



EVERYDAY MENU

JMU CATERING

ALL-DAY PACKAGES

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

ALL DAY DELICIOUS \$33.99

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	70 Cal/2.5 oz. serving
Assorted Juice	110-170 Cal each
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	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
Regular & Decaffeinated Coffee, Hot Tea Selection	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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	0 Cal/8 oz. serving



ALL-DAY PACKAGES

MEETING WRAP UP \$28.99

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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	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
Regular & Decaffeinated Coffee, Hot Tea Selection	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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	0 Cal/8 oz. serving

SIMPLE PLEASURES \$21.79

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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	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.

HEALTHY CHOICE BREAKFAST \$7.69

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
- Regular & Decaffeinated Coffee, Hot Tea Selection 0 Cal/8 oz. serving

NEW YORKER \$13.49

- 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
- Fresh Seasonal Sliced Fruit 40 Cal/2.5 oz. serving
- Assorted Juice 110-170 Cal each
- Iced Water 0 Cal/8 oz. serving
- Regular & Decaffeinated Coffee, Hot Tea Selection 0 Cal/8 oz. serving

À LA CARTE BREAKFAST

Includes appropriate condiments

- Assorted Bagels (170-360 Cal each) \$17.99 Per Dozen
- Assorted Muffins (400-510 Cal each) \$17.99 Per Dozen
- Assorted Pastries (200-510 Cal each) \$17.99 Per Dozen
- Vegan Zucchini Breakfast Bread (270 Cal/3 oz. serving) \$12.49 Serves 12
- Overnight Strawberry Oatmeal (Chilled) (320 Cal/8 oz. serving) \$3.29 Per Person
- Overnight Blueberry Oatmeal (Chilled) (220 Cal/8 oz. serving) \$3.29 Per Person

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BREAKFAST

HOT BREAKFAST

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

ULTIMATE BREAKFAST \$14.49

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 Iced Water, Regular & Decaffeinated Coffee, Hot Tea Selection

■ 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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	0 Cal/8 oz. serving



AMERICAN BREAKFAST \$10.39

Scrambled Eggs, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, choice of one (1) Breakfast Pastry, Iced Water, Regular & Decaffeinated Coffee, Hot Tea Selection

■ 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
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	0 Cal/8 oz. serving

FRENCH TOAST BREAKFAST \$9.29

Orange Cinnamon French Toast served with Butter and Syrup, Breakfast Potatoes, Crisp Bacon, Breakfast Sausage, Iced Water, Regular & Decaffeinated Coffee, Hot Tea Selection

■ Orange Cinnamon French Toast	90 Cal each
■ Maple Syrup	70 Cal/1 oz. serving
Breakfast Potatoes	130-150 Cal/3 oz. serving
Bacon	45 Cal each
Breakfast Sausage	130-220 Cal each
Iced Water	0 Cal/8 oz. serving
Regular & Decaffeinated Coffee, Hot Tea Selection	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 \$8.49

■ 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

BELGIAN WAFFLES \$6.39

■ Belgian Waffles 60 Cal each

■ Fresh Strawberry
and Peach Fruit Topping

20 Cal/1 oz. serving

■ Whipped Cream

50 Cal/0.5 oz. serving

■ Maple Syrup

70 Cal/1 oz. serving

PANCAKE SANDWICHES \$4.09

Bacon, Egg and Cheese Pancake Sandwich

310 Cal each

Ham, Egg and Cheese Pancake Sandwich

270 Cal each

Sausage, Egg and Cheese Pancake Sandwich

340 Cal each

■ Egg and Cheddar Pancake Sandwich

280 Cal each

JUST FRENCH TOAST \$3.39

■ Orange Cinnamon French Toast

50 Cal each

■ Maple Syrup

70 Cal/1 oz. serving

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

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SANDWICHES & SALADS

CLASSIC COLLECTIONS

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

DELI EXPRESS \$10.89

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 \$12.49	
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

