



Bowie State University

In Any Event



Bowie Catering Services specializes in creative and exceptional catering presentations. We understand your need for consistent and prompt service.

Whether you are planning an executive meeting or staff luncheon, our friendly and courteous staff assures the success of your function. Should your plans include items or selections not listed, we will be happy to customize menus for you.

Thank you for the opportunity to serve you and your guests. We appreciate your interest in our catering services and we look forward to the opportunity to exceed your expectations. If you have any questions, please feel free to contact us at (301) 860-3805 or e-mail us at bsucatering@thompsonhospitality.com



Table Of Contents

- Signature Breakfast
- Hors d'oeuvres
- Boxed Luncheons
- Served Lunch Salads
- Lunch & Dinner Buffets
- Buffet Creations
- Served Dinners
- Snacks & Party Trays
- Beverages
- Guidelines
- Nutrients



Signature Breakfasts

All meals are served with high quality plastic and paper unless requested otherwise.

Continental Breakfast

Assorted breakfast pastries (290-390 cal) and fresh fruit tray (52 cal). Includes fresh coffee (2 cal), hot tea (2 cal), and orange juice (80 cal).

8.50 per person, 5 guest minimum

Add one hot item to continental breakfast: 9.25 per person

10 guest minimum, your choice of one item from the following:

- Scrambled Eggs 190 cal
- Sausage or Bacon 200/60 cal
- Cheese and Vegetable Strata 160 cal
- Cinnamon Raisin French Toast 162 cal

Health-Conscious

Assorted Nutri-grain and granola bars (98-130 cal), and fresh-cut fruit (53 cal). Includes fresh coffee (2 cal), hot tea (2 cal), and orange juice (80 cal).

8.55 per person, 5 guest minimum

Country Buffet Breakfast

Choice of two: Scrambled eggs (190 cal), bacon (60 cal), ham (80 cal), or sausage (200 cal) with O'Brien hash browns (100 cal), buttermilk biscuits (200 cal) with spreads (50-110 cal), and fresh seasonal fruit (53 cal). Includes fresh coffee (2 cal), hot tea (2 cal), and orange juice (80 cal).

11.50 per person, 10 guest minimum

The Traditional Breakfast Buffet

Choice of two: Pancakes (170 cal) or french toast (162 cal), scrambled eggs with peppers and cheese (81 cal), bacon (60 cal), sausage (200 cal), or ham (80 cal), seasoned country style potatoes (102 cal), seasonal fresh fruit (53 cal), and gourmet breakfast pastry display (290-390 cal). Includes premium roast coffee (2 cal), hot tea (2 cal), orange (80 cal) and apple juice (60 cal).

12.50 per person, 25 guest minimum

Breakfast Specialties (per dozen)

Assorted Doughnuts	9.90	70 cal
House Muffins	11.05	270-281 cal
Breakfast Danish	11.05	290-390 cal
Mini-Bagels with Cream Cheese	13.50	269 cal
Tea Breads	14.00	296-310 cal



Hors D`oeuvres

When planning a cocktail party, a good estimate for quantities is as follows: Mid-Afternoon: 6-8 pieces per person, Before Dinner: 10-12 pieces per person, Evening: 8-10 pieces per person, Late Evening: 10-12 pieces per person. Hors d'oeuvres set-ups include high quality paper and plastic supplies.

Please observe the minimum order per appetizer.

Silver Dollar Sandwiches (100 count) 127-167 cal

Turkey, ham, or beef

99.00

Chicken Tenders (50 count) 332 cal

Served with honey mustard, barbecue, or ranch dressing

95.75

Shrimp Cocktail Platter (serves 25) 357 cal

Old Bay seasoned steamed shrimp served with a tangy cocktail sauce and lemon wedges

Pinwheels (50 count) 115-146 cal

Ham and turkey or grilled vegetable

74.00

Mini Pork Egg Rolls (50 count) 232 cal

Served with sweet and sour sauce

56.00

Quiche Lorraine Bites (50 count) 345 cal

74.00

Buffalo Chicken Wings (100 count) 134 cal

Includes celery and bleu cheese dressing

99.00

Cocktail Meatballs (50 count) 121-177 cal

Barbecue, sweet and sour, or marinara

40.00



Boxed Lunches

9.75 PER PERSON

Packaged in attractive disposable containers with a napkin and eating utensils. Includes potato chips, beverage and a cookie.

