Welcome to Flavours Catering by Sodexo. We are excited to have the opportunity to share our passion for food with you! From basic coffee services to outdoor events of unlimited numbers, our goal is to provide you with a full range of quality and innovative catering services backed by a diverse, service-oriented staff and a wide range of resources available from our international network.

Our trained, professional staff is dedicated to providing the highest level of catering services. The quality of your food, however, does not rest upon the chefs alone. Every member of the Catering Department receives monthly training on food and beverage services, as well as day-to-day experience on the job. This guide provides you with fresh, contemporary menus; however, this represents only a starting point. Our commitment is to customize and create whatever is required to provide your guests with an unforgettable experience.
Planning Your Special Event

We pride ourselves in being able to meet everyone’s catering needs. The following steps will help you through the process of organizing your special function:

Arranging and Reserving a Date

Even if the date of the event is only tentative, please make arrangements with the catering department at least 10 days prior to the function so that we can get you on our calendar. Inside 72 hours menu items will be subject to availability. Location, number of guests and the time of the function will also be needed. Menu selection needs to be confirmed approximately 7 days before the event. You may contact the catering department at 364-5763, extension 3536 or email us at sodexo@mntechnology.com.

Whether the event is to take place on or off campus, the location reservation needs to be confirmed before we will deliver. Tables, chairs, and other equipment will need to be arranged by you through the event coordinators. Contact 405-364-5763 ext 8267 for the Franklin Road Campus or ext. 3500 for the South Penn Campus.

- Before an event can occur, the Catering Department must have an approved Requisition for Food Service or Purchase Order.
- A final number of attendees, the minimum number that will be charged, are due in the catering office no later than 72 business hours in advance of the event. If the actual number of attendees is greater, this number will be used for billing. Should there be no guarantee obtained, Sodexo will prepare and bill for the expected number or actual number of guests, whichever is greater.
- Events cancelled after the confirmation will result in a cancellation fee. Any event cancelled within 72 hours of the event will result in a fee equal to 85% of the confirmed charges.
Payment for Services
All catered functions must be secured by purchase order, University funds, checks, credit cards, or cash before occurring. Events requested by outside parties must be paid in full 24 hours before the event. Please note that there is no service or gratuity charge to events held at MNTC.

Linens, China & Décor
House linens are available at an additional charge of $5.50 per table for table linens and $2.00 per napkin. China is available on buffet and plated events for an additional $5.00 per person. Centerpiece and buffet design are available in-house. Please speak to your catering representative for prices.

Extended Service and Removal of Food Items
Standard catering service is based on a 90 minute service. For an additional fee, staff will be provided for additional time if requested with a reasonable amount of notice. Leftover food may not be removed from the serving location by attendees due to liability and safety issues.
Good Morning Sunshine!

The menus below are all presented buffet style. All set ups include freshly brewed coffee. Decaf and hot tea provided on request. A minimum of 10 persons in attendance is required in order to avoid a $25 service charge.

**Early Riser - $12.00**
Fluffy scrambled eggs, bacon strips or sausage patties++, and biscuits and gravy accompanied by breakfast pastries, butter, and preserves

**Home-style - $12.50**
Buttermilk pancakes or French toast served with warm maple syrup and whipped butter, bacon strips or sausage patties++, fluffy scrambled eggs, and breakfast potatoes

**Midwestern - $14.00**
Fluffy scrambled eggs with onions and peppers, bacon strips or sausage patties++, western fried potatoes, biscuits and gravy, breakfast pastries, butter, and preserves

++ Turkey sausage is also available as a substitute option
A Smaller Fare
Includes coffee service

Breakfast Burrito - $11.00
Scrambled eggs, cheddar cheese, grilled onions and peppers in traditional or whole wheat tortillas. Vegetarian option available upon request Served with breakfast potatoes, salsa & sour cream.

Breakfast Sandwich - $11.00
Scrambled egg, ham & cheddar on grilled ciabatta roll. Vegetarian options available upon request Served with breakfast potatoes.

Fitness Break - $9.25
Freshly baked banana nut bread, individual yogurt, apple slices with peanut butter and an assortment of juices including orange, apple, and cranberry

Add any of these items to create a custom menu for any occasion
Assorted pastries $1.25       Biscuits and Gravy $2.50       Seasonal Fruit Salad $3.00
Just a Little Something....

