

# 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.*

	<i>Per Person</i>
<b>“SLU Continental”</b> —Assorted juices and muffins	<b>\$5.25</b>
<i>With scone</i> <b>add</b> <b>\$1.65</b>	
<i>With bagel</i> <b>add</b> <b>\$1.65</b>	
<i>With fresh whole fruit</i> <b>add</b> <b>\$1.40</b>	
<i>With fresh cut fruit</i> <b>add</b> <b>\$1.65</b>	
<i>With mini Danishes</i> <b>add</b> <b>\$1.65</b>	
<b>“North Country Special”</b> —Assorted juices, French toast or Pancakes (Café - only pancakes) served with local maple syrup, muffins, and choice of bacon, ham, or sausage.	<b>\$11.00</b>
<i>with scrambled eggs</i>	<b>\$12.00</b>
<b>“The Healthy Laurentian”</b> —Assorted juices, egg white scramble, all bran muffins, fresh cut fruit, yogurt cups, granola, assorted oatmeal cups.	<b>\$11.55</b>
<b>A LA CART</b>	
<b>Coffee Service</b>	<b>\$2.00</b>
<b>Bottle Water</b>	<b>\$1.80</b>
<b>Assorted Juice</b>	<b>\$1.80</b>
<b>Assorted Yogurt Cups</b> —Low fat, Greek, or Soy	<b>\$1.65</b>
<i>with granola</i>	<b>\$2.40</b>
<b>Assorted Muffins</b>	<b>\$1.60</b>
<b>Granola Bars</b>	<b>\$1.50</b>

## 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

	<i>per Person</i>
<b>Home Style Soup of the Day</b> (Requires a minimum of 10 or more guests) <i>May be added to any menu</i>	<b>\$2.75</b>
<b>Fresh Garden Salad</b> —served with Ranch and Italian dressing <i>May be added to any menu</i>	<b>\$4.00</b>
<b>Pasta or Potato Salad</b> <i>May be added to any menu</i>	<b>\$3.25</b>
<b>Deli Lunch</b> —Soup of the Day with crackers, assorted meat and assorted bread/rolls, cheese tray with hummus, tray of lettuce, tomato and appropriate condiments, *chips or pretzels, garden salad Ranch and Italian dressing, hot and cold beverage with dessert.	<b>\$10.45</b>
<b>Wrap it Up</b> —Chicken wraps and fresh vegetable wrap, ranch sauce, *chips or pretzels, hot and cold beverage with dessert.	<b>\$11.00</b>
<b>Vegetarian Plate</b> —Homemade Hummus, Tabouli, and Quinoa(GF) served with pita triangles, lettuce, onions, and tomato, sliced cheese fresh lemon wedge garnish, and fresh sliced fruit for dessert.	<b>\$11.00</b>
<b>The Fiesta</b> —10” flour tortilla, warmed-seasoned taco meat, refried beans, shredded cheese, tomatoes, shredded lettuce, sour cream, taco sauce with tri-colored nacho chips and dessert. <b><i>With grilled chicken</i></b>	<b>\$11.00</b> <b>\$12.75</b>
<b>Caesar Salad</b> —Classic Romaine lettuce with traditional dressing and croutons, shredded cheese, and anchovies, if desired, served with bread sticks and dessert <b><i>With grilled chicken strips</i></b>	<b>\$11.00</b> <b>\$12.75</b>

**Chicken Salad Plate**—Chicken, almond and grape salad on a croissant with fresh cut fruit and dessert. **\$11.25**

*With hummus and pita bread* **\$13.30**

**South of the St. Lawrence—Seasonal** **\$13.00**  
(Required a minimum of 10 guests)

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 Beans (Vegetarian)
- Lentil Chili (Vegetarian)
- Beef Chili—traditional chili in a tomato sauce
- White Chili with Chicken

