ORANGE CINNAMON FRENCH TOAST	90 CAL EACH
MAPLE SYRUP	110 CAL/1 OZ. SERVING
■ ■ SLICED HASH BROWNS	140 CAL/2 OZ. SERVING
■ ■ DICED HASH BROWNS	130 CAL/3 OZ. SERVING
■ ■ SHREDDED HASH BROWNS	150 CAL/3 OZ. SERVING
HASH BROWN PATTIES	150 CAL/2.25 OZ. SERVING
BACON	40 CAL EACH
SAUSAGE LINKS	130 CAL EACH
SAUSAGE PATTIES	200 CAL EACH
COFFEE, DECAF, HOT TEA	0 CAL/8 OZ. SERVING

Egg Whites available on request - nominal fee may apply

BREAKFAST

BREAKFAST ENHANCEMENTS

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

Yogurt Parfaits \$9.29

CHOICE OF TWO YOGURT PARFAIT FLAVORS

ROASTED BANANA YOGURT PARFAIT	440 CAL EACH
APPLE PIE YOGURT PARFAIT	410 CAL EACH
HONEY GINGER PEAR PARFAIT	440 CAL EACH
STRAWBERRY YOGURT PARFAIT	370 CAL EACH

Sensible Sandwich \$4.09

CHOOSE FROM THE FOLLOWING SENSIBLE SANDWICH SELECTIONS!

GARDEN VEGETABLES & EGG ON WHEAT ENGLISH MUFFIN	220 CAL EACH
SOUTHWEST GARDEN VEGETABLE, HAM & EGG ON A WHEAT ENGLISH MUFFIN	220 CAL EACH
TURKEY SAUSAGE, SWISS & EGG ON WHEAT ENGLISH MUFFIN	250 CAL EACH

Hand Wrapped Breakfast Burritos \$4.09

CHOOSE FROM THE FOLLOWING HAND-WRAPPED BREAKFAST BURRITOS!

MEAT LOVER'S BREAKFAST BURRITO WITH BACON, SAUSAGE AND HAM	810 CAL EACH
<input type="checkbox"/> POTATO, CHEDDAR AND PICO DE GALLO BREAKFAST BURRITO	440 CAL EACH
<input type="checkbox"/> FLORENTINE BREAKFAST BURRITO	580 CAL EACH

Egg Whites available on request - nominal fee may apply



Cereal Bar \$6.69

INDIVIDUAL CEREAL CUPS, MILK AND BANANAS

CEREAL CUPS	140-260 CAL EACH
MILK	140 CAL/8 OZ. SERVING
BANANA	110 CAL EACH

Traditional Sandwiches \$2.59

CHOOSE FROM THE FOLLOWING TRADITIONAL SANDWICH SELECTIONS!

EGG & CHEESE ENGLISH MUFFIN	270 CAL EACH
SAUSAGE, EGG & CHEESE ON BISCUIT	520 CAL EACH
BACON, EGG & CHEESE ON BAGEL	370 CAL EACH
HAM, EGG & CHEESE ON A CROISSANT	450 CAL EACH

Home-style Biscuits and Gravy \$2.49

BISCUITS AND GRAVY	590 CAL/7 OZ. SERVING
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LUNCH & BUFFET

CLASSIC COLLECTIONS

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

Deli Express \$9.29

CREATE YOUR OWN DELI SANDWICH CREATION ACCOMPANIED BY YOUR CHOICE OF TWO (2) SIDE SALADS AND COOKIES

Deli Platter

SLICED OVEN ROASTED TURKEY	60 CAL/1 OZ. SERVING
SLICED ROAST BEEF	30 CAL/1 OZ. SERVING
DELI HAM	40 CAL/1 OZ. SERVING
TUNA	80 CAL/1 OZ. SERVING
CHEESE TRAY	60 CAL/1 OZ. SERVING
RELISH TRAY (LETTUCE, TOMATO, ONION, PICKLES, PEPPERONCINI)	30 CAL/2 OZ. SERVING
ASSORTED BAKED BREADS & ROLLS	110-160 CAL EACH
SIDE SALADS	25-240 CAL EACH
■ ASSORTED COOKIES	170-200 CAL EACH