Sandwich options include:

Club Wrap 1245 cal

This delicious wrap includes ham, turkey, bacon, and swiss cheese topped with lettuce and tomato.

Italian Hoagie 1191 cal

A hoagie roll is topped with ham, turkey, salami, provolone cheese, lettuce, tomato, and Italian pepper relish.

Vegetable Wrap 1213 cal

A garlic-herbed wrap, stuffed with fresh seasonal vegetables and cheese.

Mediterranean Chicken Wrap 583 cal

Crispy chicken strips, shredded lettuce, tomato, cucumber, feta cheese, and oregano in a flour tortilla wrap.

Deli Kaiser 1209-1233 cal

Select one: ham or turkey.

Distinguished Boxed Lunches

11.30 PER PERSON

With a guest count of 50 or less, you may select two types of sandwiches. Includes potato chips, salad, gourmet cookie, and your choice of bottled water or carbonated soft drinks. With a guest count of over 50, you may select three types of sandwiches.

Roast Beef and Smoked Turkey Breast 1401 cal

Roast beef and smoked turkey breast topped with cheddar cheese, roasted garlic mayonnaise, romaine lettuce and tomato.

Bistro Sandwich on a Baguette 1365 cal

Smoked turkey breast, honey ham and provolone cheese piled high. Topped with romaine lettuce, tomato and dijon mustard.

Fire Roasted Vegetable 1124 cal

Seasonal marinated vegetables roasted to perfection served on a wheat thin with homemade pesto and crisp romaine lettuce.

Mediterranean Chicken 1355 cal

Moist grilled chicken with hummus, olives, and mesclun lettuce greens on a soft herbed ciabatta bread.



Served Lunch Salads

Each menu selection includes fresh baked dinner rolls, beverage and one dessert. Split menus are available at an additional charge per person.

Chicken Caesar Salad 624 cal

Crisp romaine lettuce tossed with classic caesar dressing, topped with strips of grilled chicken breast and fresh grated parmesan cheese.

12.75 per person

Gourmet Walnut Salad 682 cal

Grilled chicken blended with crisp celery, onions, toasted walnuts, and a dijon mayonnaise served on a bed of lettuce with fruit garnish.

12.75 per person

Grilled Salmon Salad 558 cal

Grilled salmon filet over fresh baby spinach with citrus vinaigrette and red onions.

14.99 per person

Crispy Chicken Salad 494 cal

Tender spinach, red onions, and orange slices, all mixed with raspberry vinaigrette and topped with crisp chicken strips.

12.75 per person

Southwest Steak Salad 762 cal

Tender slices of beef layered over crisp greens, black beans, and corn with a chipotle dressing.

15.99 per person



Lunch & Dinner Buffets

Buffet includes lemonade, condiments, cookies, paper and plastic disposable service.

Of This Earth

Includes brown rice pilaf (260 cal), red pepper and chick pea salad (253 cal), garden greens (8 cal), and toasted pita chips (90 cal).

Choose one:

Grilled herbed portobello mushrooms layered with sweet peppers, spinach and zucchini served over polenta (vegan) (425 cal)

Vegetable frittata with asparagus, peas, sweet onion and artichoke with fresh chopped herbs and parmesan (vegetarian) (345 cal)

14.75 per person

Southern Hospitality

Pulled barbecue pork (280 cal) shoulder with Carolina honey mustard (134 cal), grilled chicken (210 cal), cheddar macaroni & cheese (150 cal), vegetarian baked beans (140 cal), cole slaw (120 cal), and corn bread (200 cal).

13.50 per person

Greek Celebration

Chicken Souvlakia (260 cal), gyros (435 cal), spanakopita with tomato, onion, and Tzatziki sauce (261 cal), served with Greek salad (450 cal) and pita bread (90 cal).

12.75 per person

BBQ Cookout (one meat per person)

Grilled hamburgers (340 cal), barbecued chicken (213 cal), and veggie burgers (287 cal), served with potato salad (280 cal), baked beans (130 cal), and corn on the cob (35 cal).

14.25 per person

Italiano

Your choice of meat (50 cal) or marinara sauce (15 cal), with penne pasta (320 cal) or spaghetti noodles (110 cal). Served with roasted Italian vegetables (45 cal), parmesan cheese (21 cal), garlic bread (220 cal), house salad (15 cal), and choice of two dressings (88-193 cal) or caesar salad (272 cal).

