ST. LAWRENCE UNIVERSITY CATERING GUIDE

BREAKFAST

Before placing your order, please inform Dining Services, if anyone in your party has a food allergy or has special dietary needs.

All breakfasts include coffee service which is regular coffee, decaffeinated, hot water with tea bags and hot chocolate packets.

BREAKFAST MENUS

"SLU Continental" - Assorted juices, and muffins
   with scone   add $1.65
   with fresh whole fruit   add $1.40
   with fresh cut fruit   add $1.65
   with mini danishes   add $1.15

Per person $6.20

"North Country Special" - Assorted juices, French toast or pancakes served with local maple syrup, muffins and choice of bacon, ham or sausage.

Per person $11.00

"The Healthy Laurentian" - Assorted juices, egg white scramble, all bran muffins fresh cut fruit, yogurt cups and granola.

Per person $11.55

Assorted Yogurt Cups - Low fat, Greek or Soy

Per person $1.65

Yogurt Parfait - Yogurt and Granola

Per person $2.15

Replenish beverage only

Per person $1.60
LUNCH IS READY

All of these lunch menus include:

◊ Coffee service
◊ Bulk Cold beverages
◊ Assorted cookies and whole fruit, unless otherwise indicated

More desserts are available for an additional cost.

- Milk Pints Available on request
- Canned soda/ Juices $1.80 Per person
- Frontenac Spring water available upon request

Home Style Soup of the day $2.75
(requires a minimum of 10 or more guests)
May be added to any menu

Fresh Garden Salad - served with Ranch and Italian dressing $4.00
May be added to any menu

Pasta or Potato Salad $3.25

Deli Lunch - Soup of the Day with crackers, assorted meat and cheese tray with hummus, tray of lettuce, tomato and appropriate condiments, chips or pretzels, garden salad with Ranch and Italian dressing, hot and cold beverage with dessert.

Wrap It Up - Chicken wraps and fresh vegetable wrap, ranch sauce, chips or pretzels, hot and cold beverage with dessert.

Vegetarian Plate - Homemade Hummus and Tabouli served with pita triangles, lettuce, onions and tomato, sliced cheese, fresh lemon wedge garnish and fresh sliced fruit for dessert.

The Fiesta - 10" flour tortilla, warmed, seasoned taco meat, shredded cheese, tomatoes, shredded lettuce, sour cream, taco sauce with tri-colored nacho chips and dessert.

Caesar Salad - Classic Romaine lettuce with traditional dressing and croutons, shredded cheese, and anchovies, if desired, served with bread sticks and dessert.

With grilled chicken strips $12.75
Chicken Salad Plate - Chicken, almond and grape salad (blend of chicken and slivered almonds tossed lightly with a classic mayo and a touch of tarragon), croissant with fresh cut fruit and dessert.

with hummus and pita bread

$11.25

South of the St. Lawrence (requires a minimum of 10 guests)

$13.00

Seasonal

Chili (select a chili from the choices below), corn bread, corn chips, sliced Jalapeno peppers, sour cream, shredded cheese, hot sauce, garden salad with Ranch and Italian dressing along with dessert.

Chili choices: (if under 20, select 1; if over 20, select 2)
- Red Kidney Bean (Vegetarian)
- Lentil Chili Vegetarian
- Beef Chili - traditional chili in a tomato sauce
- White Chili with Chicken

To Order Box Lunches:

1 Sandwich $9.00
2 Sandwich $10.50

Each box lunch includes bag of chips, veggies, piece of fresh fruit, two cookies and a beverage.

Note: Unless a specific dessert is listed, Dana dessert of the day will be applied.
## ADDITIONAL DESSERT CHOICES