Classic Box Lunch \$8.59

YOUR CHOICE OF SMOKED TURKEY WITH SWISS, HAM AND SWISS OR ROASTED VEGETABLES & CHEESE - SERVED WITH POTATO CHIPS, WHOLE FRUIT, AND A COOKIE

TURKEY AND SWISS	490 CAL EACH
HAM AND SWISS	430 CAL EACH
GARDEN VEGETABLE AND CHEESE	570 CAL EACH
INDIVIDUAL BAG OF CHIPS	150-160 CAL EACH
WHOLE FRUIT	80-110 CAL EACH
■ COOKIE	170-200 CAL EACH

Classic Selections \$14.39

YOUR CHOICE OF THREE (3) CLASSIC SANDWICHES AND TWO (2) SIDE SALADS ACCOMPANIED BY POTATO CHIPS, PICKLES, COOKIES, ICED TEA AND ICED WATER

CLASSIC SELECTION SANDWICHES	350-750 CAL EACH
SIDE SALADS	25-240 CAL EACH
PICKLES	0 CAL EACH
INDIVIDUAL BAGS OF CHIPS	150-160 CAL EACH
■ ASSORTED COOKIES	170-200 CAL EACH
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

DELI SLICED TURKEY AND SWISS ON HEARTY WHEAT BREAD (490 CAL EACH)

GRILLED CHICKEN CLUB WITH BACON AND SWISS ON TOASTED WHEAT BREAD (750 CAL EACH)

SOUTHWESTERN TURKEY WITH FAJITA VEGETABLES ON CIABATTA BREAD (350 CAL EACH)

■ GREEK SALAD WRAP WITH CRUMBLed FETA, BLACK OLIVES, FRESH CUCUMBERS, PLUM TOMATOES AND RED ONION (430 CAL EACH)

BLACK FOREST HAM WITH SMOKED GOUDA ON MARBLE RYE BREAD (430 CAL EACH)

Premium Box Lunch

CIABATTA MUFFALETTA WITH ORZO, ROASTED VEGETABLES \$11.89

CIABATTA MUFFALETTA	510 CAL EACH
ORZO PASTA SALAD	190 CAL/4.25 OZ. EACH
■ ROASTED VEGETABLES	120 CAL/3.25 OZ. SERVING
CHOCOLATE DIPPED BISCOTTI	190 CAL EACH

VEGETABLE AND BOURSIN SANDWICH WITH LEMON COUSCOUS \$10.79

■ GARDEN VEGETABLE AND BOURSIN SANDWICH	570 CAL EACH
■ LEMON CAPER COUSCOUS	110 CAL/3 OZ. SERVING
■ ROASTED VEGETABLES	120 CAL/3.25 OZ. SERVING
■ BAKERY-FRESH BROWNIE	250 CAL/2.25 OZ. SERVING

Includes Assorted Individual Chips, Whole Fruit and Gourmet Dessert

Additional Premium Box Lunch
options available upon request!

Please contact your catering professional!

LUNCH & BUFFET

CLASSIC COLLECTIONS

The Executive Luncheon \$16.99

Your choice of three (3) Sandwiches and two (2) Side Salads accompanied by Potato Chips, Pickles, Cookies, Iced Tea and Iced Water

EXECUTIVE LUNCHEON SANDWICHES	380-760 CAL EACH
SIDE SALADS	25-240 CAL EACH
PICKLES	0 CAL EACH
INDIVIDUAL BAGS OF CHIPS	150-160 CAL EACH
ASSORTED COOKIES	170-200 CAL EACH
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Includes appropriate condiments

GARDEN VEGETABLES WITH BOURSIN, AGED PROVOLONE AND ROASTED GARLIC AIOLI ON CIABATTA (570 CAL EACH)