Artichoke Chicken Baguette \$12.99	
Grilled Chicken, Artichokes, Spinach, Tomato with Balsamic Glaze and Dill Cream Cheese Baguette	630 Cal each
■ White Bean Herb Salad	90 Cal/3.33 oz. serving
■ Individual Bag of Chips	100-160 Cal each
■ Freshly Baked Brownie	250 Cal/2.25 oz. serving
Bottled Water	0 Cal each

Salmon Caesar Salad \$12.49	
Caesar Salad with Grilled Salmon, Shredded Parmesan Cheese and Seasoned Croutons	590 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 \$9.89

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 \$14.49

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 with Tarragon Horseradish Spread on Wheatberry Bread (450 Cal each)

Turkey Breast with Mesclun Greens and Sage Cream Cheese on Ciabatta Bread (420 Cal each)

■ Avocado and Sriracha Slaw Ciabatta with a Chipotle Dressing (670 Cal each)

Turkey, Feta, Spinach and Sun-Dried Tomato Ciabatta (670 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 \$17.49

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)

■ Garden Vegetables with Boursin, Aged Provolone and Roasted Garlic Aioli on Ciabatta (570 Cal each)

Salmon, Cucumber and Cilantro Coleslaw Ciabatta (650 Cal each)

■ Spicy Grilled Vegetable Wrap Bruschetta and Black Olives (600 Cal each)

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

Grilled Herbed Chicken and Asiago with Garlic Mayonnaise Sub (490 Cal each)

Roast Beef, Caramelized Onion and Kale Ciabatta (500 Cal each)

Roast Beef, Provolone, Artichoke Relish and Pesto Mayo Baguette (690 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)

■ Cilantro Peanut Noodle Salad in a Pesto Cilantro Sauce combined with Radishes, Scallions and Chopped Peanuts (200 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 (330 Cal/3.25 oz. serving)

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

■ Sweet Chili Cucumber Salad with Red Onion, Fresh Cilantro and a Sweet and Spicy Chili Sauce (25 Cal/3 oz. serving)

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

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

Apple Bacon Coleslaw (140 Cal/3.25 oz. serving)

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BUFFETS

THEMED BUFFETS

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

SOUP AND SALAD BUFFET \$14.79

Create your own Salad Sensation served with Dinner Rolls, Soup du Jour and Assorted Craveworthy Cookies

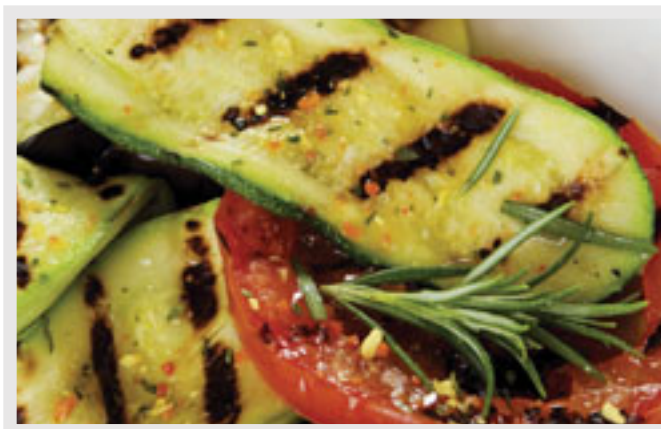
■ Garden Fresh Mixed Greens	15 Cal/3 oz. serving
■ Ranch Dressing	200 Cal/2 oz. serving
■ Italian Dressing	80 Cal/2 oz. serving
■ Sliced Grilled Chicken	160 Cal/3 oz. serving
■ Diced Ham	60 Cal/2 oz. serving
■ Roasted Chickpeas	210 Cal/2 oz. serving
■ Sliced Red Onions	10 Cal/1 oz. serving
■ Shredded Cheese	60 Cal/0.5 oz. serving
■ Tomatoes	5 Cal/1 oz. serving
■ Cucumbers	5 Cal/1 oz. serving
■ Shredded Carrots	10 Cal/0.5 oz. serving
■ Croutons	60 Cal/0.5 oz. serving
■ Dinner Rolls	160 Cal each
Soup du Jour	80-420 Cal/8 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