**To Order Box Lunches**

1 Sandwich **\$9.25**  
2 Sandwich **\$11.25**

*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 Reception:**

*per Person*

- Apple Crisp—served with whipped cream **\$2.65**
- Apple Pie **\$3.10**
- Apple Pie with Ice Cream **\$3.35**
- Assorted Bar Cookies\* **\$1.80**
- Baklava **\$2.00**
- Brownies\* **\$1.80**
- “Cakery” Lemon Cake\* **\$3.35**
- Carrot Cake\* **\$3.60**
- Chocolate Dipped Strawberries **\$1.30 (each)**
- Chocolate Mousse—light and mildly chocolate **\$2.55**
- Lemon Mousse—fresh lemon and tart **\$2.55**
- Chocolate Mousse Brownie Parfait—light chocolate **\$3.60**

- mousse layered with brownie chunks
- Chocolate Whipped Cream Cake—moist chocolate cake layered with real whipped cream **\$3.35**
  - Filled Profiteroles—vanilla and chocolate **\$2.30**
  - Fudge\* **\$1.25**
  - Mini Cheesecakes\*—6 flavors per box  
Custard in a home-style pastry (25-100 people) **\$1.55**
  - Plain Cheesecake\*—topped with Strawberry or chocolate sauce **\$3.35**
  - Pub Cookies **\$1.25 (each)**
  - Pumpkin Roll—wonderfully moist with sweetened cream cheese (Seasonal) **\$2.80**
  - Rice Krispie Treats **\$1.00**
  - Gluten Free Dessert Cookie Bars **\$2.55**

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

## GLUTEN FREE COOKIES TO GO ON ALL COOKIE ORDERS

### DINNER MENUS

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

### SOMETHING BEEF

*Per Person*

#### **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. **\$30.35**

Marinated flank steak, mushroom kopita (feta cheese, mushrooms and filo dough), black bean cilantro salad, roasted fingerling potatoes, sautéed green beans, french rolls and apple pie with cheese. **\$33.00**

### CHICKEN

**Chicken and Pasta** **\$20.00**

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

**Chicken and Vegetables** **\$26.25**

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

**Chicken and Fish** **\$30.35**

Roasted herb chicken, fresh white fish with tomato compote, lemon pepper pilaf, vegetable sauté, 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 **\$30.35**

**Chicken and Pork BBQ—Seasonal** **\$31.00**

BBQ chicken quarters, baby back pork ribs, potato salad, baked beans, coleslaw, garden salad, dinner rolls and fresh cut fruit.

**SEAFOOD**

**Seafood and Pasta** *per Person* **\$31.00**

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

**Build your menu from the feature Dana menu items on the day of your event.** **\$20.50**

*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.	<b>\$27.30</b>
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### 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.	<i>per Person</i> <b>\$17.00</b>
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<b><i>Substitute sausage instead of hot dog</i></b>	<b>\$17.00</b>
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Barbequed chicken quarters, hamburgers, garden burgers with rolls, tray of condiments, garden salad served with ranch and Italian dressing, meatless pasta salad, and assorted cookies.	<b>\$18.00</b>
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*Prices include basic set up services, disposable ware, and condiments.  
If assorted canned soda is added, an additional \$1.80 will be added per person.*

### PARTY SPECIALS

***All party specials include:***

<b>Pizza Party</b>	<i>Per Person</i> <b>\$8.75</b>
Three kinds of pizza—cheese, vegetables, and meat, assorted cookies, and bulk drinks.	

<i>With tossed salad</i>	<b>\$11.75</b>
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- ***Just pizza & water dispenser*** **\$5.25**
- ***Pizza, water and lemonade*** **\$6.75**
- ***Gluten free pizza (9" 4 pieces)*** **\$7.25**

<b>Chicken Wing Party</b>	<b>\$10.55</b>
Chicken Wings—hot, mild, and BBQ, celery sticks, blue cheese dressing, bread sticks, assorted cookies and bulk drinks.	

<i>With tossed salad</i>	<b>\$13.55</b>
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<b>Stir Fry Party</b>	<b>\$10.80</b>
Egg rolls, fried rice, white rice, stir fry vegetables with 2 sauces, Fortune cookies, whole fruit and bulk drinks.	