HAM AND BRIE, WITH FRESH PEAR, SPINACH AND CARAMELIZED ONIONS ON WHEATBERRY BREAD (700 CAL EACH)

GRANNY SMITH APPLES AND BRIE WITH FRESH BABY SPINACH ON A FRENCH BAGUETTE (760 CAL EACH)

CHICKEN CAESAR WRAP (630 CAL EACH)

HAM & SWISS WITH APRICOT PRESERVE, FRESH SPINACH, AND PLUM TOMATO ON A CIABATTA (530 CAL EACH)

PEPPER JACK TUNA WRAP WITH FRESH JALEPEÑO AND PLUM TOMATOES (600 CAL EACH)

TURKEY, HAM & RANCH CLUB WITH BACON, LETTUCE, AND TOMATO (580 CAL EACH)

Salad Selections

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

GREEK PENNE 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)

TOASTED BARLEY ORANGE CRANBERRY SALAD WITH RED ONIONS, HONEY, CINNAMON AND ORANGE (120 CAL/3.5 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)

CHICKPEA SALAD WITH FRESH CUCUMBERS, RED ONIONS, GREEN AND RED PEPPERS, CELERY AND GARLIC WITH A HOT PEPPER SAUCE AND LEMON SEASONING (130 CAL/3.5 OZ. SERVING)

EDAMAME SALAD WITH SHIITAKE MUSHROOMS, BEAN SPROUTS, RADISHES, SCALLIONS, FRESH BASIL AND MINT TOSSED IN A RICE WINE VINEGAR AND GINGER ROOT DRESSING (140 CAL/3 OZ. SERVING)

CHILLED DILL CUCUMBER SALAD WITH ONIONS TOSSED IN ITALIAN DRESSING (60 CAL/3.75 OZ. SERVING)

GRILLED VEGETABLE ROTINI 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)

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LUNCH & BUFFET

BUFFETS

Served with Ice Water and Iced Tea

(12 Person Minimum)

Includes appropriate condiments

Traditional American \$11.99

BABY SPINACH SALAD	60 CAL/2.15 OZ. SERVING
BAKERY FRESH ROLLS	90 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
PEACH COBBLER	120 CAL/3.75 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Asian Accents \$15.49

PEANUT LIME RAMEN NOODLES	210 CAL/3 OZ. SERVING
EGG ROLLS WITH A TRIO OF DIPPING SAUCES	240 CAL/7 OZ. SERVING
BROWN RICE	110 CAL/2.75 OZ. SERVING
GENERAL TSO'S CHICKEN	370 CAL/6.5 OZ. SERVING
TERIYAKI SALMON WITH LEMON GREEN BEANS	100 CAL/3 OZ. SERVING
RASPBERRY COCONUT BARS	370 CAL/3.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Tasty Tex Mex \$14.99

CREATE YOUR OWN FAJITAS WITH OUR TEX MEX SIDES!

CHIPS AND SALSA	150 CAL/2 OZ. SERVING
MEXICAN RICE	130 CAL/3 OZ. SERVING
REFRIED BEANS	140 CAL/3.75 OZ. SERVING
BEEF FAJITAS WITH TORTILLAS, SHREDDED CHEDDAR AND SOUR CREAM	590 CAL/5 OZ. SERVING
CHICKEN FAJITAS WITH TORTILLAS, SHREDDED CHEDDAR AND SOUR CREAM	580 CAL/5 OZ. SERVING
FIRE ROASTED SALSA	10 CAL/1 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
PICO DE GALLO	10 CAL/1 OZ. SERVING
CINNAMON CRISPS	20 CAL EACH
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Latin Flavors \$14.49

MEXICAN CHOPPED SALAD	40 CAL/2.4 OZ. SERVING
GRILLED FLATBREAD	110 CAL EACH
CILANTRO LIME RICE	120 CAL/3 OZ. SERVING
CUMIN BLACK BEANS	110 CAL/3 OZ. SERVING
CHIPOTLE ORANGE ROASTED CHICKEN	440 CAL/6 OZ. SERVING
CARNE ASADA CON PAPAS RANCHERO	170 CAL/6 OZ. SERVING
SOPAIPILLAS	70 CAL EACH
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Pasta Trio Buffet \$11.99