12.90 per person

Mashed Potato Bar 640 cal

Roasted garlic and traditional mashed potatoes. Toppings include cheese sauce, chili, bacon bits, chopped green onions, sour cream and butter. Includes house salad with choice of dressing and dinner rolls.

11.99 per person

Add Soup for 1.75 per person 40-150 cal

Soup selection: Broccoli Cheese, Chicken Noodle, Vegetarian Soup



Buffet Creations

PRICE PER PERSON

Buffet includes lemonade, condiments, cookies, paper and plastic disposable service.

Your choice of one entrée, one salad, one vegetable, one rice or potato, and one dessert. Includes one beverage, dinner rolls and butter.

CLASSIC CREATIONS 14.75

Entrées (Your Choice of 1) 160-300 cal

Sliced Roast Beef Au Jus, Baked Atlantic Cod, Tuscan Style Chicken Breast, Baked Chicken, Roast Pork Loin, Vegetarian Lasagna

Salad (Your Choice of 1) 15-150 cal

Pasta Salad, Potato Salad, Tossed Salad*, Marinated Vegetable Salad

Vegetable (Your Choice of 1) 23-149 cal

Buttered Corn, Green Beans Almandine, Seasonal Roasted Vegetable Medley, Lemon Dilled Carrots, Steamed Broccoli Florets or Cauliflower with Cheese

Potatoes and Rices (Your Choice of 1) 83-383 cal

Rice Pilaf, Potatoes Au Gratin, Wild Rice Blend, Scalloped Potatoes, Parsley New Potatoes, Roasted Garlic Mashed Potatoes, Rosemary Roasted Red Potatoes

Dessert (Your Choice of 1) 280-390 cal

Apple Cobbler, Cherry Crisp, Pumpkin Squares, Chocolate Mousse, Double Chocolate Cake

PREMIUM CREATIONS 17.55

Entrées (Your Choice of 1) 134-420 cal

Medallions of Beef Tenderloin, Hawaiian Chicken Breast, Sweet Maple Glazed Pork Medallions, Penne Pasta with Grilled Vegetables and Pesto; Chicken Alfredo with Spinach and Sun-Dried Tomatoes.

Salad (Your Choice of 1) 15-150 cal

Pasta Salad, Potato Salad, Tossed Salad*, Marinated Vegetable Salad

Vegetable (Your Choice of 1) 23-149 cal

Buttered Corn, Green Beans Almandine, Seasonal Roasted Vegetable Medley, Lemon Dilled Carrots, Steamed Broccoli Florets or Cauliflower with Cheese

Potatoes and Rices (Your Choice of 1) 83-383 cal

Rice Pilaf, Potatoes Au Gratin, Wild Rice Blend, Scalloped Potatoes, Parsley New Potatoes, Roasted Garlic Mashed Potatoes, Rosemary Roasted Red Potatoes

Dessert (Your Choice of 1) 280-390 cal

Apple Cobbler, Cherry Crisp, Pumpkin Squares, Chocolate Mousse, Double Chocolate Cake

*Select two dressings for your Tossed Salad: French, Ranch, Thousand Island, Raspberry Vinaigrette, Caesar, Fat-Free Italian. 88-193 cal



Served Dinners

MINIMUM OF 25 GUESTS

These served dinners include caesar salad or tossed salad, a cold beverage, dessert and dinner rolls. The chef will select a potato or rice and vegetable to accompany your entrée selections. Split menus are available at an additional charge per person. China, stemware, and flatware are not included.

Chicken Florentine 160 cal

Chicken breast filled with ham and spinach and topped with creamy cheese sauce and crisp bacon crumbles.

15.99 per person

Georgia Pecan Encrusted Chicken Breast 100 cal

Served with a mild sweet red pepper cream sauce.

15.99 per person

Stuffed Tilapia 260 cal

Tender and flaky white fish filled with a crab and shrimp blend dressing.

17.99 per person

Filet Mignon

Marinated medallions of beef (340 cal) grilled and served over a sherry wine demi-glace (25 cal).

17.99 per person

Grilled Eggplant Parmesan 380 cal

Grilled garden fresh eggplant lightly breaded and served with a light tomato sauce.

