



FLAVOURS

by *sodexo*

ARIZONA WESTERN COLLEGE

Selections from these menus are presented buffet style. Services include linen draped service tables, set up and clean up, and freshly brewed Starbucks coffee (8 fluid oz. | 0 cal), Starbucks decaffeinated coffee (8 fluid oz. | 0 cal).
These menus are available for groups of 25 or more.

CONTINENTAL

\$10.25 per guest

Seasonal Cubed Fresh Fruit	■ ■		4 oz. 50 Cal
Assorted Pastries	■		1 Each 110 - 450 Cal
Orange Juice			8 Fluid oz. 140 Cal

THE ALL - AMERICAN *\$12.75 per guest*

Includes: Seasonal sliced fresh fruit, assorted pastries, hashbrowns, bacon and sausage, scrambled eggs, and orange juice.

Assorted Pastries	■		1 Each 110 - 450 Cal
Orange Juice			8 Fluid oz. 140 Cal

ADD ON:

Pancakes	■ ■		2 Each 260 Cal
Traditional French Toast	■		3 Halves 200 Cal
With maple syrup and melted butter			

\$1.00 Per Guest

BURRITO BUFFET *\$12.75 per guest*

Served with fresh salsa, seasonal sliced fresh fruit and chef's choice breakfast burritos.

FROM THE BAKERY

ASSORTED FRESHLY BAKED MUFFINS:

\$14.95 per dozen

Blueberry			1 Muffin 390 Cal
Apple Cinnamon			1 Muffin 380 Cal
Honey Bran	■		1 Muffin 330 Cal

ASSORTED BREAKFAST BREADS & COFFEE CAKES:

\$19.50 per dozen

Banana Nut Bread	■		1 Slice 370 - 400 Cal
Apple Streusel Coffee Cake	■		1 Square 260 Cal
Crumble Cake	■		1 Slice 450 Cal
Assorted Danish			1 Each 270 Cal

STARTERS

Individual Assorted Yogurts & Low - Fat Greek Yogurt			1 Each 90 - 180 Cal
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\$19.99 per dozen

Individual Fruit Yogurt Parfaits with Low - Fat Granola			1 Each 200 - 360 Cal
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\$29.99 per dozen

HOT BEVERAGES

16 Servings per gallon

Freshly Brewed Starbucks Coffee and Decaffeinated Coffee8 oz. | 0 Cal

\$21.95 per gallon

Tazo Herbal and Non Herbal Teas8 oz. | 0 Cal

\$21.95 per gallon

COLD BEVERAGES

16 Servings per gallon

Orange Juice, Cranberry Juice, Apple Juice 10 oz. | 140-170 Cal

\$21.95 per gallon

Iced Water Service with Fresh Oranges, Lemons and Limes..... 8 oz. | 0-60 Cal

\$14.99 per gallon

Freshly Brewed Unsweetened Iced Tea8 oz. | 0 Cal

\$21.95 per gallon

Lemonade8 oz. | 130 Cal

\$21.95 per gallon

TO - GO BEVERAGES

*All beverages are bottled or canned for deliveries and will be \$1.00 additional to the menu selection, or purchased a la carte. *Delivery fee: On Campus- \$15.00, Off Campus - \$30.00*

Bottled Water: 20. oz 20 oz. | 0 Cal

\$2.25 per guest

Fruit Juice: Orange, Apple, Cranberry8 oz. | 35-170 Cal

\$2.50 per bottle

Assorted Canned Soft Drinks, Regular and Diet: 16 oz. Can16 oz. | 0-270 Cal

\$1.99 per guest

Freshly Brewed Starbucks Coffee and Decaffeinated Coffee8 oz. | 0 Cal

\$35.00 per gallon

Freshly Brewed Unsweetened Iced Tea8 oz. | 0 Cal

\$38.00 per gallon

Juice: Orange, Apple, Cranberry8 oz. | 35-170 Cal

\$40.00 per gallon

*Assorted means Chef's Choice

**If you have a guest count of 24 or less, please contact Conference & Events for your quote

PREMIUM SALADS

All Salads are served with choice of a Roll and Butter **or** Crackers and Large Cookie (1 each | 160 - 170cal) **or** Brownie (1 each | 170 - 180 cal) with Freshly Brewed Iced Tea and Water. Services include linen draped service tables, set up and clean up. **25 guest minimum per menu selection.**