LAZY SUMMER BBQ \$17.29

■ Coleslaw	150 Cal/3 oz. serving
■ Cornbread Fiesta Muffins	120 Cal each
■ Macaroni and Cheese	260 Cal/4 oz. serving
Baked Beans	170 Cal/4.75 oz. serving
BBQ Chicken	430 Cal/6 oz. serving
Sliced Brisket	350 Cal/5 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
■ Gourmet Dessert Bars	300-370 Cal/2.75-3.25 oz. serving
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

NORTHERN ITALIAN BUFFET \$16.89

■ Mediterranean Salad with a Greek Vinaigrette	120 Cal/3.25 oz. serving
■ Garlic Breadsticks	110 Cal each
■ Roasted Mushrooms	90 Cal/3 oz. serving
Lemon Rosemary Chicken	130 Cal/3 oz. serving
Shrimp Scampi	100 Cal/3 oz. serving
■ Vermicelli Pasta	150 Cal/3.25 oz. serving
■ Berry Panna Cotta	330 Cal/5 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.

LATIN FLAVORS \$14.79

■ 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	180 Cal/6 oz. serving
Sopaipillas	70 Cal each
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

REPUBLIC OF SPICE \$16.99

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

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

Contact us at Catering@jmu.edu / 540.568.6637 to explore more options and personalize your buffet to fit your event.

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BUFFETS

THEMED BUFFETS

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

A TASTE OF ITALY \$19.49

Caesar Salad	160 Cal/2.7 oz. serving
■ Italian White Bean Salad	90 Cal/3.33 oz. serving
■ Garlic Breadsticks	110 Cal each
■ Seasonal Vegetables	70 Cal/3 oz. serving
Three Pepper Pesto Cavatappi	310 Cal/7.5 oz. serving
Grilled Rosemary Chicken	130 Cal/3 oz. serving
Grilled Fennel Tuna	150 Cal/3 oz. serving
Assorted Italian Ices	70-75 Cal each
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

YUCATAN BOWL \$16.69

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

NOODLE BAR BASICS \$17.79

Make your own Pasta creation featuring choice of Cavatappi or Fettuccine Noodles; two (2) of the following: Marinara, Alfredo, Pesto Primavera or Hearty Meat Sauce; two (2) of the following: Grilled Chicken, Italian Sausage, Shrimp or Tofu; and a medley of Veggies and Accompaniments

■ Mesclun Salad with Sliced Oranges, Kalamata Olives and Red Onion	70 Cal/2.25 oz. serving
■ Garlic Breadsticks	110 Cal each
■ Cavatappi Noodles	180 Cal/4 oz. serving
■ Fettuccine Noodles	240 Cal/5.5 oz. serving
Grilled Chicken	160 Cal/3 oz. serving
Italian Sausage	330 Cal/2 oz. serving
Shrimp	60 Cal/2 oz. serving
■ Tofu	50 Cal/2 oz. serving
■ Marinara Sauce	110 Cal/4 oz. serving
Pesto Sauce	160 Cal/4 oz. serving
■ Alfredo Sauce	240 Cal/4 oz. serving
Hearty Meat Sauce	130 Cal/4 oz. serving
■ Broccoli	10 Cal/1 oz. serving
■ Onions	10 Cal/0.5 oz. serving
■ Tomatoes	5 Cal/1 oz. serving
■ Zucchini	5 Cal/1 oz. serving
■ 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



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

- Classic Caesar Salad (160 Cal/2.7 oz. serving)
- Baby Spinach Salad with Bacon, Hard Boiled Eggs and Balsamic Vinaigrette (60 Cal/2.15 oz. serving)
- Greek Salad with Crumbled Feta (120 Cal/3.25 oz. serving)
- Antipasto Salad (130 Cal/3 oz. serving)
- Antipasto Platter with Crostini (250 Cal/5 oz. serving)
- Seasonal Fresh Fruit Salad (40 Cal/2.25 oz. serving)