CAESAR SALAD	160 CAL/2.66 OZ. SERVING
GARLIC BREADSTICKS	110 CAL EACH
MANICOTTI MARINARA	130 CAL/3.25 OZ. SERVING
CHEESE RAVIOLI	110 CAL/2.5 OZ. SERVING
SPINACH ALFREDO SAUCE	50 CAL/1 OZ. SERVING
RIGATONI	80 CAL/2 OZ. SERVING
ROSA SAUCE	30 CAL/1 OZ. SERVING
ASSORTED COOKIES	170-200 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

ADD ON GRILLED CHICKEN BREAST \$2.29
(160 CAL/3 OZ. SERVING)

Lazy Summer BBQ \$16.49

OLD-FASHIONED COLESLAW	160 CAL/3 OZ. SERVING
CORNBREAD FIESTA MUFFINS	120 CAL EACH
MACARONI AND CHEESE	240 CAL/4 OZ. SERVING
BARBECUED BAKED BEANS	170 CAL/4.75 OZ. SERVING
LAZY COUNTRY CHICKEN	430 CAL/6 OZ. SERVING
SLICED BRISKET	350 CAL/5 OZ. SERVING
ASSORTED COOKIES	170-200 CAL EACH
LEMON CHEESECAKE BARS	310 CAL/2.75 OZ. SERVING
RASPBERRY COCONUT BARS	370 CAL/3.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

LUNCH & BUFFET

BUFFETS

Served with Ice Water and Iced Tea
(12 Person Minimum)

Includes appropriate condiments

Harvest Bounty \$11.99

TRADITIONAL MIXED GREEN SALAD	50 CAL/3.5 OZ. SERVING
SOUTHERN BISCUITS	190 CAL EACH
BUTTERMILK MASHED POTATOES	120 CAL/3.75 OZ. SERVING
SAUTEED DILL GREEN BEANS	30 CAL/3 OZ. SERVING
HERB ROASTED TURKEY	120 CAL/3 OZ. SERVING
BAKED HAM	110 CAL/3 OZ. SERVING
APPLE PIE	410 CAL/5.5 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Taco Del Seoul \$11.99

VEGGIE EGGROLLS WITH A TRIO OF DIPPING SAUCES	240 CAL/7 OZ. SERVING
CORN TORTILLAS	30 CAL EACH
BIBB LETTUCE CUPS	0 CAL EACH
JASMINE RICE	130 CAL/3 OZ. SERVING
KOREAN BBQ CHICKEN	140 CAL/2 OZ. SERVING
KOREAN BBQ PORK	110 CAL/2 OZ. SERVING
KOREAN BBQ TOFU	90 CAL/2 OZ. SERVING
ASIAN SLAW	20 CAL/1.25 OZ. SERVING
PICKLED CUCUMBERS	10 CAL/1 OZ. SERVING
PICKLED CARROT AND DALKON	15 CAL/1 OZ. SERVING
SALSA ROJA	25 CAL/1 OZ. SERVING
SALSA VERDE	10 CAL/1 OZ. SERVING
MANGO SALSA	30 CAL/1 OZ. SERVING
SHREDDED GREEN CABBAGE	0 CAL/.5 OZ. SERVING
SCALLIONS	0 CAL/.25 OZ. SERVING
CILANTRO	0 CAL/.125 OZ. SERVING
TOASTED SESAME SEEDS	30 CAL/.125 OZ. SERVING
CHOPPED PEANUTS	40 CAL/.25 OZ. SERVING
ASSORTED COOKIES	170-200 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Basic Italian Buffet \$11.99