CAESAR SALAD..... 1 Salad | 490 Cal

\$10.00 per guest

Crisp romaine lightly tossed with shredded Parmesan cheese, herb croutons and classic caesar dressing

Add Grilled Breast of Chicken

\$4.00 per guest

PEAR SALAD 1 Salad | 340 Cal

\$14.95 per guest

Spring mix greens with candied nuts, pear slices, feta cheese and ranch dressing

COBB SALAD..... 1 Salad | 770 Cal

\$14.95 per guest

Grilled chicken breast, avocado, cage free hard boiled egg and crispy bacon on mixed lettuce greens with croutons and chunky bleu cheese dressing

GREEK SALAD ■ ■ 1 Salad | 190 Cal

\$13.95 per guest

Classic greek salad of tomatoes, cucumbers, red onion, kalamata olives and feta drizzled with a light vinaigrette

CHEF SALAD 1 Salad | 600 Cal

\$15.95 per guest

Ham, smoked turkey, cheddar, cage free hard boiled egg on a bed of mixed field greens

PREMIUM SANDWICHES

All Lunches include a Bag of Chips and a choice of one: Potato Salad (4 oz. | 45 cal), Fruit Salad (4 oz. | 50 cal) **or** Pasta Salad (3 oz. | 120 cal) and Large Cookie (1 each | 160 - 170 cal) **or** Brownie (1 each | 170 - 180 cal) with Freshly Brewed Iced Tea and Water. Services include linen draped service tables, set up and clean up. **25 guest minimum per menu selection .**

TWISTED TURKEY WRAP 1 Sandwich | 300 Cal

\$12.95 per guest ■

Roast turkey, cranberry sauce, bistro sauce, spinach and tomato rolled in a flax seed and herb encrusted whole grain tortilla

MEDITERRANEAN VEGGIE WRAP 1 Sandwich | 270 Cal

\$10.95 per guest ■ ■

Grilled eggplant with fresh cucumbers, peppers, in a whole grain tortilla with tzatziki sauce and feta

THE LIGHTER CHICKEN CAESAR WRAP 1 Sandwich | 350 Cal

\$12.95 per guest

Grilled chicken breast, romaine, whole wheat croutons, parmesan and low - fat caesar dressing in a tortilla

■ = Mindful

■ = Vegetarian

■ = Vegan

SPICY ITALIAN BAGUETTE 1 Sandwich | 600 Cal

\$13.95 per guest

Artisan baguette stacked high with slices of genoa salami, capicola ham and pepperoni spiced with chef's hot pepper mayonnaise

GRILLED TUSCAN CHICKEN BREAST..... 1 Sandwich | 600 Cal

\$14.95 per guest

Grilled chicken breast, provolone, leaf lettuce, sliced tomato and pesto mayonnaise on focaccia bread

TURKEY AND SHARP CHEDDAR ON KAISER ROLL 1 Sandwich | 360 Cal

\$12.95 per guest

ROAST BEEF AND CHEDDAR ON CIABATTA BREAD 1 Sandwich | 500 Cal

\$12.95 per guest

THE TRIO 1 Sandwich | 360-500 Cal

Assorted premade sandwiches, assorted bags of chips, cookies and a choice of coleslaw, potato salad, or market house salad.

\$14.00 per guest

BOX LUNCHES 1 Sandwich | 640-790 Cal

Includes assorted bags of chips, whole fruit and a cookie

Hoagie Bread: Croissant Bread:

Turkey - \$10.25 Turkey - \$11.25

Ham - \$10.25 Ham - \$11.25

Veggie - \$9.75 Veggie - \$10.75

KIDS' BUFFET 1 Person | 950 Cal

Chicken nuggets, corn, tater tots, and a juice box

\$10.00 per guest

PIZZA

Each Pizza has 8 Slices, double slicing is available upon request.