<i>With Chicken</i>	<b>\$12.80</b>
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<i>With tossed salad</i>	<b>\$14.50</b>
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**Pasta Party** (requires a minimum of 10 or more guests) **\$12.85**  
 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.

## REFRESHMENTS

	<i>per Person</i>
<b>Assorted Cookie served with a dispenser of tap water</b>	<b>\$2.50</b>
Add coffee service	<b>\$2.00</b>
Add assorted cold bulk dispenser beverages (Lemonade, Iced tea, Infused water, and Punch Choose 2 for over 20 people, 1 for under 20 people)	<b>\$1.50</b>
Add assorted canned beverages (12oz)	<b>\$1.80</b>
Add Saratoga Sparkling Water (12oz)	<b>\$1.80</b>
Add Cider (hot or cold – when available)	<b>\$2.25</b>
 <b>Water Bubblers</b>	 <b>\$6.00 ea</b>
 <b>Dried Fruits and Trail mix served with a dispenser of tap water</b>	 <b>\$4.50</b>
 <b>Frost Your Own Cupcakes</b> <span style="float: right;"><i>Regular</i></span>	 <b>\$2.50</b>
We provide vanilla and chocolate cupcakes and 2 types of frosting.	
 <b>Frost Your Own Sugar Cookies</b>	 <b>\$2.25</b>
 <b>Ice Cream Social</b> (Sugar Free Ice Cream is also available)	
<i>Choose two or three flavors of Ice Cream</i> <i>2 flavors</i>	<b>\$7.75</b>
<ul style="list-style-type: none"> <li>• Strawberries <span style="float: right;"><i>3 flavors</i></span></li> <li>• Hot Fudge</li> <li>• Caramel Sauce</li> <li>• Whipped Cream</li> <li>• Rainbow Sprinkles</li> <li>• Chopped Peanuts</li> </ul>	<b>\$8.50</b>
 <b>Hot Chocolate Bar</b>	 <b>\$2.50</b>
<ul style="list-style-type: none"> <li>• Whipped Cream</li> <li>• Mini M&amp;M's</li> <li>• Ground Cinnamon Spice</li> </ul>	
 <b>Replenish beverage afternoons of full day events only</b>	 <b>\$2.00</b>

## 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:

	<i>per Person</i>
• Artichoke & Mozzarella Dip with Crackers	<b>\$2.00</b>
• Beef Wellingtons	<b>\$2.30</b>
• Bruschetta	<b>\$1.80</b>
• Chicken Wings—Hot, medium, mild, and BBQ served with celery, carrot sticks and bleu cheese dressing	<b>\$3.35</b>
• Mini Quiche—Assorted	<b>\$2.00</b>
• Mini Veggie Spring Rolls	<b>\$1.30</b>
• Pigs in a blanket	<b>\$1.80</b>
• Spanakopita—spinach, phyllo and Feta Puffs	<b>\$1.80</b>
• Stuffed Mushrooms—without meat	<b>\$1.80</b>
• Swedish Meatballs	<b>\$1.30</b>
• Veggie Pot Stickers (steamed/fried)	<b>\$1.30</b>

Cold Items:

	<i>per Person</i>
• Cheese Board and Crackers	<b>\$2.30</b>
• Chips and Salsa	<b>\$1.70</b>
• Cut fruit with Devonshire cream	<b>\$2.15</b>
• Finger Sandwiches: select from Egg Salad, Ham Salad or Chicken Salad	<b>\$2.30</b>
• Fruit Kabobs	<b>\$1.75</b>
• Hummus Platter with Red Onions and Pita Triangles with Lemon Wedges	<b>\$2.15</b>
• Jasmine Rice Cubes and Vegetables with Thai dipping Sauce	<b>\$2.30</b>
• Skewered Mozzarella balls and grape tomatoes in olive oil and basil	<b>\$2.00</b>
• Veggie Crudités with Ranch Dip	<b>\$1.70</b>