ITALIAN HOUSE SALAD	50 CAL/3.5 OZ. SERVING
GARLIC BREADSTICKS	110 CAL EACH
BAKED PASTA	440 CAL/12.75 OZ. SERVING
HOME-STYLE LASAGNA WITH PARMESAN CHEESE	320 CAL/7.25 OZ. SERVING
ASSORTED COOKIES	170-200 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Travolino Buffet \$11.99

THREE ITALIAN CLASSICS AND SIDES...SUBSTITUTE CHICKEN PARMESAN
FOR AN ADDITIONAL FEE

CAESAR SALAD	160 CAL/2.66 OZ. SERVING
GARLIC BREADSTICKS	110 CAL EACH
EGGPLANT PARMESAN	390 CAL/7.71 OZ. SERVING
ITALIAN SAUSAGE	670 CAL/7.75 OZ. SERVING
RIGATONI MARINARA	120 CAL/4.5 OZ. SERVING
ASSORTED COOKIES	170-200 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

ADD ON GRILLED CHICKEN BREAST \$2.29
(160 CAL/3 OZ. SERVING)

Northern Italian Buffet \$11.99

MEDITERRANEAN SALAD WITH A GREEK VINAIGRETTE	120 CAL/3.25 OZ. SERVING
GARLIC BREADSTICKS	110 CAL EACH
ROASTED MUSHROOMS	100 CAL/2.25 OZ. SERVING
VERMICELLI PASTA	150 CAL/3.25 OZ. SERVING
LEMON ROSEMARY CHICKEN	130 CAL/3 OZ. SERVING
SHRIMP SCAMPI	100 CAL/3 OZ. SERVING
ASSORTED COOKIES	170-200 CAL EACH
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
ICED TEA	0 CAL/8 OZ. SERVING
ICED WATER	0 CAL/8 OZ. SERVING

Additional Themed Buffet
options available upon request!

Please contact your catering professional!

BUFFETS

Build Your Own Buffet: Select two salads, one entrée, two sides, and one finish

Buffet Salads

- SEASONAL GARDEN SALAD WITH BALSAMIC VINAIGRETTE (50 CAL/3.5 OZ. SERVING)
- CLASSIC CAESAR SALAD (160 CAL/2.66 OZ. SERVING)
- BABY SPINACH SALAD WITH BACON, HARD BOILED EGGS AND GORGONZOLA VINAIGRETTE (60 CAL/2.15 OZ. SERVING)
- GREEK SALAD WITH CRUMBLLED FETA (120 CAL/3.25 OZ. SERVING)
- ITALIAN GREEN SALAD WITH PENNE AND PROSCIUTTO (110 CAL/3.25 OZ. SERVING)
- ■ AUTUMN VEGETABLE SALAD WITH RED WINE VINAIGRETTE (80 CAL/3 OZ. SERVING)

Buffet Entrées

- GRILLED CHICKEN BREAST WITH CIDER MARINADE (120 CAL/3 OZ. SERVING) \$14.49
- FRIED CHICKEN WITH BUTTERMILK HOT SAUCE (540 CAL/9 OZ. SERVING) \$11.99
- STUFFED CHICKEN BREAST WITH GOAT CHEESE AND SUN-DRIED TOMATOES (280 CAL/4.5 OZ. SERVING) \$14.99
- BAKED TILAPIA WITH MANGO SALSA (350 CAL/8.5 OZ. SERVING) \$15.99
- GRILLED SALMON WITH SUNDRIED TOMATO PESTO SAUCE (240 CAL/6.75 OZ. SERVING) \$17.29
- BEEF POT ROAST WITH DIJON SHALLOT SAUCE (300 CAL/5 OZ. SERVING) \$15.99
- SEASONED ROAST BEEF WITH DEMI GLACE (310 CAL/6 OZ. SERVING) \$15.99

