



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

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

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

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs.

Contact us by phone at Franklin campus at 405-801-5749 or South Penn campus at 405-801-5996 or email us at Sodexo@mntc.edu

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment and peace of mind. We will also accommodate special needs requests including allergies, Gluten Free, Diabetes, etc.

FLAVOURS

by **sodexo***

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic service ware is included; china is also available upon request. Freshly Brewed Community Coffee, Community Decaffeinated Coffee and variety of Herbal and Non-Herbal Teas with Hot Water are included. These menus are available for groups of 25 or more. 3 Hours Service Time included. Any groups less than 25 will be cost out.

CONTINENTAL

\$9.59 per guest

Seasonal Cubed Fresh Fruit Tray

CHOOSE TWO:

Assorted Breakfast Breads, Coffee Cake, Mini Scones, Danish, Cinnamon Rolls or Assorted Bagels accompanied by Whipped Butter, Assortment of flavored Cream Cheese, and Jellies

CHOOSE ONE:

Chilled Carafes of Orange Juice, Apple Juice, Cranberry Juice or V8R Low-Sodium 100% Tomato Juice

HEALTHY START

\$9.59 per guest

Seasonal Cubed Fresh Fruit Tray

Non-Fat Greek Yogurt Parfaits Made with Berries and Low-Fat Granola
Multi-Grain Bars and Granola Bars

Whole Wheat Bagels

CHOOSE ONE:

Chilled Carafes of Orange Juice, Apple Juice, Cranberry Juice or V8R Low-Sodium 100% Tomato Juice



BREAKFAST BUFFET

\$15.00 per guest

Seasonal Sliced Fresh Fruit and Berries Tray

CHOOSE TWO:

Mini Croissants, Assorted Muffins to Include Low-Fat, Assorted Breakfast Breads, Coffee Cake or Mini Scones accompanied by Whipped Butter, Assortment of flavored Cream Cheese, and Jellies
Home Fries, Hashbrowns, Hashbrown rounds

CHOOSE TWO:

Crispy Bacon, Pork Sausage Links, Turkey Bacon, Turkey Link Sausage or Breakfast Ham Steak

CHOOSE ONE:

Cage-Free Fluffy, Scrambled Eggs, Scrambled Egg Whites, Grilled Zucchini, Bacon or Assorted Mini Quiche

ADD ON:

Buttermilk Pancakes or Traditional French Toast with Warm Maple Syrup and Melted Butter *\$2.00 per guest*

CHOOSE ONE:

Chilled Carafes of Orange Juice, Apple Juice, Cranberry Juice or V8R Low-Sodium 100% Tomato Juice

FLAVOURS

by *sodexo**

A LA CARTE SELECTIONS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. Three-hour service time. Minimum \$75 order.

FROM THE BAKERY *per dozen*

ASSORTED BAKED MUFFINS *\$20.00 per dozen*

Cranberry Orange, Lemon-Poppy Seed, Blueberry, Cappuccino-Chocolate, Apple Cinnamon, Banana Walnut, Honey Bran, Sunrise or Corn Low-Fat Muffins

ASSORTED BREAKFAST BREADS & COFFEE CAKES *\$10.00 per dozen*

Banana Nut Bread, Lemon Poppy Seed Bread, Blueberry Sour Cream Coffee Cake, Blueberry Coffee Cake, Apple Streusel Coffee Cake or Chocolate Espresso Coffee Cake

ASSORTED DANISH *\$10.00 per dozen*

ASSORTED BAGELS Whipped Butter, Cream Cheese, Flavored Cream Cheese and Assorted Jellies *\$10.25 per dozen*

HOUSE-BAKED COUNTRY BISCUITS with Whipped Butter, Honey and Assorted Jellies *\$12.00 per dozen*