14.99 per person

Honey Glazed Salmon 220 cal

Tender salmon filet marinated in herbs and spices finished with a succulent honey glaze.

22.95 per person

Chipotle Steak 390 cal

Three day marinated flank steak with fresh herbs and spices broiled to perfection and sliced thin.

16.99 per person

Citrus Pork 290 cal

Tender center cut pork loin lacquered with a sweet and savory citrus marinade.

15.99 per person

Slow Roasted, Garlic-infused Prime Rib 690 cal

Roasted prime rib served with au jus and horseradish.

21.49 per person



Snacks

ONE POUND SERVES APPROX. 15 GUESTS

PRICE PER POUND

Mixed Nuts	8.50	170 cal
Party Mix	8.50	147 cal
Pretzels	6.80	108 cal
Potato Chips	6.80	159 cal
Tortilla Chips	6.80	138 cal
Popped Popcorn	6.00	138 cal

PRICE PER PINT

French Onion Dip	3.40	151 cal
Salsa	3.40	9 cal
Pico de Gallo	3.65	7 cal

Party Trays & Platters

SERVES 25 PEOPLE

Cheese Tray 185 cal

Assorted cheeses served with homemade flatbreads and garnished with grapes.
61.55

Taco Dip Platter 325 cal

Tortilla chips, bean dip, guacamole and sour cream topped with lettuce, tomato and cheddar cheese.
50.95

Vegetable Tray with Dip 81 cal

Fresh seasonal vegetables served with ranch dressing.
61.55

Fruit Platter 134 cal

Fresh seasonal fruit served with honey yogurt dip.
59.35

Spinach Dip 50 cal

Fresh spinach blended with water chestnuts and seasonings, served with pita chips.
31.65

Sweet Snacks

INCLUDES PAPER PRODUCTS

PRICE PER DOZEN

Gourmet Cookies	13.75	276-335 cal
Frosted Cupcakes	20.75	107-185 cal
Chocolate Dipped Strawberries	Market Price	(minimum order of four dozen) 69 cal

PRICE PER PERSON

Assortment of mini desserts (two per person)	4.05
<i>varies on client's request</i>	
Cake or pie slice	2.95
<i>322-413 cal</i>	



All meals are served with high quality plastic and paper unless requested otherwise.

Beverages

BEVERAGE PRICE PER GALLON, PROVIDES 12 SERVINGS

Lemonade or Fruit Punch	10.00	90-99 cal
Iced Tea	10.00	5 cal
House Blend Coffee (per person)	2.20	2 cal
Bulk Juice	15.00	106-134 cal
Hot Apple Cider	15.00	150 cal

PUNCHES PRICE PER GALLON, PROVIDES 15 SERVINGS

A blend of orange and pineapple juices with ginger ale	11.00	145 cal
Golden Tropical Punch	11.00	165 cal

INDIVIDUAL BEVERAGES, PRICED PER CONTAINER

12 oz Canned Soda – Lemonade & Pepsi products	1.15	0-192 cal
12 oz Bottled Water	1.45	0 cal
16 oz Bottled Water	1.50	0 cal
15.2 oz Bottled Juice - Apple & Orange	1.65	163-206 cal
2% Milk (½ pint)	1.15	122 cal



Ordering & Guidelines

PLACING AN ORDER

Contact the Catering Office at (301) 860-3805 or email bsucatering@thompsonhospitality.com. A room must be reserved before initiating a catering request for an on-campus function. After a location has been confirmed with the university, our staff will help you determine the menu, event setup and all the other details for your event.

GUIDELINES FOR PLANNING YOUR EVENT

In arranging catered events, attendance must be guaranteed five business days in advance of the event. This guarantee will allow for the proper planning of your event and will be your commitment to pay for the guaranteed number or the actual number of attendees, whichever is greater. For weekend events, the count must be guaranteed on the Monday before the event so as to allow ample time for the ordering process.

PAYMENT FOR SPONSORED UNIVERSITY EVENTS

Payment for a scheduled event should be made to Thompson Hospitality and is due three (3) business days prior to the event. This payment will place the event in what is known as “confirmed status”. If the event is not in confirmed status, Dining Services cannot guarantee that the service will be rendered. Therefore, it is crucial that the communication between you, the customer, the approving official office, and the Dining Service’s Catering Office is effective.