Buffet Sides

- BARLEY ORANGE CRANBERRY SALAD (120 CAL/3.5 OZ. SERVING)
- ITALIAN SEASONED GREEN BEANS (40 CAL/3.25 OZ. SERVING)
- GOAT CHEESE AND ROASTED GARLIC MASHED POTATOES (170 CAL/4.25 OZ. SERVING)
- PAN ROASTED VEGETABLES (45 CAL/3 OZ. SERVING)
- ■ HERB-ROASTED MUSHROOMS (100 CAL/2.25 OZ. SERVING)
- ■ PENNE WITH MARINARA SAUCE (100 CAL/3 OZ. SERVING)
- MARINATED ROASTED RED POTATOES (120 CAL/2.75 OZ. SERVING)

Buffet Finishes

- APPLE PIE (410 CAL/5.5 OZ. SERVING)
- CHERRY CHEESECAKE TARTS (180 CAL/1.75 OZ. SERVING)
- NEW-YORK STYLE CHEESECAKE (460 CAL EACH)
- CINNAMON CHERRY PEAR CRISP (210 CAL/4.25 OZ. SERVING)
- MINI BROWNIE AND CAPPUCCINO MOUSSE PARFAITS (230 CAL/3 OZ. SERVING)
- SPICED CARROT CAKE (370 CAL/3 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.

RECEPTIONS


RECEPTIONS

Classic Cheese Tray \$2.79 PER PERSON

CLASSIC CHEESE TRAY WITH SWISS, CHEDDAR AND PEPPER JACK CHEESES, PITA CHIPS AND CROSTINI (290 CAL/2.75 OZ. SERVING)

Fresh Garden Crudités \$2.79 PER PERSON

FRESH GARDEN CRUDITÉS WITH RANCH DILL DIP AND PITA CHIPS

 FRESH GARDEN CRUDITÉS WITH RANCH DILL DIP	120 CAL/5 OZ. SERVING
 PITA CHIPS	270 CAL/4 OZ. SERVING

Fresh Seasonal Fruit \$2.09 PER PERSON

FRESH SEASONAL FRUIT TRAY (40 CAL/2.5 OZ. SERVING)

Antipasto Platter \$4.09 PER PERSON

ANTIPASTO PLATTER WITH MARINATED VEGETABLES, ITALIAN MEATS AND ASSORTED CHEESES (250 CAL/5 OZ. SERVING)

Assorted Mini Sandwiches \$4.79 PER PERSON

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	320 CAL EACH
MINI CAPRESE SANDWICHES	250 CAL EACH



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 (540) 568-6637 to arrange a personal consultation.

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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.



Mediterranean \$9.29

ADD A PACKAGE OF OUR MEDITERRANEAN BITES TO YOUR RECEPTION

 MARINATED OLIVES	150 CAL/2.75 OZ. SERVING
 HUMMUS & PITA CHIPS	220 CAL/4.5 OZ. SERVING
 GREEK SALAD	120 CAL/3.25 OZ. SERVING
 SEASONAL ROASTED VEGETABLE TRAY	210 CAL/4 OZ. SERVING
TABBOULEH SALAD	110 CAL/3.25 OZ. SERVING


Dim Sum \$11.39

A LITTLE AFTERNOON DIM SUM TO SPICE UP YOUR AFTERNOON MEETING OR EVENING RECEPTION

EGG ROLLS WITH A TRIO OF DIPPING SAUCES	240 CAL EACH
POT STICKERS WITH A SWEET SOY SAUCE	280 CAL/4.25 OZ. SERVING
SWEET & SPICY BONELESS CHICKEN WINGS	590 CAL/7.5 OZ. SERVING
 SWEET CHILE SAUCE	100 CAL/1 OZ. SERVING
 RASPBERRY COCONUT BAR	370 CAL/3.25 OZ. SERVING

Happy Hour \$9.29

HAVE A "PUB" BREAK WITH YOUR FAVORITE HAPPY HOUR FINGER FOODS

 CHILLED SPINACH DIP WITH PITA CHIPS	230 CAL/2.25 OZ. SERVING
MINI CHEESESTEAKS	170 CAL EACH
BUFFALO CHICKEN TENDERS SERVED WITH CELERY STICKS AND BLUE CHEESE DIP	680 CAL/6.75 OZ. SERVING
ASSORTED COOKIES AND DESSERT BARS	170-370 CAL EACH