ASSORTED MINI MUFFINS *\$12.00 per dozen*

ASSORTED MINI SCONES *\$13.00 per dozen*

CINNAMON ROLLS *\$15.00 per dozen*



STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT *\$1.29 each*

INDIVIDUAL FRUIT YOGURT PARFAITS with Low-Fat Granola *\$2.79 each*

SEASONAL SLICED OR CUBED FRESH FRUIT TRAY

Small 5-10 \$30.00 per tray

Medium 10-20 \$60.00 per tray

Large 20-30 \$90.00 per tray



BREAKFAST SANDWICH *\$20.00 per dozen*

Choice of One: Toasted, English Muffins, Biscuits, Whole Grain Flatbread or Croissants

Choice of One: Cage-Free Egg, Egg and Cheese or Egg Whites

Choice of One: Pork or Turkey Sausage Patty, Ham or Bacon

ALL DAY AT MNTC CAMPUS

\$26.99

Designed for full day conference or meeting, this service simplifies your event planning requirements. Menu offerings are presented Buffet style. Services include delivery, linen-draped service tables, set up and clean up. China is available at additional cost upon request.

These menus are available for groups of 25 or more.

Breakfast

The Classic Continental

- *Seasonal cubed fresh fruit tray*
- *Two Breakfast Baked Goods*
- *Choice of one*
Chilled Carafes of Orange Juice, Apple Juice, Cranberry Juice or V8R Low-Sodium 100% Tomato Juice
- *Freshly Brewed Coffee*
- *Hot Water w/assorted Teas*
- *Ice Water*

Lunch Buffet

Option I:

- *Choice of One*
Honey Glazed Chicken
Smoked Turkey
Oven Roasted Chicken
BBQ Beef Brisket
- *Choice of One*
Whole Green Beans
Roasted Corn
Baked beans
Roasted zucchini, squash and carrots
- *Choice of One*
Whipped potatoes
Oven Roasted Red Potatoes
Macaroni and Cheese
Rice Pilaf

Includes House Salad and Hot Peach Cobbler for Dessert

ALL DAY AT MNTC CAMPUS CONTINUE

Lunch Buffet

Option II:

Assorted Sandwich Platter to include Ham, Turkey, Roast Beef, Lettuce Tomato, Onion, Pickle, Swiss and Cheddar, Homemade chips, mayonnaise and mustard along with assorted breads and Assorted Brownies for dessert

- *Choice of Two*
Fingerling Potato Salad
Caesar Salad
BLT Pasta Salad
Seasonal Fruit Salad
Roasted Vegetable Salad
Crunchy Broccoli Salad
House Garden Salad

Afternoon Snack

- Assorted Cookies
- Queso, Salsa and Chips
- Veggies and Ranch Dip
- Freshly Brewed Coffee
- Hot Water w/assorted Teas
- Ice Water
- Ice Tea

FIRST THINGS FIRST

ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 25 or more.

HOME FRIES WITH CARAMELIZED ONIONS AND RED PEPPERS

\$1.25 per guest

ROASTED SWEET POTATOES *\$1.25 per guest*

WHEAT BERRY PECAN CRUNCH FRENCH TOAST *\$2.00 per guest*

OATMEAL BAR *\$2.00 per guest*

Oatmeal Served with the Following:

Choice of Three: Creamy Peanut Butter, Seasonal

Fresh Fruit, Sliced

Bananas, Ground Cinnamon, Dark or Light Brown

Sugar, Raisins,

Golden Raisins, Dried Cranberries, Walnut Pieces,

Honey and Choice

of Milk: Whole, 2%, Non-Fat or Soy



REFRESH AND REJUVENATE

China is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided. Three Hour Event Time.

COFFEE AND TEA SERVICE

\$3.50 per guest

Coffee Service includes Freshly Brewed Community Coffee, Decaffeinated Coffee and a selection of Herbal and Non-Herbal Teas to include Decaffeinated Tea with Hot Water. This is for Three Hour Event.

HOT BEVERAGES

16 servings per gallon @ 8 oz per person.