BUFFET ENTREES

- Cavatappi with Grilled Chicken, Chorizo, Tomatoes, Mushrooms, Roasted Peppers and Beans (770 Cal/18 oz. serving) \$16.89
- Honey Mustard Pork Loin (220 Cal/4 oz. serving) \$15.79
- Bruschetta Tilapia (200 Cal/5.5 oz. serving) \$16.89
- Grilled Salmon in a Moroccan Herb Sauce (120 Cal/2.75 oz. serving) \$18.29
- Pesto Flank Steak (250 Cal/3 oz. serving) \$18.29
- Asian Marinated Steak (160 Cal/3 oz. serving) \$16.89
- Eggplant Lasagna (250 Cal/7.25 oz. serving) \$14.49

BUFFET SIDES

- Goat Cheese and Roasted Garlic Mashed Potatoes (170 Cal/4.25 oz. serving)
- Herb-Roasted Mushrooms (90 Cal/3 oz. serving)
- Broccoli Rabe (70 Cal/3.75 oz. serving)
- Mashed Sweet Potatoes (110 Cal/4.25 oz. serving)
- Roasted Root Vegetables (100 Cal/2.75 oz. serving)
- Fresh Herbed Vegetables (100 Cal/3.5 oz. serving)
- Buttermilk Mashed Potatoes (120 Cal/3.75 oz. serving)

BUFFET FINISHES

- Bread Pudding with Caramel Apple Sauce (370 Cal/6.75 oz. serving)
- New York-Style Cheesecake (440 Cal/slice)
- Spiced Carrot Cake (370 Cal/slice)
- Chocolate Cake (270 Cal/slice)
- Vegan Zucchini Cake with Raisins and Walnuts (270 Cal/3 oz. serving)
- Aquafaba Chocolate Mousse (230 Cal/2.75 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

HORS D'OEUVRES

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

RECEPTION HORS D'OEUVRES (HOT)

- Bacon Wrapped Scallops (20 Cal each) \$23.99
- Balsamic Fig and Goat Cheese Flatbread (80 Cal each) \$22.99
- Black Angus Mini Cheeseburgers (Sliders) (120 Cal each) \$35.99
- Chili-Lime Chicken Kabobs (40 Cal each) \$23.99
- Coconut Shrimp (45 Cal each) \$28.99
- Crab Cakes (30 Cal each) \$22.99
- Parmesan Artichoke Hearts (50 Cal each) \$22.99
- Vegetable Spring Rolls (15 Cal each) \$30.99

RECEPTION HORS D'OEUVRES (COLD)

- Assorted Petit Fours (60-140 Cal each) \$22.99
- Black and White Petit Fours (70 Cal each) \$20.99
- Cool Citrus Mini Cheesecakes (80 Cal each) \$20.99
- Antipasto Kabobs (45 Cal each) \$28.99
- Mediterranean Antipasto Skewers (70 Cal each) \$29.99
- Mushroom Profiterole (45 Cal each) \$30.99

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

FRESH GARDEN CRUDITÉS \$30.29 Serves 12

■ Fresh Garden Crudités with Ranch Dill Dip (120 Cal/5 oz. serving)

FRESH SEASONAL FRUIT \$29.99 Serves 12

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

ANTIPASTO PLATTER \$54.99 Serves 12

Antipasto Platter with Marinated Vegetables, Italian Meats and Cheese (250 Cal/5 oz. serving)

ASSORTED MINI SANDWICHES \$52.99 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 \$23.79 Serves 12

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

MAY WE SUGGEST A SERVED MEAL OR RECEPTION?

We are happy to provide custom catering solutions for your next served event or reception. Please contact your catering professional at 540.568.6637 for menu selections or to arrange a consultation.

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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.