As applicable, please provide one of the following forms of payment to the Catering Office:

- Completed copy of the purchase order form with all authorized signatures
- Foundation or Fund Certification Form

PAYMENT FOR NON UNIVERSITY SPONSORED EVENTS

Payment for a scheduled event should be made to Thompson Hospitality ten business day prior to the event, the client must remit half of the bill. This payment will place the event in “confirmed status”. If the event is not in confirmed status, Dining Service can not guarantee that the service will be rendered. The remaining balance (50 percent) is due three day prior to the event. As applicable, please provide one of the following forms of payment to the Catering Office:

- Credit Card
- Cash
- Certified Check
- Money Order

For non-university sponsored events, state sales tax will be charged unless a tax exempt certificate is received prior to the start of your event.



Ordering & Guidelines

Cancelation

To avoid any pro-rated charges, all cancellations must be submitted, in writing, to the Catering Office at least 72 hours (three business days) prior to your event.

Delivery fees

A delivery fee of \$80.00 will be applied to any event held away from the campus. This fee is for the transport of food, service equipment, china, flatware and linen.

Labor

For events that are delivered an attendant will ensure that all items are to your satisfaction. If an attendant is requested, or required based on the style of service provided, additional charges will be applied as follows:

Wait Staff:	\$22.00 per hour/per person for a minimum of four hours
Culinary:	\$25.00 per hour/per person for a minimum of four hours
Bar Tender:	\$25.00 per hour/per person for a minimum of four hours

Taxes

For non-university sponsored events, state sales tax will be charged unless a tax exempt certificate is received prior to the start of your event.

Safe Food Handling

Safe food handling is a high priority for Catering Services. Therefore, we do not allow left over food to be carried out. For your safety, and that of your guests, a Catering representative will remove food from your event in a timely manner.

Security

Catering Services is not liable for any equipment, supplies or personal belongings left in public function areas.



Style

Drop-Off Service

Drop-off service includes house linen tablecloths for buffet, high-quality disposable ware, flower centerpiece, set-up, breakdown, and clean up. Wait staff is not required for this service. Upon delivery of your event, our professional staff will ensure that all items ordered are received and verified by your authorized representative prior to our departure. A five person minimum is required for this service.

Floral Arrangements

Silk flower arrangements on buffets and carving stations are standard. You can easily add a special touch to your event by letting us handle all your fresh floral needs. In order for us to meet our commitment to you, we ask that you give us at least five days notice to place the order and secure the floral arrangements. Prices will vary according to your selection.

Linen

Skirting for buffet and carving tables are included at no extra charge. Skirting and/or linen for guests tables, registration tables, display tables, and receptions tables can be made available for an additional charge of \$3.50. We can also provide specialty linens in an array of colors, prints and sizes to add to the elegance of your event for an additional yet reasonable charge.

Rentals

In the event that special equipment, china, or tables are required, we will charge for the required items and add the rental charge to your final bill. You will be apprised of the cost of the rental items when the arrangements for your event are finalized. The use of the house china and glassware is \$3.00 per person for all on and off premise events that are not initiated and funded by the University.

Special Dietary Accommodations

We are able to provide menu options for guests with special dietary needs for an additional cost. Our culinary team can provide a selection of healthy menu selections including low sodium, gluten free, vegan and vegetarian options.

Vegan

Foods that do not contain any animal derived products at all including honey, dairy or eggs.

Vegetarian

Foods that do not contain animal products except dairy or eggs. Foods purchased or produced in a sustainable manner. This may include reduced anti-biotic chicken, cage-free shell eggs, sustainable seafood, organic foods or locally produced foods.

Gluten Free

Foods that do not contain gluten. Gluten is found in grains such as wheat, barley, and rye.