Freshly Brewed Community Coffee and Decaffeinated Coffee

\$18.00 per gallon

Freshly Brewed Flavoured Community Coffee

\$20.00 per gallon

Herbal and Non Herbal Teas to include Decaffeinated Tea with Hot Water

\$4.00 per gallon

Hot Chocolate

\$18.00 per gallon

Seasonal Hot or Cold Cider

\$18.50 per gallon

COLD BEVERAGES

16 servings per gallon @ 8 oz per person.

Orange Juice, Cranberry, or Apple Juice

\$11.00 per gallon

Freshly Brewed Iced Tea or Freshly Brewed Iced Sweet Tea

\$10.00 per gallon

Lemonade, Pink Lemonade or Fruit Punch *\$15.00 per gallon*

Orange Blossom Punch *\$16.00 per gallon*

Strawberry Lemonade *\$17.00 per gallon*

Sparkling White Grape Punch *\$14.00 per gallon*

Iced Water Service with Fresh Quartered Oranges, Lemons and Limes *\$4.50 per gallon*

Bottled Water *\$2.00 per guest*

Bottled Fruit Juice: Orange, Cranberry and Apple or Low Sodium V8R 100% Tomato Juice *\$2.25 per guest*



PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Roll and Butter or Buttered Breadstick, Choice of Cookie, Brownie, Bar, Specialty Bar or Seasonal Fresh Fruit Cup and 12oz. Canned Soft Drinks, Regular and Diet or bottle water. Both high quality plastic serveware and eco-friendly serveware are available, upon request as well as China. Services include delivery, linen-draped service tables, setup and clean up. 5 guest minimum per menu selection. Three-hour service time.

CAESAR SALAD

\$8.75 per guest

Crisp Romaine Lightly Tossed with Shredded Parmesan Cheese, Herb-Toasted Croutons and Classic Caesar Dressing
Add Grilled Breast of Chicken add \$1.99
Add Grilled Marinated Steak add \$1.99



COBB SALAD

\$11.00 per guest

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

GREEK SALAD

\$12.00 per guest

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

TRIO-SALAD COMBO

\$13.00 per guest

Select Your Favorite Trio of Hummus or House Tuna, Chicken, Egg or Ham Salads on a Bed of Fresh Field Greens

CHEF SALAD

\$11.00 per guest

Buffet Ham, Breast of Turkey, Swiss and Cheddar Cheeses served on a bed of Mixed Greens with Tomato Wedges, Hard Boiled Eggs Slices and Ripe Olives, with Choice of Dressing

PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one: Seasonal Fresh Fruit Salad, Potato Salad, Cole Slaw, Pasta Salad, a Large Cookie, Brownie or Specialty Bar a canned Soft Drink Or bottle water. Services include on campus delivery, 3 choices per event not including Vegetarian option.

SPICY ITALIAN BAGUETTE

\$10.00 per guest

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

TURKEY AND SHARP CHEDDAR

\$10.00 per guest

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

ROAST BEEF AND CHEDDAR

\$9.50 per guest

Medium Rare Roast Beef and Mild Cheddar, Leaf Lettuce and Tomato on a Ciabatta Topped with a Tangy Horseradish Cream Spread

TUSCAN GRILLED CHICKEN SANDWICH

\$10.00 per guest

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

HOMEMADE CHICKEN OR EGG SALAD

\$12.00 per guest

Chicken Salad with Grapes and Walnuts Served on a Buttery Croissant

BUFFALO CHICKEN WRAP

\$10.00 per guest

Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a White or Wheat Wrap

HUMMUS AND ROASTED VEGETABLE WRAP

\$10.00 per guest

Balsamic Roasted Squash, Zucchini, Red Peppers and Onions Finished with Lettuce, tomato and Hummus Spread on a white or wheat Tortilla

ROASTED VEGETABLE SANDWICH

\$10.00 per guest

Balsamic Roasted Squash, Zucchini, Red Peppers and Onions Finished with Lettuce, tomato and on a Ciabatta Roll



BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plasticware is included; china is also available, upon request. Build Your Own Buffet by choosing one salad, one entrée, one starch, one vegetable, two desserts, and two beverages. Waited service available upon request. These menus are available for 25 guests. Less than 25 guests will be cost out.