CHEF'S PASTA \$12.79

Create your own pasta sensation with two (2) types of Noodles, two (2) Sauces, and four (4) warmed toppings

■ Cavatappi Pasta	90 Cal/2 oz. serving
■ Penne Pasta	90 Cal/2.5 oz. serving
■ Fettuccine Pasta	120 Cal/2.75 oz. serving
■ Marinara Sauce	30 Cal/1 oz. serving
■ Alfredo Sauce	60 Cal/1 oz. serving
■ Primavera Pesto Sauce	40 Cal/1 oz. serving
■ Roasted Mushrooms	90 Cal/3 oz. serving
■ Broccoli	10 Cal/1 oz. serving
■ Spinach	15 Cal/0.5 oz. serving
■ Onions	10 Cal/0.5 oz. serving
■ Tomatoes	5 Cal/1 oz. serving
■ Zucchini	5 Cal/1 oz. serving
■ Peas	5 Cal/0.25 oz. serving
■ Green Peppers	10 Cal/1 oz. serving

TRADITIONAL CARVING-SLOW-COOKED

BEEF \$13.49

Slow-Cooked Beef served with House-made Condiments and Fresh Rolls

■ Bakery Fresh Rolls	160 Cal each
■ Carved Slow-cooked Beef	200 Cal/3 oz. serving
■ Roasted Garlic Aioli	190 Cal/1 oz. serving
■ Tarragon Horseradish	190 Cal/1 oz. serving
■ Pesto Mayonnaise	190 Cal/1 oz. serving

GROWN UP MAC AND CHEESE \$12.99

Our gourmet Mac and Cheese topped your way

■ Chipotle Macaroni and Cheese	460 Cal/8 oz. serving
■ Grilled Chicken Breast	160 Cal/3 oz. serving
■ Roasted Mushrooms	90 Cal/3 oz. serving
■ Sautéed Shrimp	130 Cal/4 oz. serving

BREAKS

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

CHOCOHOLIC \$6.99

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

ENERGY BREAK \$3.09

Raise the bar!

■ Granola Bars	190 Cal each
■ Fruit Filled Bars	160 Cal each
■ Breakfast Bars	250 Cal each

THE HEALTHY ALTERNATIVE \$7.29

Get healthy with our heart-happy break

■ Apples	60 Cal each
■ Oranges	50 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



BEVERAGES & DESSERTS

BEVERAGES

Includes appropriate accompaniments

- Bottled Water (0 Cal each) \$1.79 Each
- Assorted Bottled Sodas (0-200 Cal each) \$1.79 Each
- Assorted Individual Fruit Juices (110-170 Cal each) \$1.99 Each
- Regular Coffee (0 Cal/8 oz. serving) \$18.99 Per Gallon
- Decaf Coffee (0 Cal/8 oz. serving) \$18.99 Per Gallon
- Infused Water \$7.99 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
- Strawberry Basil Infused Lemonade (95 Cal/8 oz. serving) \$16.99 Per Gallon
- Raspberry Lime Infused Lemonade (100 Cal/8 oz. serving) \$16.99 Per Gallon
- Peach Mint Infused Iced Tea (10 Cal/8 oz. serving) \$16.99 Per Gallon
- Lemon Ginger Infused Iced Tea (5 Cal/10 oz. serving) \$16.99 Per Gallon

DESSERTS

Available for 12 guests or more

- Bakery-fresh Brownies (250 Cal/2.25 oz. serving) \$14.49 Per Dozen
- Chocolate Chip Cookie Brownies (280 Cal/2.6 oz. serving) \$14.49 Per Dozen
- Custom Artisan Cupcakes \$19.49
 - Chocolate Cupcake with Fudge Icing 480 Cal each
 - Vanilla Cupcake 380 Cal each
 - Bananas Foster Cupcake 180 Cal each
 - Devil's Food Cupcake 380 Cal each
- Chocolate Covered Strawberries (40 Cal each) \$16.49 Per Dozen
- New York Cheesecake (440 Cal/slice) \$14.99 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

540.568.6637
Catering@jmu.edu
<https://jmu catering.catertrax.com>

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