Item	RefNo	Portion	Weight (oz)	Weight (g)	Calories from Fat	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple Cobbler	4750	1/2 cup	4.68oz	132.60g	380	160	18	7	0+	0	270	53	3	33	2
Apple Danish	63654	1 ea	3.46oz	98.18g	340	180	20	12	0	20	125	38	less than 1	15	3
Au Bon Pain Broccoli Cheddar	4456	1 ladle6oz	6.10oz	172.80g	150	90	10	4.5	0	25	350	11	1	4	5
Au Bon Pain Chicken Noodle	3501	1 ladle6oz	6.10oz	172.80g	60	10	1	0	0	15	510	7	less than 1	1	4
Au Bon Pain Garden Vegetable	4467	1 ladle6oz	6.10oz	172.80g	40	10	1	0	0	0	550	7	1	2	1
Au Gratin Potatoes	561	1/2 cup	4.04oz	114.58g	250	120	14	8	0+	40	530	25	2	4	8
Bacon	608	2 slice	0.48oz	13.61g	60	45	5	1.5	0	15	230	0	0	0	5
Baked Beans	525	1/2 cup	4.14oz	117.28g	130	15	1.5	0.5	0+	5	460	27	6	7+	5
Baked Chicken	4801	1 ea	2.07oz	58.57g	160	90	10	2.5	0+	45	280	4	0	0+	14
Baked Cod New Orleans	4497	1 serving	9.37oz	265.75g	300	140	15	3	0+	150	970	5	0+	0+	32
Baked Pita Triangles	16168	4 ea	1.13oz	32.05g	90	5	1	0	0+	0	150	18	2	0	3
Beef Tenderloin	5624	5 oz	5.00oz	141.75g	370	260	29	11	0+	90	280	1	0	0+	25
Biscuits	3872	1 ea	2.28oz	64.74g	200	90	10	8	0	0	610	24	less than 1	2	4
Brown Rice Pilaf	10521	3/4 cup	6.75oz	191.47g	260	35	3.5	0.5	0+	0	70	55	3	18	4
Brown Sugar Baked Beans	32811	4 oz	4.00oz	113.40g	140	20	2	0.5	0+	10	570	28	5	9+	5
Cabbage and Carrot Slaw	1019	1/2 cup	3.34oz	94.57g	45	0	0	0	0+	0	220	10	2	6	1
Cauliflower Au Gratin	4958	1/2 cup	4.15oz	117.64g	90	45	5	3	0+	15	170	8	1	3	5
Cheese Danish	63654.1	1 ea	3.28oz	93.00g	290	160	18	11	0	20	170	28	less than 1	5	4
Cherry Crisp	3446	1/2 cup	4.80oz	136.08g	320	100	11	7	0+	30	110	54	less than 1	18+	2
Cherry Danish	63654.2	1 ea	5.15oz	146.00g	390	110	12	7	0	55	310	65	2	29	6
Chicken Breast Hawaiian	4999	1 serving	6.44oz	182.46g	340	130	14	2	0+	105	140	20	less than 1	11	28
Chicken Florentine	792	3 oz meat	4.72oz	133.69g	160	35	4	1	0+	70	135	3	1	less than 1	28
Chicken Gyro	40505	1 serving	10.51oz	297.95g	420	110	12	5	0+	65	850	44	3	3	36
Chipotle Flank Steak	5418	3 oz meat	7.12oz	201.73g	390	270	30	5	0+	75+	420	2	0	less than 1	26
Chocolate Frosted Cake	5038	1 1/16th	4.29oz	121.65g	390	140	16	5	3.5+	0	450	60	2	42	4
Chocolate Mousse	25158	1/3 cup	3.21oz	91.06g	280	230	25	16	-	75	25	16	1	14+	2
Cinnamon Bear Claw	63654.6	1 ea	3.43oz	97.10g	340	160	18	3	14	5	210	41	0	2	6
Citrus Marinated Pork Loin	4618	1 serving	5.29oz	149.85g	270	110	12	4.5	0+	95	190	4	less than 1	2+	35
Corn on the Cob	745	1 ea	1.22oz	34.65g	35	0	0	0	-	0	0	8	less than 1	1	1
Cornbread	575	1 ea	2.78oz	78.74g	200	70	8	1.5	0+	0	330	30	1	9	2
EatingWell Pecan-Crusted Chicken	45310	4 oz meat	6.32oz	179.27g	100	50	6	1	-	25	160	3	less than 1	-	10