SALADS

Market House Salad with two dressings
Caesar Salad with Dressing and House Croutons
Greek Salad with Feta Cheese and Balsamic Vinaigrette

ENTREE

POULTRY

Chicken Marsala *\$19.00 per guest*
Lemon Parmesan Chicken with White wine Chive Sauce *\$19.00 per guest*

BEEF

Caramelized Onion Meatloaf *\$18.00 per guest*
Beef Stroganoff *\$21.00 per guest*

PORK

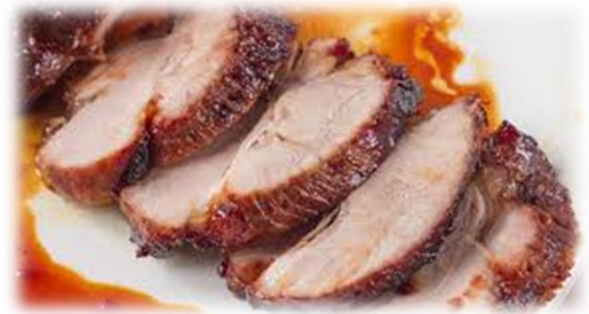
Asian Pork Loin with Honey and Soy Sauce *\$19.00 per guest*
Mustard Herb Pork Loin *\$21.00 per guest*

SEAFOOD

Broiled Salmon with Dill Butter *Market Price per guest*
Citrus Crusted Baked Tilapia *\$18.00 per guest*
Garlic Shrimp Skewers *Market Price per guest*

VEGETARIAN

Vegetable Lasagna *\$16.00 per guest*
Stuffed Tomatoes with Herb Tomato Sauce *\$18.00 per guest*



STARCHES

Oven Roasted Herb Potatoes
Garlic Mashed New Potatoes
Rice Pilaf
Steamed White Rice

VEGETABLES

Fresh Roasted Vegetable Medley
Glazed Carrots
Fresh Green Beans
Steamed Corn
Chef's Choice Seasonal Vegetables

DESSERTS

Chocolate Layer Cake
Chocolate Mousse
Cora's Red Velvet Cake
Apple Crisp
Assorted Cookies & Brownies

BEVERAGES

Ice Water Station
Lemonade
Freshly Brewed Iced Tea
Freshly Brewed Iced Sweet Tea

SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls and Butter, choice of Dessert, Freshly Brewed Community Coffee, Freshly brewed Ice Tea and Water. Decaffeinated Coffee and Herbal and Non-Herbal Teas with Hot Water on request. China service is also available for \$2.00 per guest. Services include on campus delivery, linen-draped service tables, set up and clean up. Three-hour service time.

CHICKEN

GRILLED CHICKEN BREAST *\$16.00 per guest*

Chicken Breast in a Italian Marinade grilled to perfection

CHICKEN PICCATA *\$21.00 per guest*

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

CHICKEN CORDON BLEU *\$22.50 per guest*

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



BEEF AND PORK

BRAISED SHORT RIBS *Market Price per guest*

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

BEEF TENDERLOIN STUFFED WITH SPINACH *Market Price per guest*

Beef Tenderloin Roulades Brimming with Baby Spinach, Red Peppers and Tangy Asiago Cheese, Slow Roasted, Served with Au Jus

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS *\$24.00 per guest*

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

ROASTED PORK TENDERLOIN WITH SWEETENED RASPBERRY VINEGAR SAUCE

\$24.00 per guest

Slow-Roasted Pork Tenderloin Dressed with a Tart Red Wine Vinegar Sauce and Accented with Raspberry, Horseradish and Garlic

COMBINATION PLATE

BEEF and SALMON FILETS *Market Price per guest*

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

SEAFOOD

SEAFOOD AND SPINACH LASAGNA WITH ROASTED RED PEPPER COULIS

Market Price per guest

Lasagna Layered with a Medley of Seafood, Fresh Spinach, Tomatoes, Squash and Our Chef-Made Roasted Red Pepper Coulis