Coffee Breaks

Coffee breaks include regular coffee and condiments. Decaffeinated coffee and hot teas available upon request. The following choices are per person cost.

Break One - $5.25
Coffee and an assortment of pastries and seasonal breakfast breads

Break Two - $8.50
Coffee with assorted fruit juices served with your two choices of the following: Coffee cake, scones, cinnamon rolls or European Danish and seasonal fruit salad

Add a slice of homemade quiche or frittata for an additional $2.50 per person
ENTRÉE SALADS

Our lighter lunches are served with dessert, iced tea and water. All entrée salads are $12.50 per person.

Southwest Chicken Salad
Fresh Romaine lettuce with grilled chicken, pepper jack cheese, red and green bell peppers, corn and black bean fiesta and diced red onion. Served with a spicy ranch dressing, dinner roll and butter

Chicken Caesar Salad
Fresh Romaine lettuce with grilled chicken breast, grape tomatoes, croutons and Parmesan cheese. Served with a classic Caesar dressing, dinner roll and butter

BBQ Chicken Salad
BBQ Chicken breast on chopped lettuce with cheddar cheese, green onions and grape tomatoes. Served with a cilantro lime ranch dressing, dinner roll and butter
On the Go Lunches
Served with homemade penne pasta salad, chips, sliced apples and cookies; Bottled water and assorted sodas

Traditional Box Lunches - $10.50 each
Shaved roast turkey and Swiss, smoked ham and cheddar or sliced roast beef and provolone on soft ciabatta rolls or whole wheat ciabatta with lettuce and tomato

Signature Box Lunches - $12.00 each
Chicken Salad Sandwich
Homemade chicken salad with fresh chunks of chicken breast, grapes, apples, pecans and fresh thyme mixed with an herb mayo. Served on wheat or sourdough ciabatta or wheat berry bread

Vegetarian Fantasy Sandwich
Baked focaccia bread, cream cheese spread, sunflower seeds, chopped red and green bell peppers, cucumbers, red onions and radishes, lettuce and tomatoes
LUNCH BUFFETS

Buffet options below are served with dessert, iced tea, and water. A minimum attendance of 10 is required in order to avoid a $25 service charge. Prices are based per person.

**Deli Buffet - $12.50**
Homemade pasta salad, potato chips, an assortment of deli-style meats including roast beef, smoked turkey, sugar-cured ham, and salami, Swiss, pepper jack and cheddar cheese, lettuce, tomato, onions and pickles served with wheat rolls and soft ciabatta rolls. (Green salad or soup du jour can be added for $1.75 per person)

**Flavours of Mexico - $14.75**
Fresh garden salad with assorted dressings, cilantro lime rice, black beans with crema and your choice of: chicken fajitas, beef fajitas, chicken enchiladas with sour cream sauce or beef enchiladas with chili sauce.
Choice of 2 entrees (prepared 50/50) - $3.00 additional

**Deluxe Potato Bar - $13.25**
Large baked potatoes accompanied by butter, shredded cheese, sour cream, bacon bits, chives, grilled chicken, taco meat and grilled vegetables.
Buffet options below are served with salad, vegetable, starch, rolls and butter, dessert and iced tea and water

Home-style Pot Roast - $17.25
Roasted with onions, celery, carrots and chunks of potatoes

Roasted Pork Tenderloin - $16.25
Served with an apple relish and caramelized onions

Mama Mia - $16.00
Two of our pretty famous pasta dishes: Sautéed chicken over penne pasta with a rich asiago cheese and Italian herb cream sauce and our homemade marinara sauce and meatballs dish with parmesan cheese, basil and roasted tomatoes

Roasted Chicken Breast - $15.75
Tender roasted breast of chicken served with a thyme and white wine reduction

Home-style - $15.50
Choice of chef's meatloaf or chicken fried steak along with whipped mashed potatoes and peppered gravy, fresh green beans, and fresh buttermilk biscuits with butter
Afternoon Break Selections
All afternoon breaks are served with bottled water and assorted sodas
Prices reflect the per person cost