**Dessert Receptions:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Per person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Cheesecakes* - 6 flavors per box</td>
<td>$1.55</td>
</tr>
<tr>
<td>Filled Profiteroles - vanilla and chocolate custard in home-style pastry (25-100 people)</td>
<td>$2.30</td>
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<tr>
<td>Chocolate Mousse - light and mildly chocolate</td>
<td>$2.55</td>
</tr>
<tr>
<td>Lemon Mousse - fresh lemon and tart</td>
<td>$2.55</td>
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<tr>
<td>Apple Crisp - served with whipped cream</td>
<td>$2.65</td>
</tr>
<tr>
<td>Pumpkin Roll - wonderfully moist with sweetened cream cheese (Seasonal)</td>
<td>$2.80</td>
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<tr>
<td>Apple Pie</td>
<td>$3.10</td>
</tr>
<tr>
<td>Apple Pie with Ice Cream</td>
<td>$3.35</td>
</tr>
<tr>
<td>Plain Cheesecake* - topped with Strawberry or Chocolate sauce</td>
<td>$3.35</td>
</tr>
<tr>
<td>&quot;Cakery&quot; Lemon Cake*</td>
<td>$3.35</td>
</tr>
<tr>
<td>Chocolate Whipped Cream Cake - moist chocolate cake layered with real whipped cream</td>
<td>$3.35</td>
</tr>
<tr>
<td>Chocolate Mousse Brownie Parfait - light chocolate mousse layered with brownie chunks</td>
<td>$3.60</td>
</tr>
<tr>
<td>Carrot Cake*</td>
<td>$3.60</td>
</tr>
<tr>
<td>Fudge*</td>
<td>$1.25</td>
</tr>
<tr>
<td>Brownies*</td>
<td>$1.80</td>
</tr>
<tr>
<td>Assorted Bar Cookies*</td>
<td>$1.80</td>
</tr>
<tr>
<td>Rice Krispie Treats</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chocolate Dipped Strawberries</td>
<td>$1.30</td>
</tr>
<tr>
<td>Pub Cookies</td>
<td>$2.00</td>
</tr>
<tr>
<td>Gluten Free Dessert Cookie Bars</td>
<td>$2.55</td>
</tr>
<tr>
<td>Scrumptions</td>
<td>$3.10</td>
</tr>
</tbody>
</table>

*Contains nuts or processed in an environment where nuts are used.*
REFRESHMENTS

Assorted Cookies served with a thermo of tap water. $2.50
  Add coffee service $3.00
  Add assorted cold bulk beverages $1.50
    Lemonade, Iced tea, Infused water, and Punch
  Add assorted canned beverages $1.80

Dried Fruits & Trailmix with a thermo of tap water. $4.50

Frost Your Own Cupcakes: Regular $1.50
  We provide vanilla and chocolate cupcakes and 2 types of frosting.

Ice Cream Social (Sugar Free Ice Cream is also available)
  Choose two or three flavors of Ice Cream 2 flavors $7.75
    • Strawberries 3 flavors $8.50
    • Hot Fudge
    • Caramel Sauce
    • Whipped Cream
    • Rainbow Sprinkles
    • Chopped Peanuts

Per person
LET'S HAVE A PARTY

HORS D'OEUVRES: The prices listed below are guidelines to help in planning a menu. Final amounts will be determined by the Catering staff in the Dining Services office.

For groups less than 50 - select a maximum of 4 items / greater than 50 - maximum of 7 items

Hot Items:

- Pigs in a Blanket $1.80
- Artichoke & Mozzarella Dip with Crackers $2.00
- Mini spring rolls - Veggie $1.30
- Swedish Meatballs $1.30
- Steamed or Fried Veggie Pot Stickers $1.30
- Spanakopita - spinach, phyllo and Feta Puffs $1.80
- Stuffed Mushrooms - without Meat $1.80
- Mini Quiche - Assorted $2.00
- Beef Wellingtons $2.30
- Chicken Wings - Hot, medium, mild and BBQ $3.35
  served with celery, carrot sticks and bleu cheese dressing

Cold Items:

- Vegetable Crudités with Ranch or Spinach Dips $1.70
- Fruit Kabobs $1.75
- Skewered Mozzarella balls and grape tomatoes in olive oil and Basil $2.00
- Hummus Platter with Red Onions and Pita Triangles with Lemon Wedges $2.15
- Jasmine Rice Cubes and Vegetables with Thai dipping Sauce $2.30
- Cheese Board with two Mustards and Crackers $2.30
- Cut fruit with Devonshire cream $2.15
- Chips and Salsa $1.70
- Finger Sandwiches: $2.30

Select from Egg Salad, Ham Salad or Chicken Salad
DINNER MENUS

All Dinner menus include hot and cold drinks.
Dinners will be served on china unless otherwise requested.

SOMETHING BEEF

Beef with Vegetarian option

All beef entrees served with A-1 sauce, horseradish and horseradish sauce.

Bangkok beef with basil (spicy Asian combination), brown rice, grilled eggplant rounds with sweet chili sauce, garden salad with raspberry vinaigrette, mixed vegetables, caramelized onion focaccia bread and cheesecake.