BLACKENED COD WITH SALSA VERDE *Market Price per guest*

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

BROILED SALMON with TWO SALSAS *Market Price per guest*

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



GRILLED TILAPIA with MANGO JICAMA RELISH *\$18.00 per guest*

Grilled Tilapia with Peppery Mango Jicama Relish, Garnished with Shredded Coconut and Lime Zest

GARLIC SHRIMP SKEWERS *Market Price per guest*

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

VEGETARIAN

CHEVRE, ORZO AND BASIL STUFFED PORTOBELLO *\$21.00 per guest*

Two Portobello Mushroom Caps Brimming with Tri-Colored Orzo in a Pesto Cream Sauce, Goat Cheese and Fresh Sweet Basil

SPAGHETTI SQUASH *\$20.00 per guest*

Spaghetti Squash with a Spanish-Inspired Sofrito of Peppers, Onion, Garlic and Select Herbs Served with Vegan Pinto Beans

PORTOBELLO MUSHROOM NAPOLEON *\$22.00 per guest*

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

VEGETABLE WHOLE WHEAT PASTA PRIMAVERA *\$18.00 per guest*

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

ENTREE ACCOMPANIMENTS

SALADS AND STARTERS

- Market House Salad with two choice dressings
- Caesar Salad with dressing and Homemade Croutons
- Fresh Mozzarella and Tomato Stack with Fresh Basil
- Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing
- Greek Salad with Feta Cheese and Balsamic Vinaigrette



SIDES

Choice of One:

- Garlic Mashed Yukon Potatoes
- Mashed Sweet Potatoes
- Oven Herbed Roasted Red Potatoes
- Oven-Roasted Sweet Potatoes
- Potatoes O'Gratin
- Roasted Fingerling Potatoes
- Israeli Couscous
- Basil Orzo
- Ginger Jasmine Rice
- Lemon Rice
- Black Beans and Rice
- Vegetable Risotto
- Chef's Choice of Side Pairing



SIDES



Choice of One:

- Fresh Carrots with Dill
- Fresh Green Beans and Carrot Medley
- Fresh Green Beans
- Grilled Balsamic Zucchini
- Sauteed Broccoli Rabe or Zucchini
- Broccoli with Sauteed Carrots
- Herb Crusted Broiled Tomato
- Roasted Root Vegetables
- Sauteed Mushrooms
- Fresh Spinach and Garlic Saute
- Roasted Fresh Seasonal Asparagus
- Oven-Roasted Butternut Squash
- Chef's Choice of Seasonal Vegetable

DESSERTS

Apple and Raisin Strudel
Traditional Cheesecake with Fresh Seasonal Berries
Chocolate Molten Cake
Old Fashioned Chocolate Layer Cake
Cora's Red Velvet Cake

ADDITIONAL OPTIONS:

Bundt Cakes *\$2.00 per guest*
Designer Key Lime Pie *\$2.00 per guest*



DELI SLICER BUFFET

\$13.79 per guest

Your choice of three deli classics, two fresh cheeses, Assortment of baked breads and chips with a side salad and cookies or brownies. Three-hour service time.

CHOOSE THREE: (2 oz per person each choice)

Smoked ham, turkey, salami, roast beef, tuna salad, egg salad, chicken salad or roasted vegetables

CHOOSE TWO: (2 oz per person each choice)

American, swiss, provolone, pepper jack, or cheddar

CHOOSE ONE: (3 oz per person)

Sweet chili Asian Slaw, Fingerling Potato Salad, Caesar Salad, Herbed couscous,
BLT Pasta Salad, Roasted Vegetable Salad, Crunchy Broccoli Salad or House Garden Salad

ARTISAN SANDWICH BOARD

\$14.29 per guest

Your choice of three sandwiches served with chips and a side salad
And cookies or brownies. Three-hour service time.