Protein Booster - $10.75
Traditional, red bell pepper & garlic hummus spread served with pita chips, vegetable display and roasted almonds

Assorted Nummies - $10.25
Organic popcorn, soft pretzels with country Dijon mustard, carrot & celery sticks with ranch dip and M&M's

From the Bakery - $7.00
Assorted freshly baked cookies, dessert bars & brownies
Plated and Special Occasion Meals

For those special occasion dinners we offer customized menu planning to ensure the ultimate dining experience for your guests. Whether it's a custom buffet or a served meal on china, we can work within your budget to develop a menu that exceeds your expectations. Specialty linens, china service, centerpiece design and wait staff can all be arranged through your catering manager. Please contact us at least 2 weeks in advance to begin the planning process.
The following items are available as ala carte options and are set up as stationary buffets. All selections are priced per person and are based on 2 pieces per person.

<table>
<thead>
<tr>
<th>Hot Items</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Rolls</td>
<td>$2.25</td>
</tr>
<tr>
<td>Fried Ravioli with Marinara</td>
<td>$3.00</td>
</tr>
<tr>
<td>French Onion Tarts</td>
<td>$4.00</td>
</tr>
<tr>
<td>Fried Green Beans</td>
<td>$2.75</td>
</tr>
<tr>
<td>Stuffed Mushrooms</td>
<td>$2.75</td>
</tr>
<tr>
<td>Mini Chicken Quesadilla</td>
<td>$3.25</td>
</tr>
<tr>
<td>Mozzarella sticks</td>
<td>$2.25</td>
</tr>
<tr>
<td>Mini Quiche</td>
<td>$3.25</td>
</tr>
<tr>
<td>Mini chicken or beef kabobs</td>
<td>$4.25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cold Items</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable crudités with ranch dip</td>
<td>$3.25</td>
</tr>
<tr>
<td>Fresh seasonal sliced fruit tray</td>
<td>$3.50</td>
</tr>
<tr>
<td>Variety cheese tray</td>
<td>$4.00</td>
</tr>
<tr>
<td>Southwest fiesta platter</td>
<td>$5.25</td>
</tr>
<tr>
<td>Assorted hors d’ oeuvres</td>
<td>$5.50</td>
</tr>
<tr>
<td>Tortilla chips with salsa</td>
<td>$2.25</td>
</tr>
<tr>
<td>Beverages</td>
<td>Snacks</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>Coffee and decaffeinated</td>
<td>Assorted Danish or muffins $12.50 doz</td>
</tr>
<tr>
<td>Iced tea</td>
<td>Sliced banana bread $12.50 each</td>
</tr>
<tr>
<td>Hot tea flavored packets</td>
<td>Bagels with cream cheese $15.00 doz</td>
</tr>
<tr>
<td>Lemonade</td>
<td>Assorted cookies $10.50 doz</td>
</tr>
<tr>
<td>Soft drinks, 12 oz cans</td>
<td>Fresh brownies $15.00 doz</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>Rice Krispie treats $13.00 doz</td>
</tr>
<tr>
<td>Fruit juice by the gallon</td>
<td>Trail Mix $2.25 each</td>
</tr>
<tr>
<td>Fruit juice by the bottle</td>
<td>Soft Pretzels with Mustard $3.00 each</td>
</tr>
<tr>
<td>Milk by the pint</td>
<td>Hummus and Pita Chips $3.25 each</td>
</tr>
<tr>
<td></td>
<td>Granola Bars $1.25 each</td>
</tr>
<tr>
<td></td>
<td>Individual Yogurts $1.50 each</td>
</tr>
</tbody>
</table>
Just For Fun....
The below served with iced tea, lemonade and water. Less than 25 guests in attendance will incur a $25 service charge

Garden vegetable and domestic cheese display with ranch dressing and assorted crackers
$10.00 per person

Fresh vegetable display, sliced fresh seasonal fruit, domestic cheese and crackers, spinach dip with Italian bread cubes, baked ham or roast beef with silver dollar rolls
$18.00 per person

Bruschetta Display with assorted toppings: tomato & basil, chicken & thyme, olive-caper tapenade, and sun-dried tomatoes with goat cheese
$12.00 per person

Assorted miniature cheesecake display with seasonal fruits, berries and nuts
$11.00 per person