Cheese Pizza 1 Slice | 290 Cal

\$14.95

Pepperoni Pizza 1 Slice | 300 Cal

\$18.95

Sausage Pizza 1 Slice | 650 Cal

\$18.95

Supreme Pizza..... 1 Slice | 440 Cal

\$19.95

Veggie Pizza 1 Slice | 110 Cal

\$15.95

Gluten Free Pizza Whole Pizza | 920 - 1160 Cal

\$15.95

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SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a choice of Salad **or** Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed Starbucks Coffee, Decaffeinated Coffee, and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include linen draped service tables, set up and clean up. All entrées are available Buffet Style. *\$1.00 more per guest for Plated Service. **Coffee available for Dinner only. Coffee available a la carte for lunch. **25 guest minimum per selection.**

BEEF AND CHICKEN

BRAISED SHORT RIBS 1 Plate | 390 Cal

\$24.95 per guest

Boneless beef short ribs marinated with shallots, carrots, leeks and a splash of orange juice braised to perfection

STEAK AU POIVE 1 Plate | 940 Cal

\$25.25 per guest

Roasted tri - tip sirloin sliced with a peppercorn demi glaze with herb roasted red potatoes and sautéed vegetables

BIRRIA *Two Accompaniments not included 1 Plate | 735 Cal

\$19.00 per guest

Beef birria, spanish rice, refried beans, cabbage, diced onions, chopped cilantro, lemons, salsa and corn tortillas

CHICKEN MARSALA 1 Plate | 720 Cal

\$22.95 per guest

Breast of chicken with mushrooms, Marsala wine and demi glaze with garlic mashed potatoes and sautéed vegetables

SESAME CHICKEN 1 Plate | 910 Cal

\$23.25 per guest

Grilled breast of chicken marinated with sesame, soy, garlic, cilantro, and scallions

SEAFOOD

GRILLED TILAPIA WITH MANGO JICAMA RELISH 1 Plate | 440 Cal

\$24.95 per guest

Grilled tilapia with peppery mango jicama relish, garnished with shredded coconut and lime zest

CITRUS SALMON, COUSCOUS & GREEN BEANS 1 Plate | 120 Cal

\$26.95 per guest

Citrus and herb crusted salmon served with couscous primavera and lemon garlic green beans

BLACKENED COD WITH SALSA VERDE 1 Plate | 280 Cal

\$26.95 per guest

Blackened cod drizzled with green tomatillo sauce, paired with watercress and fresh cilantro

VEGETARIAN * Two Accompaniments not included

BALSAMIC MARINATED PORTABELLO MUSHROOM 1 Plate | 170 Cal

\$19.50 per guest

Marinated portabello stuffed with garden vegetables and garnished with a balsamic vinegar drizzle

VEGETABLE LASAGNA 1 Plate | 290 Cal

\$19.25 per guest

Pasta sheets layered with mozzarella and roasted vegetables in a rich tomato sauce

■ = Mindful

■ = Vegetarian

■ = Vegan

COMBINATION PLATE

BEEF AND SALMON FILLETS 1 Plate | 340 Cal

\$43.95 per guest

Medallion pairing of beef tenderloin and salmon atop caramelized onion mashed potatoes and balanced with mesclun greens

SPECIALTY BUFFETS

LITTLE ITALY 1 Plate | 890 - 996 Cal

\$25.99 per guest

Caesar Salad with homemade croutons, garlic bread sticks, sautéed vegetables, and cut sheet cake

CHOOSE TWO

Chicken Parmesan, Chicken Marsala, Meat Lasagna, Vegetable Lasagna

OLD FASHIONED BBQ *\$21.95 per guest*

Shredded BBQ 4 oz. | 310 Cal

Cornbread ■ ■ 4 oz. | 120 Cal

Brownies 4 oz. | 200 Cal

Ranch Style Baked Beans 4 oz. | 160 Cal

Freshly Brewed Iced Tea 8 oz. | 0 Cal

CHOOSE ONE:

Country Potato Salad ■ ■ 4 oz. | 120 Cal

Seasonal Fresh Fruit Salad ■ ■ 4 oz. | 45 Cal

ENTREE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette 1 Salad | 110 Cal

Iceberg Wedge with Bleu Cheese 1 Salad | 130 Cal

Caesar Salad and Homemade Croutons..... 1 Salad | 160 Cal

Pear and Fresh Spinach Salad with Toasted Almonds and Cranberry Dressing 1 Salad | 740 Cal

Greek Salad with Feta Cheese and Balsamic Vinaigrette 1 Salad | 190 Cal

SIDES

Choice of One:

Fresh Green Beans..... 4 oz. | 40 Cal

Chef's Choice of Seasonal Vegetables..... 4 oz. | 30 - 130 Cal

Roasted Root Vegetables 4 oz. | 60 Cal

Broccoli with Sautéed Carrots..... 4 oz. | 60 Cal

Grilled Balsamic Zucchini..... 4 oz. | 60 Cal

Choice of One:

Herb Roasted Red Potatoes 4 oz. | 40 Cal

Garlic Mashed Potatoes..... 4 oz. | 90 Cal

Ginger Jasmine Rice..... 4 oz. | 60 Cal

Lemon Rice 4 oz. | 60 Cal

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HOT HORS D'OEUVRES

Services include linen - draped service tables, set up and clean up. **Minimum of 3 dozen of each selection.**

CHICKEN

Ginger Chicken Satay with Peanut Sauce 1 Each + 1 oz. Sauce | 110 Cal
\$33.95 per dozen

Chicken Wings Choice of: Barbecue or Teriyaki 1 Each | 580 - 720 Cal
\$26.95 per dozen

PORK

Pork Pot Stickers with Garlic Soy Sauce 1 Each + 3 oz. Sauce | 50 Cal
\$24.95 per dozen

Sausage Stuffed Mushrooms 1 Each | 20 Cal
\$29.95 per dozen

SEAFOOD

Mini Crab Cakes 1 Each | 70 Cal
\$36.95 per dozen

Seafood Stuffed Mushrooms 1 Each | 15 Cal
\$36.95 per dozen

Bacon Wrapped Dates 1 Each | 138 Cal
\$28.95 per dozen

BEEF

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour 1 Each + 3 oz. Sauce | 45-130 Cal
\$32.95 per dozen

Rolled Tacos 1 Each | 170 Cal
\$19.95 per dozen

Potato Flautas 1 Each | 130 Cal
\$19.95 per dozen

Beef Empanadas 1 Each | 350 Cal
\$31.95 per dozen

VEGETARIAN

Vegetarian Spring Rolls 1 Each | 70 Cal
\$31.95 per dozen

HOT DIP

Warm Parmesan Artichoke Dip with Bagel or Pita Chips 1 oz. + 2 oz. Chips | 250 Cal
\$19.95 per dozen

COLD HORS D'OEUVRES

Services include linen - draped service tables, set up and clean up. **Minimum of 3 dozen of each selection.**

Sundried Tomato and Goat Cheese Crostinis 1 Each | 40 Cal
\$25.95 per dozen

Assorted Finger Sandwiches 1 Each | 40 Cal
\$19.95 per dozen

CHOOSE TWO:

Ham and Cheese, Chicken Salad, Tuna Salad, and Cage Free Egg Salad on White, Wheat or Silver Dollar Rolls

■ = Mindful

■ = Vegetarian

■ = Vegan

COLD DISPLAYS

Small 15 - 25, Medium 25 - 50, Large 50 - 75

Fresh Farm Crudités with Ranch Dip ■ ■ 2 oz. + 2 oz. Dressing | 15 - 190 Cal

Small \$75

Medium \$135

Large \$195

Seasonal Cubed Fresh Fruit ■ 4 oz. + Fruit Dip | 50 Cal

Small \$85

Medium \$145

Large \$225

Domestic Cheeses with Crackers ■ 2 oz. + 6 Crackers | 340 Cal

Small \$80

Medium \$155

Large \$265

Artisan Cheeses with Crackers and Baguette Rounds ■ 2 oz. + 6 Crackers | 280 Cal

Small \$85

Medium \$165

Large \$295

Pinwheels with Cream Cheese 1 piece | 31 Cal

\$26.95 per dozen

Chips, Salsa \$19.95 per dozen | 165 Cal

+ Guacamole \$25.95 per dozen | 105 Cal

SWEET AND SALTY

Services include linen draped service tables, set up and clean up. **Minimum of 2 dozen per selection** for cookies, brownies and assorted dessert bars.

Assorted Home-Style Cookies 130 - 180 Cal

\$12.95 per dozen

Brownies (1 cut per serving) 132 - 441 Cal

\$15.95 per dozen

Gourmet Assorted Dessert Bars (1 cut per serving) 70 - 290 Cal

\$19.95 per dozen

Individual Bags of Chips 1 Bag | 110 - 230 Cal

\$1.79 per item

Mixed Nuts with Peanuts 1 oz. | 120 Cal

\$18.95 per dozen

Chex Mix 1 oz. | 120 Cal

\$12.95 per dozen

Decorated Sheet Cakes 1 Slice + 2 tbsp icing | 140 - 150 Cal + 120 - 140 Cal

Flavors: White, Chocolate, or

Full Sheet double layer \$95.00 per item

Half Sheet double layer \$50.00 per item

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