Marinated flank steak, mushroom kopita (feta cheese, mushrooms and filo dough), black bean cilantro salad, roasted fingerling potatoes, sauteed sugar snap peas, French rolls and apple pie with cheese.

CHICKEN

Chicken and Pasta

Three cheese lasagna, Italian roasted chicken breast, garden salad, Italian veggie blend, Italian bread, and chocolate mousse.

$20.00

Chicken and Vegetables

Apricot glazed chicken breasts or Hunter style chicken and mushroom sauce, pasta primavera with penne pasta or meatless stuffed green peppers, garden salad with dressing, brown rice, stir fry vegetables, French rolls and assorted dessert bars.

$26.25
Chicken and Fish
Roasted herb chicken, fresh white fish with tomato compote, lemon pepper pilaf, vegetable saute, organic spring greens, dinner roll and cheesecake with strawberries.

Lemon tarragon chicken, baked haddock with ginger butter, couscous, sugar snap pea & pepper sauté, French baguettes, garden salad and fruit cobbler.

Chicken and Pork BBQ
Seasonal BBQ chicken quarters, baby back pork ribs, potato salad, baked beans, cole slaw, garden salad, dinner rolls and fresh cut fruit.

SEAFOOD
Per person

Seafood and Pasta
Fresh fish with mango salsa, tri-colored ravioli with roasted red pepper alfredo sauce, organic spring greens with lemon vinaigrette, sauteed baby peas, dinner rolls and "Cakery" Lemon Cake.

Build your menu from the featured Dana menu items on the day of your event.

Dana Dining Center offers economical, made-from-scratch entrees and accompaniments, which can be delivered to the venue. While using mostly china at the event, any disposable items used for this service are biodegradable and compostable. A professional staff person will be in attendance to assist with the event. Meals are priced according to venue, service, and size.

FOR OUR VEGETARIANS
Minimum of 10 guests required
Per person

Stuffed bell peppers, grilled eggplant with sweet chili sauce, rice pilaf with cranberries and pecans, garden salad with ranch or Italian dressing, roasted baby carrots, sliced fruit and polenta.

$30.35
$30.35
$31.00
$31.00
$20.50
$27.30
**IT'S PICNIC TIME - SEASONAL**

*Lemonade, Iced Tea and Milk are all included for picnic menus.*

Hamburgers, cheeseburgers, garden burgers, hot dogs, rolls, tray of lettuce, tomato & onion, relish tray, choice of pasta or potato salad, and sliced fresh fruit for dessert.

1. Substitute sausage instead of hot dog $17.00

Barbecued chicken quarters, hamburgers, garden burgers with rolls, tray of condiments, garden salad served with ranch and Italian dressings, meatless pasta salad and assorted cookies.

1. Prices include basic set up services, disposable ware, and condiments.
2. *If assorted canned soda is added, an additional 1.50 will be added per person*

**PARTY SPECIALS**

*All party specials include:*

<table>
<thead>
<tr>
<th>Party Name</th>
<th>Price (Per Person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza Party</td>
<td>$8.75</td>
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<tr>
<td>Three kinds of pizza - cheese, vegetable and meat, assorted cookies, and bulk drinks.</td>
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<tr>
<td>With tossed salad</td>
<td>$11.75</td>
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<tr>
<td>Chicken Wing Party</td>
<td>$10.55</td>
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<tr>
<td>Chicken Wings - hot, mild and BBQ, celery sticks, blue cheese dressing, bread sticks, assorted cookies and bulk drinks.</td>
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<tr>
<td>With tossed salad</td>
<td>$13.55</td>
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<tr>
<td>Stir Fry Party</td>
<td>$10.80</td>
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<tr>
<td>Egg Rolls, fried rice, white rice, stir fry vegetables with 2 sauces, fortune cookies, whole fruit and bulk drinks.</td>
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<tr>
<td>With Chicken</td>
<td>$12.80</td>
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<tr>
<td>With tossed salad</td>
<td>$14.50</td>
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<tr>
<td>Pasta Party</td>
<td>$12.85</td>
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<tr>
<td>(requires a minimum of 10 or more guests) Pasta of the Day, Marinara sauce, garlic alfredo sauce, Parmesan cheese, broccoli florets (blanched), chicken strips, garden salad with Balsamic Vinaigrette, sliced Italian bread and dessert.</td>
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