

**top choice****the healthy alternative** \$6.99

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

**chocaholic** \$6.79

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

Granola Bars	190 cal each
Fruit Filled Bars	160 cal each
Breakfast Bars	250 cal each

**snack attack** \$4.99

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  
(0 cal/8 oz. serving) \$1.79

Assorted Hot Tea  
(0 cal/8 oz. serving) \$1.79

Bottled Juice (OJ, Cranberry,  
Grapefruit) (110-170 cal each)  
\$1.99

Bottled Water (0 cal each) \$1.79

Assorted Sodas (16oz)  
(0-200 cal each) \$1.79

■ 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.

**CONTACT US TODAY**

540-568-6637

Catering@jmu.edu

<https://jmucatering.catertrax.com>

Prices effective until 08/01/2017

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# JMU Special Event Catering

*fresh food  
on the go*





## top choice

### healthy choice \$7.29 Per Person

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

*Includes appropriate condiments*

### mini continental \$8.49 Per Person

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

*Includes appropriate condiments*

## meeting all day

### full day classic

Start out with the **Quick Start Breakfast**, served with an assortment of breakfast baked goods, assorted juices and gourmet coffee service.

For Lunch, enjoy either the **Main Event Sandwich Buffet** or the **Salad Affair Gourmet Salad Buffet** served with accompaniments and dessert.

Quick Start Breakfast	
Sandwiches	\$16.79
Salads	\$17.79

### quick start \$7.99 Per Person

Assorted Muffins	190-520 cal each
Assorted Danish	200-430 cal each
Assorted 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

*Includes appropriate condiments*

### a la carte

Assorted Pastries (220 cal each)  
\$11.79 by the dozen

Assorted Muffins served with Butter (190-520 cal each) \$7.79 by the dozen  
*Includes appropriate condiments*  
Croissants (180 cal each)  
\$9.29 by the dozen

Assorted Breakfast Breads (110-220 cal each) \$7.49 by the loaf  
*Includes appropriate condiments*  
Assorted Bagels (170-360 cal each)  
\$15.99 by the dozen

*Includes appropriate condiments*

Assorted Scones (230-490 cal each)  
\$11.99 by the dozen  
*Includes appropriate condiments*

## top choice

### the main event \$9.99

Your choice of three (3) selections from our variety of Premium Sandwiches; served with a Tossed Green Salad and choice of two (2) Side Salads, Chips and Assorted Desserts  
Premium Sandwiches 350-750 cal each  
Tossed Salad 50 cal/3.5 oz. serving  
Side Salads 25-240 cal each  
Individual Bags of Chips 150-160 cal each  
Assorted Cookies 170-200 cal each  
*Assorted Beverages for \$1.49.*

### a salad affair \$10.99

Your choice of three (3) selections from our assortment of Premium Entrée Salads; served with Fresh Bread, Seasonal Fruit and Assorted Desserts  
Premium Entrée Salads 240-640 cal each  
Bakery Fresh Rolls 90 cal each  
Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving  
Assorted Cookies 170-200 cal each  
*Includes appropriate condiments*  
*Assorted Beverages for \$1.49.*

### deli express \$8.99

Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads and Cookies  
Deli Platter with Sliced Oven-roasted Turkey, Sliced Roast Beef, Deli Ham and Tuna; Cheese and Relish Tray;  
Assorted Baked Breads and Rolls 570 cal each  
Side Salads 25-240 cal each  
Assorted Cookies 170-200 cal each  
*Includes appropriate condiments*  
*Assorted Beverages for \$1.49.*

### classic box salad \$8.99

Your choice of any Premium Entrée Salad; served with a Roll and Butter, Seasonal Fruit, Chips and Cookies  
Premium Entrée Salad 240-640 cal each  
Bakery Fresh Roll 90 cal each  
Fresh Seasonal Sliced Fruit 35 cal/2.5 oz. serving  
Individual Bag of Chips 150-160 cal each  
Cookie 170-200 cal each  
*Includes appropriate condiments*  
*Assorted Beverages for \$1.49.*

### signature brown bag lunch \$5.99

Your choice of any Premium Sandwich, served with Chips and Cookies  
Premium Sandwich 350-750 cal each  
Individual Bag of Chips 150-160 cal each  
Cookie 170-200 cal each  
*Assorted Beverages for \$1.49.*

## side salads

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)

Pepper Slaw with Red, Green and Yellow Peppers tossed in Jalapeno Chile-Lime Cream (150 cal/3.5 oz. serving)

Asian Slaw with Red Peppers, Carrots, Scallions, Minced Fresh Mint and Cilantro in a Sesame Teriyaki Dressing (70 cal/3 oz. serving)

Tabbouleh with Ground Bulgur, Tomatoes, Parsley, and Scallions combined in an Olive Oil Mix (110 cal/3.25 oz. serving)

## premium sandwiches

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)

Thinly Sliced Corned Beef with Slaw and Thousand Island Dressing on Rye Bread (460 cal each)

Roast Beef with Mediterranean Vegetables and Balsamic Dressing on Ciabatta Bread (410 cal each)

Ham with Black Bean Spread, Roasted Corn Salad and Barbecue Chipotle Dressing on Ciabatta (430 cal each)

## salads

Traditional Garden Chicken Salad with Fresh Iceberg and Romaine Lettuce, Grilled Chicken, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (330 cal each)

Traditional Caesar Salad with Shredded Parmesan Cheese and Seasoned Croutons (420 cal each)

Traditional Caesar Salad with Grilled Chicken, Shredded Parmesan Cheese and Seasoned Croutons (550 cal each)

Traditional Caesar Salad with Grilled Salmon, Shredded Parmesan Cheese and Seasoned Croutons (590 cal each)

Chicken Chef Salad with Sharp Cheddar Cheese and Ranch Dressing (640 cal each)



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.