CHOOSE THREE SELECTIONS:

Hummus vegetable Baguette, California Chicken on Ciabatta, Bristro Beef and Charred vegetables on Wheat Berry, Roasted Turkey, spinach and red pepper Aioli, Cuban Pork Sandwich or Cashew Chicken Salad on Croissant

CHOOSE ONE: (3 oz per person)

Sweet chili Asian Slaw, Fingerling Potato Salad, Caesar Salad, Herbed couscous,
BLT Pasta Salad, Roasted Vegetable Salad, Crunchy Broccoli Salad or House Garden Salad

FLAVOURS

by *sodexo**

SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plasticware is included. These menus are available for 25 guests. Less than 25 guests will be cost out. Service time is three hours.

LITTLE ITALY

\$15.29 per guest

Your choice of One Entrée, One Pasta and Sauce served with Whole Green Beans, Caesar salad with breadsticks or garlic bread and choice of Lemon bars, cookies or brownies

CHOOSE ONE:

Penne, Spaghetti, Fettucine, Linguine or Rotini

CHOOSE ONE:

Marinara Sauce, Pesto Cream Sauce, Alfredo Sauce, Meatballs in Marinara

CHOOSE ONE:

Lasagna, Tortellini Primavera, Chicken Parmesan, or Chicken Marsala

OLD FASHIONED BBQ

\$12.59 per guest

Includes buns, lettuce, cheese, tomato, pickles, onions, condiments, chips and cookies or brownies

CHOOSE TWO:

4:1 Hamburgers, 4:1 Garden burgers, 4:1 Hot dogs, 4 oz Brats or 4 oz BBQ Chicken

CHOOSE ONE: (3 oz per person)

Potato Salad, Pasta Salad, Cole Slaw or Macaroni and Cheese

FRESH MEX

\$14.79 per guest

Choice of 4oz Beef or 4 oz Grilled Chicken with 2 oz Caramelized Onions and Grilled Peppers

4 oz Tofu or 4 oz Vegetable Fajitas

Cilantro Lime Rice or Mexican Rice (4 oz per guest)

Refried beans or Black Beans (4 oz per guest)

Accompaniments per guest include Flour Tortillas (2 per person), 1 oz Pico de Gallo, 1 oz Sour Cream, 2 oz Tortilla Chips, and 2 oz Shredded Cheese

And Cinnamon-sugar Churros for dessert (1 per person)

SALAD BUFFET

\$13.49 per guest

CHOOSE TWO: (2 oz of each choice per person)

Kale, Spring Mix, Spinach, or Romaine

CHOOSE TWO: (4 oz of each choice per person)

Grilled Chicken, Juilenne Ham, Juilenne Turkey, Sesame-grilled Tofu

Grilled Flank Steak for \$2.29 per person

Mango Grilled Shrimp \$2.29 per person

CHOOSE TWO: (2 oz of each choice per person)

Shredded Cheddar, Sliced Swiss, Smoked Gouda, Bleu Cheese Crumbles or Crumbled Feta Chicken

Accompaniments include 1 oz of each: shredded carrots, red cabbage, grape tomato, cucumber, sunflower seeds, Bell peppers rings, cottage cheese, croutons and three dressings.



DISPLAYS AND PLATTERS

High quality plastic serviceware is included; china is also available, upon request. Waited or butlered services are available upon request. Services include on campus delivery, linen-draped service tables, set up and clean up.

COLD DISPLAYS

Small (5-10), Medium (10-20) and Large (20-30)

Farm Fresh Crudites with Ranch Dip *(Based on 3 oz per person for Crudites and 1 oz per person for dip)*
\$25.00 Small/\$50.00 Medium/\$75.00 Large

Seasonal Cubed Fresh Fruit Tray *(Based on 3 oz per person)*
\$30.00 Small/\$60.00 Medium/\$90.00 Large

Domestic Cheeses with Crackers *(Based on 2 oz per person)*
\$27.50 Small/\$55.00 Medium/\$82.50 Large

Artisan Cheese with Crackers *(Based on 2 oz per person)*
\$40.00 Small/\$80.00 Medium/\$120.00 Large

