

# The Nutrition Group Catering Options

## Breakfast

**Early Bird** – Assorted Pastries, Regular & Decaf Coffee - \$3.25 per person

**Continental** – Assorted Pastries, Bagels w/Cream Cheese, Fresh Fruit, Yogurt Parfaits, Regular & Decaf Coffee, Orange Juice - \$5.75 per person

**Down Home Breakfast** – Assorted Pastries, Scrambled Eggs, Bacon or Sausage, Hash brown Potatoes, Yogurt Parfaits, Regular & Decaf Coffee, Orange Juice - \$6.25 per person

## Breakfast Extras

**Muffins** – Banana, Chocolate, Blueberry, or Assorted - \$1.25 each or 12 for \$12.00

**Assorted Danishes** – Cinnamon, Cream Cheese, Raspberry, and Apple - \$1.00 each or 12 for \$11.00

**Bagels** – Plain or Blueberry (With Cream Cheese and Margarine) - \$.75 each or 12 for \$8.25

**Donuts** – Plain Donuts – Vanilla Icing, Chocolate icing, Sprinkles - \$.50 each or 12 for \$5.00

**Biscuits & Gravy** – Sausage Gravy over Fresh Baked Biscuit - \$1.30 each

**Yogurt Parfaits** – Premade or create your own – Vanilla yogurt, Fruit, and Granola - \$1.25 each

**Sandwiches and Wraps** \$5.50 per person (Comes with a Bag of Chips and a Bottle of water)

**Turkey Bacon Club** – Oven Roast Turkey, Bacon Strips, American cheese, Lettuce, and Sliced Tomatoes on a Ciabatta Bun. (Ketchup, Mustard, and Mayo on the side)

**Country Ham Sandwich** – Virginia Sliced Ham, White American cheese, Lettuce, and Sliced Tomatoes on a Ciabatta Bun. (Ketchup, Mustard, and Mayo on the side)

**Egg or Chicken Salad Sandwich**

**Italian Wrap** – Ham, Salami, and Mozzarella Cheese, Shredded Lettuce, sliced Tomatoes, and Sliced Red Onions in a Tortilla Wrap with a side of Italian Dressing

**Buffalo Chicken Wrap** – Grilled or Breaded Chicken Strips tossed in Buffalo Sauce, Bacon Strips, Diced Tomatoes, Shredded Cheddar Cheese wrapped in a Tortilla Wrap with a side of Ranch Dressing

**Chicken Caesar Wrap** – Seasoned Grilled Chicken with Romaine lettuce, Shredded Parmesan Cheese, and Caesar Dressing in a Tortilla Wrap

**Salads** \$5.00 (Comes with a Bottle of Water)

**Chef Salad** – Mixed Salad Blend with Turkey, Ham, Diced Hardboiled Eggs, Sliced Cucumbers, Cherry Tomatoes, and Shredded Cheese with Assorted Dressings

**Chicken Caesar Salad** – Romaine Lettuce Blend, Grilled or Breaded Chicken, Seasoned Croutons, Shredded Parmesan Cheese and Caesar Dressing

**BBQ Chicken Salad** – Crispy or Grilled Chicken, Romaine Salad Blend, Sweet Corn, Black Beans, Diced Tomatoes, Cheddar Jack Cheese, Crisp Onion Straws served with a BBQ Ranch Dressing

**Garden Salad** – Romaine Salad Blend, Green Peppers, Red Peppers, Cherry Tomatoes, Carrots, Cucumbers with or without Cheese with Assorted Dressings

**Italian Pasta Salad** – Tri Color Spiral Rotini Pasta with Pepperoni, Green Peppers, Red Peppers, Black Olives, Parmesan Cheese, Cherry Tomatoes with a Zesty Italian Dressing

### **Buffets** – Pricing is per person

**Soup and Salad Bar** – (Choice of Two Soups) Chicken Noodle, Broccoli Cheddar, Loaded Baked Potato, and Meat & Bean Chili. Blended Salad Mix with Fresh Vegetables, Shredded Cheese, Bacon Bits, Croutons, Fresh Baked Bread sticks and Assorted Dressings - \$7.50

**Pizzeria Bar** – (Choice of 4) Pepperoni Pizza, Cheese Pizza, Veggie Pizza, Meat Lovers Pizza, Chicken Bacon Ranch Pizza, and BBQ Chicken Pizza served with Mixed Green Salad with Italian Dressing - \$6.50

**Taco Bar** – Create Your Own Taco Bar your choice of Seasoned Ground Beef or Seasoned Diced Chicken with either Crispy Taco Shells or Flour Tortilla, Topped with your choice of toppings – Shredded Lettuce, Diced Tomatoes Shredded Cheese, and Sour Cream. Served with Spanish rice and Refried Bean - \$6.50

**Baked Potato Bar** – Fresh Baked Potato with Sour Cream, Salsa, Shredded Cheese, Crisp Bacon Bits, and Butter. Served with Mixed Green Salad with Italian Dressing and Fresh Baked Bread sticks - \$5.50

**Pasta Bar** – Your Choice of Spaghetti or Penne Pasta served with Marinara or Alfredo Sauce. Served with Mixed Green Salad with Italian Dressing and Fresh Baked Bread sticks - \$6.50 (Meat Sauce and/or Chicken available for additional charge)

**The “Cookout”** – Choice of Two of the following – Hamburger, Hotdog, or Bratwurst with your choice of Potato Salad, Italian Pasta Salad, and Baked Beans. Served with Condiments, Baked Lays Chips, and Fresh Baked Cookies - \$6.50

### **Appetizers**

Mozzarella Cheese Sticks w/Dipping Sauce (5) - \$2.00

Pretzel Bites w/Cheese Dip (7) - \$2.00

Spinach and Artichoke Dip w/Tortilla Chips - \$2.00

Boneless Wings w/Dipping Sauce (5) - \$2.00

### **Desserts**

Fresh Baked Otis Spunkmeyer Cookie - \$.35 or 12 for \$4.00

Chocolate Brownie or Large Cookie - \$1.10 or 12 for \$10.00

Assorted Cream and Fruit Pies - \$.75 Slice

Cake – Carrot Cake, Double Chocolate Cake, German Chocolate Cake, French Cream Cheesecake - \$.50 Slice

## **Beverages**

Coffee Setup - \$1.50 per person

Large Bottled Water - \$1.00 per person

Small Bottled Water - \$.50 per person

Juice - \$.75 per person

Lemonade or Unsweet Tea - \$.75 per person