SNACKS

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

Chocaholic \$8.29

BECOME ADDICTED WITH AN ASSORTMENT OF CHOCOLATE-THEMED TREATS

MINIATURE CHOCOLATE BARS	45-70 CAL EACH
CHOCOLATE CHIP COOKIES	170-200 CAL EACH
CHILLED CHOCOLATE MILK	200 CAL/8 OZ. SERVING
CHOCOLATE DIPPED PRETZELS	110 CAL EACH
CHOCOLATE DIPPED STRAWBERRIES	40 CAL EACH

Energy Break \$2.99

RAISE THE BAR!

GRANOLA BARS	90 CAL EACH
FRUIT FILLED BARS	160 CAL EACH
BREAKFAST BARS	250 CAL EACH

The Healthy Alternative \$8.29

GET HEALTHY WITH OUR HEART-HAPPY BREAK

APPLES	80 CAL EACH
ORANGES	80 CAL EACH
BANANAS	110 CAL EACH
PEARS	100 CAL EACH
INDIVIDUAL YOGURT CUPS	50-150 CAL EACH
TRAIL MIX	290 CAL EACH
GRANOLA BARS	190 CAL EACH

Snack Attack \$3.09

THE PERFECT BLEND OF SWEET AND SALTY TO GET YOU THROUGH YOUR DAY!

INDIVIDUAL BAGS OF CHIPS	150-160 CAL EACH
HONEY PEANUTS	160 CAL/1 OZ. SERVING
BAKERY-FRESH BROWNIES	250 CAL/2.25 OZ. SERVING
TRAIL MIX	290 CAL EACH
ASSORTED COOKIES	170-200 CAL EACH



BEVERAGES

REGULAR AND DECAFFEINATED COFFEE, TEA (0 CAL/8 OZ. SERVING)
\$2.39 PER PERSON

Includes appropriate condiments

HOT APPLE CIDER (160 CAL/8 OZ. SERVING) \$1.79 PER PERSON

HOT APPLE CIDER (160 CAL/8 OZ. SERVING) \$17.99 PER GALLON

HOT CHOCOLATE (160 CAL/8 OZ. SERVING) \$1.79 PER PERSON

HOT CHOCOLATE (160 CAL/8 OZ. SERVING) \$17.99 PER GALLON

LEMONADE (90 CAL/8 OZ. SERVING) \$15.99 PER GALLON

FRUIT PUNCH (50 CAL/8 OZ. SERVING) \$15.99 PER GALLON

BOTTLED WATER (0 CAL EACH) \$1.79 PER BOTTLE

ASSORTED SODAS (16OZ) (0-200 CAL EACH) \$1.79 PERBOTTLE

DESSERTS

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

ASSORTED COOKIES (170-200 CAL EACH) \$10.29 PER DOZEN

BAKERY-FRESH BROWNIES (250 CAL/2.25 OZ. SERVING) \$9.09 PER DOZEN

MULTI-LAYER CHOCOLATE CAKE SLICE (270 CAL EACH) \$2.29 PER PERSON

NEW YORK CHEESECAKE SLICE (460 CAL EACH) \$2.49 PER PERSON

 CHOCOLATE COVERED STRAWBERRIES (40 CAL EACH) \$15.49 PER DOZEN

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. LATE FEES INSIDE OF 72 HOURS WILL BE ADDED.

Extras

IF RENTAL EQUIPMENT, LINENS, OR SERVICE STAFF ARE NEEDED, WE CAN TAKE CARE OF IT FOR YOU WITH NECESSARY CHARGES.



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.

CONTACT US TODAY

540.568.6637

CATERING@JMU.EDU

[HTTPS://JMUCATERING.CATERTRAX.COM](https://jmusicatering.catertrax.com)

Prices effective until 08/01/2017