Antipasto Platter with Crackers or Pita Chips *(Based on 3 oz per person)*
\$40.00 Small/\$80.00 Medium/\$120.00 Large



GRAND FINALE SWEET AND SALTY

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

ASSORTED HOME-STYLE COOKIES

\$8.00 per dozen

Peanut Butter, Chocolate Chip, Sugar, Oatmeal Raisin or White Chocolate Macadamia Nut

BROWNIES

\$16.00 per dozen

Cream Cheese, Plain, Blondie, Fudge or M&M's

GOURMET DESSERT BARS

\$13.00 per dozen

Linzi Bar, Luscious Lemon Bar, Oreo Dream Bar Raspberry Almond Bar, Goopy Chocolate Peanut Butter Bar or Chocolate Chess Bar.

ASSORTED MINI PETIT FOURS AND PASTRIES

\$16.00 per dozen

ASSORTED MINI CANDY BARS

\$2.00 per item

MULTI-GRAIN BARS AND GRANOLA BARS

\$1.19 per item

INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS

\$1.29 per item



ASSORTED POPCORN

\$1.59 per guest

MIXED NUTS WITH PEANUTS

\$10.25 per pound

SNACK MIX

\$4.79 per pound



PLAN FOR SUCCESS PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide to understand processes, procedures and expectations as we work together to achieve a smoothly executed and memorable catered event. Our experienced event planning specialists are very consultative and will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of such details as the exact event date, event location and number of guests that will be in attendance, it's a good idea to touch base with us as early in the process as possible. Some catering arrangements through Flavours by Sodexo can be made by phone or email; other catering arrangements require an in-person appointment with one of our event planning specialists. It's easy to get in touch with Flavours by Sodexo about your catering needs. Here are the options: **Visit Our Office:** You may visit us in person at the Moore Norman Technical Center. Our office hours are Monday through Friday, 8am to 4pm. Please be aware that we are closed on some holidays. Send us an Email: sodexo@mntc.edu.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. Whether your event will be taking place on or off the campus you will need to officially "reserve" the space in order for us to be permitted to serve you in this location. Contact MNTC by phone at Franklin campus call Penny at 405-364-5763 x5730 or South Penn campus call Amy at 405-809-3500.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please contact MNTC by phone at Franklin campus call Penny at 405-364-5763 x5730 or South Penn campus call Amy at 405-809-3500.

EVENT CONFIRMATIONS & GUARANTEES

No less than 3 business days from the scheduled catered event, you must sign a Banquet Event Order. You will also be asked to provide us with a "final" number of guests that will attend your event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. If you do not provide us with a final number, we use the estimated number. Sodexo cannot execute any events without a signed contract.

EVENT CHANGES AND CANCELLATIONS

No less than 3 business days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for 50% cost incurred unless rescheduled within 72 hours by the Catering Office.

EVENT PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, cash, check,

- An administrative fee 15% will be added to your bill.

- Sales tax of 8.35% will be added to your bill.

If you are a tax-exempt organization:

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

DELIVERY FEES

There is no delivery fee for catering services held within Moore Norman Technical Campus or South Penn Conference Center. Deliveries outside the campus, venue will be subject to a \$25.00 or 10% delivery fee, whichever is greater.

SERVICE STAFF AND ATTENDANTS

To ensure that your event is a success, catering staff will be provided for all served meals and some buffets. Continental breakfasts, breaks and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 35 guest. Served meals are priced on an individual basis.

CATERING EQUIPMENT

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

CHINA CHARGES

We provide high quality plastic products. We offer china service for any event at an additional charge of \$3.00 per person.

FLORAL CHARGES

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

LINENS AND SKIRTING

We provide draped linens for food and beverage tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there will be a \$4.00 for each tablecloth. Other tables may be skirted and covered at \$14.00 per table. Specialty color linens are available upon request for an additional charge.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of Flavours by Sodexo, that excess food items from events cannot be removed from the event site. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.