Eggplant Parmigianino	2014	1 serving	13.28oz	376.58g	380	150	16	8	0+	55	860	40	7	13+	21
Filet Mignon	5220	3 oz	3.00oz	85.05g	170	60	7	2.5	0+	70	490	1	0	0	25
Fresh Diced Tomatoes	13404.2	1 serving	2.73oz	77.39g	15	0	0	0	-	0	0	3	less than 1	2	less than 1
Fresh Onions, Diced	13404.3	1 serving	1.80oz	51.03g	20	0	0	0	-	0	0	5	less than 1	2	less than 1
Fresh Red Onion, Slice	14918	1 ea	0.44oz	12.60g	5	0	0	0	-	0	0	1	0	less than 1	0
Fresh Sliced Tomatoes	47955.4	1 slice	0.50oz	14.17g	0	0	0	0	-	0	0	less than 1	0	0	0
Garden Burger	38522.1	1 ea	6.15oz	174.34g	370	70	7	3	0+	10	1020	60	5	6	16
Garlic Mashed Potatoes	5263	1/2 cup	3.93oz	111.55g	90	0	0	0	-	0	105	19	2	2	2
Greek Salad	3992	1 serving	12.92oz	366.14g	450	360	40	11+	0+	40	1360	13	5+	6+	10
Green Beans Almondine	6306	1/2 cup	3.72oz	105.46g	90	60	7	1	0+	0	35	7	4	1	3
Grilled Chicken Breast	18020	1 ea	3.83oz	108.53g	210	70	8	1.5	0+	90	220	0	0	0	32
Grilled Chicken Breast	18020.6	1 ea	3.10oz	87.83g	180	70	8	1.5	0+	70	210	0	0	0	26
Grilled Ham	4547	2 oz meat	2.16oz	61.20g	80	25	3	0.5	0	25	490	5	0	3	9
Gyro Station Bar	27577	10 oz	10.00oz	283.50g	370	190	21	10	0+	70	690	27	3	6	19
Hamburger on Bun	5305.21	1 sandwich	4.44oz	125.87g	340	140	16	6	1+	70	300	24	1	3	25
Herb Roasted Pork	5314	3 oz meat	3.24oz	91.72g	190	80	9	3	0+	75	270	0	0	0+	26
Honey Glazed Salmon	5325	3 oz meat	4.02oz	113.84g	220	70	7	1	0+	65	420	14	0	14+	23
Horseradish Aioli	19696.1	1 tbsp	0.48oz	13.64g	25	25	2.5	0	0+	0	105	1	0	0	0
Island Vegetable Salad	40467	4 oz (p)	4.00oz	113.40g	150	130	14	2	0+	0	400	7	2	5	1
Lemon Rice Pilaf	995	1/2 cup	3.46oz	98.09g	120	10	1	0	0+	0	30	24	less than 1	ess than 1+	2
Maple Glazed Pork	9281	1 serving	6.17oz	174.98g	420	200	22	9	0+	120	290	19	less than 1	7	36
Marinara Sauce	330	1 ladle	1.27oz	35.92g	15	0	0.5	0	0+	0	65	2	0	1	0
Mini Cake Doughnut	5201	1 ea	0.60oz	17.01g	70	35	4	1	-	5	70	9	0	-	less than 1
Mini Cinnamon Raisin Bagel	63651.1	1 ea	1.41oz	40.00g	110	10	1	0	-	0	140	21	0	-	3
Mini Plain Bagel	63651.1	1 ea	1.41oz	40.00g	100	0	0	0	-	0	90	20	1	-	4
Mini Whole Wheat Bagel	63651.1	1 ea	1.34oz	37.99g	90	5	0.5	0	0	0	170	19	2	2	4
Minute Mait Apple Juice	76979	6 floz	5.92oz	167.97g	60	0	0	0	-	0	0	15	-	15	0
Minute Mait Orange Juice	76979.1	6 floz	6.08oz	172.22g	80	0	0	0	-	0	10	19	-	17	1
Pancakes	616	2 ea	3.44oz	97.50g	170	15	1.5	0	0+	0	490	33	1	7	4
Parmesan Herbed Garlic Bread	79439	1 piece	2.04oz	57.72g	220	90	11	2	0+ less than 5	340	23	1	1	1	7
Penne Pasta	63322	6 oz	6.00oz	170.10g	320	25	3	0	0+	0	40	58	6	3	15
Pork Sausage Link	45076	2 ea	1.66oz	46.97g	200	170	19	6	0	35	420	0	0	0	7
Potatoes O'Brien	772	1/2 cup	3.71oz	105.19g	100	20	2.5	0	0+	0	150	19	2	1	2
Primavera Pasta Salad	5583	1/2 cup	4.52oz	128.18g	340	220	24	7	0+	25	360	22	2	4+	10

Prime Rib	5584	6 oz meat	6.14oz	174.03g	690	530	58	24	0+	145	320	0	0+	0+	39
Pulled Pork	9630.1	4 oz (p)	4.00oz	113.40g	280	160	18	6	0+	100	400	less than 1	0	0+	28
Pumpkin Pecan Bars	4657	1 ea	4.08oz	115.75g	390	180	20	10+	0+	60	480	50	2	30+	4
Raspberry Danish	63654.5	1 ea	3.42oz	97.00g	330	170	18	11	0	15	120	39	1	16	3
Red Skin Potato Salad	4517	1/2 cup	4.08oz	115.62g	280	200	22	4.5	0+	65	280	13	1	1+	8
Roast Beef with Au Jus	967	3 oz	3.00oz	85.05g	200	80	9	3	0+	75	40	0	0	0+	29
Roasted Vegetable Salad	35065	1 cup	8.57oz	242.92g	140	70	8	1.5	0+	0	200	16	3	9+	3
Roasted Vegetables	8289	1/2 cup	3.55oz	100.51g	45	20	2.5	0	0+	0	40	6	2	3+	1
Rosemary Roasted Potato	5641	1/2 cup	3.37oz	95.54g	110	30	3	0	0+	0	105	18	2	1+	2
Scrambled Eggs	2032	1/2 cup	4.34oz	123.16g	190	130	14	6	0+	415	160	1	0	less than 1	14
Seafood Stuffed Tilapia	27305	1 ea	6.93oz	196.58g	260	70	8	2.5	0+	90	710	8	less than 1	3+	39
Sherry Demi-Glace	5681	1 ladle2oz	3.08oz	87.36g	25	5	0.5	0	0+	0	200	3	0	less than 1	less than 1
Shredded Parmesan Cheese	63313	1 tbsp	0.18oz	5.00g	20	10	1.5	1	-	less than 5	85	0	0	0	2
Signature Macaroni and Cheese	762	1/3 cup	2.99oz	84.89g	150	70	7	4.5	0+	20	350	15	less than 1	2	5
Smashed Potato Station	7829	1 ea	17.89oz	507.16g	640	230	25	14	0+	65	750	87	10	7	20
Spaghetti	559	1/2 cup	2.50oz	70.87g	110	5	0.5	0	0	0	95	22	1	0	4
Steamed Broccoli	4911.20	1/4 cup	2.46oz	69.78g	25	0	0	0	-	0	25	5	2	1	2
Tarragon Sauce	5770	1 ladle1oz	1.25oz	35.30g	50	45	5	3	0+	15	70	2	0	1+	less than 1
Tossed Salad	7	1 cup	3.53oz	100.18g	15	0	0	0	0+	0	15	4	1	2	less than 1
Traditional Gyro	61233.7	1 ea	10.02oz	284.16g	740	410	46	17	0+	75	1430	57	4	7	24
Turkey Meat Sauce	5822	3/4 cup	5.71oz	161.91g	180	80	9	2	0+	55	115	8	2	5+	18
Tuscan Chicken	30365	4 oz meat	7.20oz	204.00g	280	100	11	4	0+	85	380	8	4	1+	28
Tzatziki Sauce	8055	1 ladle1oz	1.00oz	28.43g	35	30	3	2	0+	10	115	less than 1	0	ess than 1+	0
Vegetable Cheese Strata	5849	4 oz (p)	4.00oz	113.40g	160	70	7	3.5	0+	80	380	16	1	5	8
Vegetable Egg Frittata	3367	1 slice	9.98oz	282.91g	250	160	17	8	0+	210	400	9	3	7	15
Vegetable Lasagna	26965	1 serving	12.10oz	342.92g	270	100	11	2.5	0+	5	780	30	4	7	16
Vegetarian Stacker	4674	1 serving	10.00oz	283.50g	70	10	1	0	0+	0	20	14	4	8+	4
Whole Kernel Corn	522	1/2 cup	3.67oz	104.10g	150	70	8	1.5	0+	0	340	20	2	4+	3
Wild Rice Medley	32748	1/2 cup	3.61oz	102.39g	90	0	0	0	-	0	0	19	2	less than 1	4

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations.