





NVU @ JOHNSON

Flavours Catering by Sodexo is committed to making your event a success. Our team of professionals at the conference and events office are available to assist you with planning every aspect of your event. Our Dining Services team has designed this menu to fit a wide range of budgets and tastes, including local ingredients, local favorites, and specialty items specific to our campus: NVU @ Johnson.

Our goal is to provide you with the freshest selections of food items, beautifully displayed, and served professionally by our catering staff as we strive to exceed the expectations of every single guest.

Our culinary professionals take great pride in using sustainable and local foods to create fresh, healthy and delicious menus. We are committed to sustainable practices and regularly seek out the best possible seasonal ingredients. In keeping with this, we have established the Vermont 1st Pledge and initiatives with the State of Vermont to partner with local farmers as part of our daily business practice.

Budget permitting, most menu items can be organic and/or sustainable. We make ocean-friendly choices and are committed to sourcing 100% Marine Stewardship Council or Best Aquaculture Practice certified seafood by 2015.

This brochure will guide you through the planning process for a catered event. Should you require a customized menu, we will be happy to meet with you. We look forward to serving you.



BREAKFAST SELECTIONS

These menus are presented buffet style. Services include delivery, set up with linens on the buffet and clean up after your event. A high quality plastic serviceware or eco-friendly serviceware is provided and china service is available upon request for a nominal charge. Freshly Brewed Green Mountain Coffee, Green Mountain Decaffeinated Coffee and Gourmet Herbal and Non-Herbal Teas to include Decaffeinated Gourmet Tea with Hot Water are included.

THE "CONTINENTAL BREAKFAST" SETUP CHOICES

The "Continental" setup includes full coffee service and assorted pastries setup 390cal -

The "Continental Plus" setup includes full coffee service, fresh fruit platter,

Your choice Two (2) breakfast baked goods w/condiments, and assorted juices 550cal

Pastry choices: bagels, teabreads, coffee cake, scones, cinnamon rolls, danish, mu

THE HEALTHY START 480cal

Seasonal Sliced/Cubed Fresh Fruit Tray/Display

Low-fat Yogurt Parfaits made with Fresh Berries and Low-Fat Granola Well Balanced

Breakfast Cookie

Whole Wheat Bagels, Low-fat Cream Cheese and Assorted Jellies Chilled

Bottled/Carafe Orange Juice and Cranberry Juice

BREAKFAST BUFFET

Seasonal Sliced/Cubed Fresh Fruit and Berries Tray/Display 50cal

Baker's Choice of Two: Mini Croissants, Muffins, Breakfast Breads, Coffee Cake or Mini Scones w/condiments 390cal Hashbrowns or Home Fries 150cal

Choose 2: Crispy Bacon 90cal, Pork Sausage 80cal, Turkey Bacon, 15cal Turkey Sausage 35cal, or Country Ham 90cal

Choose 1: Fluffy Scrambled Eggs 150cal, Egg White Frittata 200cal, Garden Vegetable Quiche 240cal

Choose 1: Apple Pancakes 260cal or Traditional French Toast 150cal with warm Maple Syrup and Melted Butter

Includes: Pitchers of Orange Juice, Apple Juice and Cranberry Juice 90-110cal and Full Coffee Service

OMELET STATION or BELGIAN WAFFLE BAR

The following item can be added on to any of the breakfast menus.

Fluffy Eggs and Egg Whites, Sweet Peppers, Smoked Ham, Shredded Cheddar, Dice Tomatoes, Feta Cheese, Bacon, Pork Sausage Links, and Scallions or Turkey Bacon upon request. All prepared by one of our chefs. 240cal

Belgian Waffles Made to order by our Chef includes assorted fruits & toppings, syrup, butter, and condiments 930cal



BREAKFAST A la Carte Selections

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From the Bake Shop

ASSORTED FRESH BAKED MUFFINS 390cal -Cranberry Orange, Lemon Poppy Seed, Blueberry, Cappuccino Chocolate or Apple Cinnamon

ASSORTED BREAKFAST BREADS and COFFEE CAKES310cal -Banana Nut Bread, Lemon Poppy Seed Bread, Blueberry Sour Cream Coffee Cake, Apple Streusel Coffee Cake or Chocolate Expresso Coffee Cake

(Order Per Dozen)

ASSORTED DANISH 270cal -

ASSORTED BAGELS with cream cheese and condiments 340cal -

COUNTRY BISCUITS w/spreads 100cal-

ASSORTED SCONES 240cal - CINNAMON ROLLS 240cal -

DOUGHNUTS 370cal -CROISSANTS - 310cal -

MORNING STARTERS (Please Order by the Each or Per person as specified - minimum order of 10)

INDIVIDUAL ASSORTED YOGURTS 70cal -

INDIVIDUAL FRUIT YOGURT PARFAITS with LOW-FAT GRANOLA 270cal -

SLICED/CUBED FRUIT TRAY/DISPLAY 50cal -

Granola 200cal-

Individual Assorted Cereals 130cal -

Fresh fruit salad cup... to go 50cal -

BREAKFAST SANDWICH (Per Dozen) 360cal -

Choice of One: Toasted English Muffins, Biscuits,

Bagels or Croissants

Choice of One: Egg, Egg and Cheese or Egg Whites Choice of One: Pork or Turkey Sausage Patty, Country

(minimum order of 10 servings)

Ham or Bacon

Whole Fresh Hand Fruit 110cal -

ADD ON MORNING SIDES to your

menu

The following items can be added on to any of the Breakfast menus to create a custom menu for any occasion.

HOME FRIES W/ONIONS 110cal
CHORIZO SAUSAGE 130cal
CHEESE BLINTZ 110cal served with sour cream 60cal -

LARGE SMOKED SALMON PLATTER
with RED ONIONS, CAPERS
CREAM CHEESE and MINI BAGELS 130cal -

CORNED BEEF HASH 220cal HAM and POTATO FRITTATA 350calFRUIT BLINTZ 220cal served with sour cream 60cal -

BREAKFAST ON THE GO BOX - 430cal -

*includes bagel or pastry, yogurt cup, bottled juice, condiments *



BEVERAGE SERVICE

Our catering department provides a high quality plastic serviceware or eco-friendly serviceware and china service is available upon request for a nominal charge. Services include delivery during normal service hours, linen on service tables, set up and clean up. Appropriate condiments are provided. MINIMUM ORDER OF 10

FULL COFFEE AND TEASERVICE

Our Morning Coffee Service includes Freshly Brewed Green Mountain Coffee, Decaffeinated Coffee and Gourmet Herbal and Non-Herbal Teas to include Decaffeinated Gourmet Tea with Hot Water - 70cal

HOT BEVERAGES

Bulk Service Dispensers

Freshly Brewed Green Mountain Premium Coffee by the Pump Pot 130cal - (serves 10) -

Freshly Made Creamy Hot Chocolate 200cal -

Freshly Brewed Gourmet Coffee from "VT Coffee Co." includes complete coffee/tea setup 70cal -

Freshly Mulled Vermont Hot Apple Cider (in Season) 110cal -

Specialty Herbal and Non Herbal Teas by the Pump Pot - Ocal - (serves 10) -

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Bulk Service Dispensers

Orange Juice 110cal -

Cranberry Juice 110cal -

Apple Juice 110cal -

Fresh Brewed Iced Tea Ocal

Iced Cold Lemonade 230cal -

Iced Water Service Ocal -

Cold Hollow Vermont Apple Cider 110cal -

Sparkling Punch - 240cal -

CANNED AND BOTTLED BEVERAGES

Bottled Fruit Juice; Apple, Orange and Cranberry - 90-110cal -

Assorted Bottled Soft Drinks, Regular and Diet 250-270cal -

Bottled Water Ocal -



BOXED LUNCHES SELECTIONS-SANDWICHES

Includes sandwich, chips, fruit, cookies, bottled beverage, condiments and napkins packaged individually or bulk to go minimum order of 6

BASIC DELISANDWICHES - gluten free available

Ham and Swiss Cheese

Sliced Deli Ham, Swiss, Lettuce, Tomato on a Roll 490cal

Turkey and Provolone Cheese

Deli Turkey, Provolone, Lettuce, Tomato on a Roll 570cal

Hummus and Roasted Vegetable Sandwich

Hummus spread on a Roll with lettuce, tomato, vegetables 470cal

Grilled Chicken Caesar Wrap

A Wrap with Grilled Chicken, Fresh Romaine Lettuce, Caesar Dressing, Parmesan Cheese 600cal

Tuna Salad Sandwich

Tuna Salad with Celery and Mayo on a Roll with Lettuce 260cal

Roasted Vegetable Wrap

on a wrap with lettuce, tomato, cucumbers, carrots, and assorted vegetables 140cal

BOXED LUNCHES SELECTIONS-SANDWICHES

Includes sandwich, chips, fruit, cookies, bottled beverage, condiments and napkins packaged individually or bulk to go minimum order of 6

SIGNATURE SANDWICHES - gluten free available -

SPICY ITALIAN BAGUETTE

Sliced Ham, Salami, Provolone Cheese and Roasted Red Peppers on a French Roll with Garlic Mayonnaise Spread 580CAL

TURKEY and SHARP CHEDDAR

Oven Roasted Turkey Breast, Sharp Cheddar Cheese, Leaf Lettuce and sliced Tomato on a Kaiser Roll 290cal

ROAST BEEF and CHEDDAR

Roast Beef and Cheddar on a Ciabatta Roll with Horseradish Cream Spread 500cal

GRILLED TUSCAN CHICKEN BREAST

Grilled Chicken Breast, Provolone, Leaf Lettuce, sliced Tomato and Pesto Mayonnaise on Focaccia Bread 540cal

SOUTHWESTERN BBQ PORK

Sliced BBQ Pork Roast piled high on a Ciabatta Roll with Pepper Jack Cheese, Caramelized Onions and Molasses BBQ Sauce 340cal

BUFFALO CHICKEN WRAP

Grilled Chicken with Buffalo Sauce, Blue Cheese Crumbles, Diced Tomatoes, Celery and Low-Fat Ranch Dressing served in a Flour Tortilla 620cal

SIGNATURE VEGETARIAN SANDWICHES - gluten free available -

ROASTED VEGGIE CLUB

Roasted Eggplant, Zucchini and Red Pepper with fresh Mozzarella and Artichoke Tapenade on a Ciabatta Roll 480cal

HUMMUS, AVOCADO and ROASTED VEGETABLE WRAP

Creamy Hummus, Ripe Avocado, Crisp Shredded Lettuce, and Tomato rolled in a petite soft Flour Tortilla 340cal



BOXED LUNCH SELECTIONS - PRE-MADE SALADS

Signature Salads

includes entree salad, chips, fruit, cookies, bottled beverage, Napkins, Condiments, & salad dressings that are packaged to go

THE LOCAL FAVORITES → FRESH GARDEN SALAD - 50CAL - CHEF'S SALAD - 630CAL

CAESAR SALAD -

Fresh Romaine Lettuce topped with Grated Parmesan Cheese, Homemade Croutons, and served with traditional Caesar Dressing 250cal

Add Grilled Chicken 200cal

Add Grilled Marinated Steak 210cal

COBB SALAD -

Strips of Turkey Breast, Diced Tomatoes, chopped Hard Boiled Egg, Diced Celery, Scallions and Bacon Crumbles served over a bed of Romaine Lettuce with Bleu Cheese Dressing 370cal

GREEK SALAD -

Crisp Mixed Greens with Tabbouleh, Roasted Red Pepper, Crumbled Feta Cheese and Falafel in a Flat Bread Cone 450cal

TRIO-SALAD COMBO -

Tossed Greens topped with Choice of 3 of the following salads: Chicken Salad, Egg Salad, Tuna Salad, Hummus or Ham Salad 450cal

CHINESE CHICKEN SALAD -

Mixed Greens with Red Leaf Lettuce tossed with Oriental Sesame Dressing and Grilled Chicken Breast served with Sesame Wonton Chips 600cal

ANTIPASTO SALAD -

A Salad Lover's Dream: Grilled Balsamic Eggplant, Zucchini and Red Peppers & Mushrooms with Pesto Pasta & Lemony Asparagus 550cal



The "JSC Pre-Made" Signature Sandwich Buffet

Lunch includes Bag of Chips 130cal, and your choice of Potato Salad 120cal, Cole Slaw 15cal or Pasta Salad 120cal. Served with a Large Cookie 310cal or Brownie 420cal and choice of: Bottled Soft Drinks 250cal or Bulk Lemonade 230cal, Iced Tea 0cal and Water.

Our catering department provides high quality plastic serviceware or eco-friendly serviceware as a standard for all events and menus. China is available upon request for a nominal charge. Services include delivery, linen on service tables, set up and clean up.

SIGNATURE SANDWICHES - gluten free available - minimum order of 10

SPICY ITALIAN BAGUETTE -

Sliced Ham, Salami, Provolone Cheese and Roasted Red Peppers on a French Roll with Garlic Mayonnaise Spread 580CAL

TURKEY and SHARP CHEDDAR -

Oven Roasted Turkey Breast, Sharp Cheddar Cheese, Leaf Lettuce and sliced Tomato on a Kaiser Roll 290cal

ROAST BEEF and CHEDDAR -

Roast Beef and Cheddar on a Ciabatta Roll with Horseradish Cream Spread 500cal

GRILLED TUSCAN CHICKEN BREAST -

Grilled Chicken Breast, Provolone, Leaf Lettuce, sliced Tomato and Pesto Mayonnaise on Focaccia Bread 540cal

SOUTHWESTERN BBQ PORK -

Sliced BBQ Pork Roast piled high on a Ciabatta Roll with Pepper Jack Cheese, Caramelized Onions and Molasses BBQ Sauce 340cal

BUFFALO CHICKEN WRAP-

Grilled Chicken with Buffalo Sauce, Blue Cheese Crumbles, Diced Tomatoes, Celery and Low-Fat Ranch Dressing served in a Flour Tortilla 620cal

SIGNATURE VEGETARIAN SANDWICHES – gluten free available - \$10.50 each

ROASTED VEGGIE CLUB -

Roasted Eggplant, Zucchini and Red Pepper with fresh Mozzarella and Artichoke Tapenade on a Ciabatta Roll 480cal

HUMMUS, AVOCADO and ROASTED VEGETABLE WRAP -

Creamy Hummus, Ripe Avocado, Crisp Shredded Lettuce, and Tomato rolled in a petite soft Flour Tortilla 340cal

GRILLED PORTOBELLO W/ PROVOLONE -

Grilled Portobello mushrooms on Focaccia w/ provolone, lettuce, tomato, and pesto 560cal

SPECIALTY SANDWICH BUFFETS

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THE DELI BUFFET -

minimum order of 15

Choice of 2 Salads:

Creamy Cole Slaw w/Apples 150cal, Potato Salad 120cal, Fruit Salad 35cal, Garden Salad 80cal with homemade croutons, balsamic dressing 70cal and ranch dressing 90cal

Individual Assorted Bags of Chips or Chips 130cal

Assorted Breads and Rolls 90cal,130cal

Sliced Roasted Turkey, Buffet Ham, Tuna Salad, and Hummus Spread, Sliced Swiss, Provolone and American Cheeses Leaf Lettuce, Sliced Tomatoes, Sliced Onions, Dill Pickles, Mayonnaise, Dijon Mustard 280cal-350cal

Assorted Cookies 310cal or Brownies 420cal or Dessert Bars 190cal

Choice of: Freshly Brewed Iced Tea Ocal, Lemonade 230cal, and Iced water Ocal or Bottled Soft drinks and water 250cal/Ocal

THE TRIO BUFFET -

minimum order of 15

Choice of Two Side Salads: Country Potato Salad 120cal, Sweet Potato Salad with Toasted Pecans 110cal, Garden Bow Tie Pasta 120cal, Market Garden Salad with Homemade Croutons 80cal and a Balsamic Vinaigrette 70cal and Ranch Dressing 90cal or Seasonal Fresh Fruit Salad 50cal

Assorted Individual Bags of Chips 130cal

Assorted Sandwich Platter to include Choice of Three Pre-made Sandwiches:

Italian Spicy Baguette - Salami, Ham, Provolone and Roasted Red Peppers on a French Roll with Garlic Mayonnaise Spread 580cal Greek Vegetable Wrap - Roasted Vegetables, Crisp Romaine Lettuce, Black Olives, Crumbled Feta, Plum Tomatoes and Balsamic Dressing 450cal

Smoked Turkey Breast and Brie Cheese with fresh Spinach, Sliced Tomato and Caramelized Onions with Honey Mustard on a Croissant 670cal

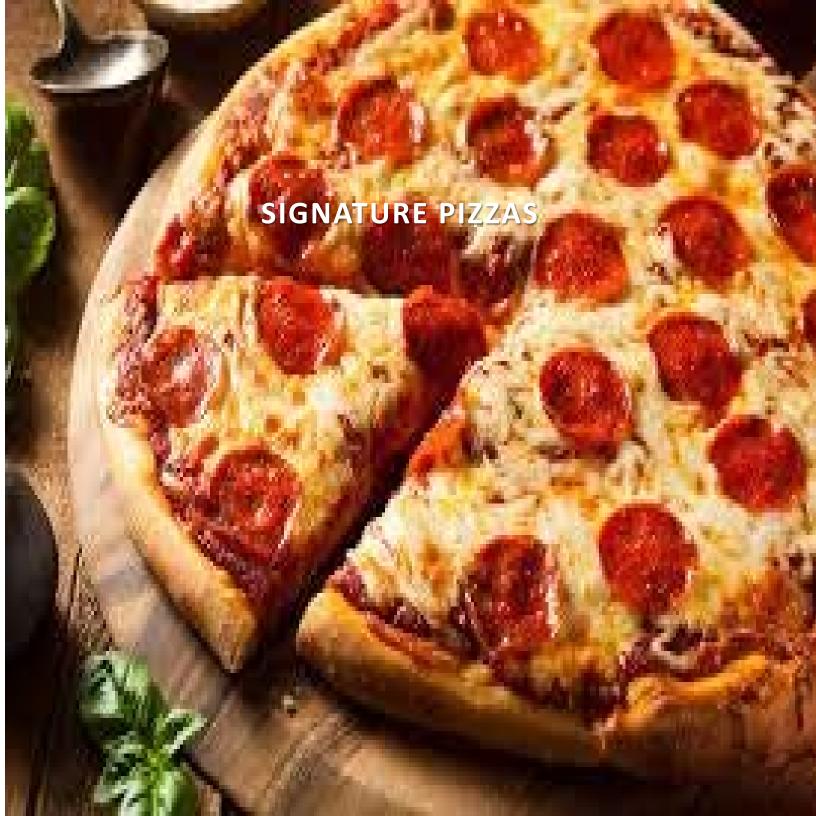
Roast Beef and Cheddar on a Ciabatta Roll with Horseradish Cream Spread 500cal

Grilled Tuscan Chicken Breast with Provolone Cheese and Pesto Mayonnaise on Focaccia Bread 540cal

Assorted Cookies 310cal or Brownies 420cal or dessert bars 190cal

Choice of: Freshly Brewed Iced Tea Ocal, Lemonade 230cal, and Iced Water Ocal or Bottled Soft Drinks and Water 250cal

Includes: Soup du Jour with Crackers - 80-210cal



SIGNATURE PIZZAS

Our catering department provides high quality plastic serviceware or eco-friendly serviceware as a standard for all of our events. Services include delivery or pickup during normal service hours, set up with linen on service table and clean up when applicable China and attendant are available upon request for a nominal charge.

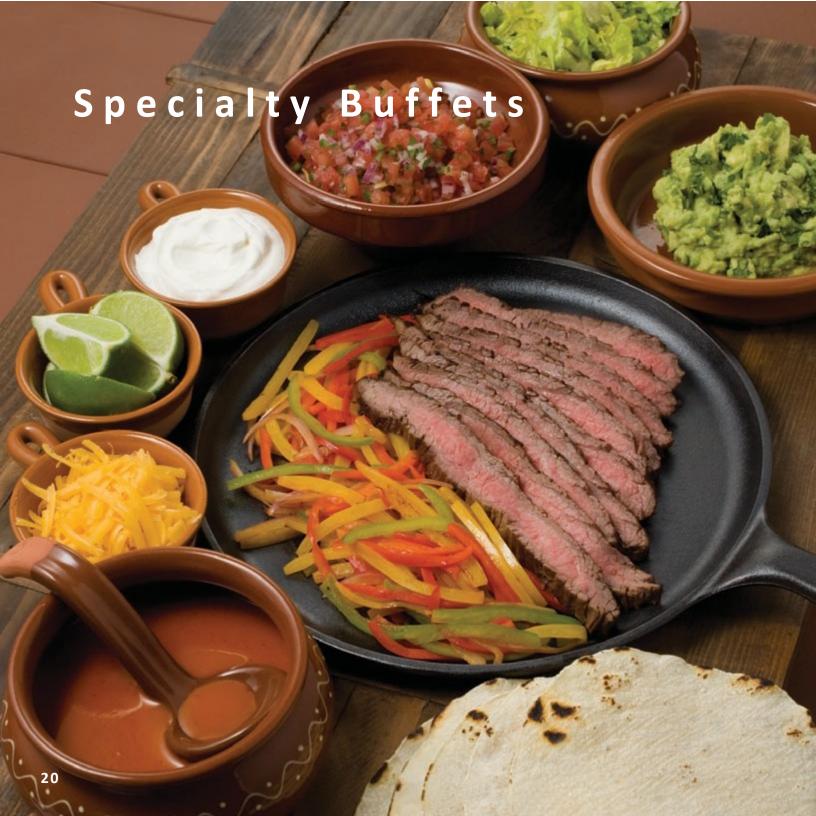
ALL 14" SIGNATURE PIZZAS DELIVERED OR PICKED UP IN A 16" BOX

| SIGNATURE CHEESE PIZZA | "14" PIZZA/BOXED | 430CAL/SLICE - |
|---------------------------|------------------|-----------------|
| SIGNATURE PEPPERONI PIZZA | "14" PIZZA/BOXED | 470CAL/SLICE - |
| SIGNATURE VEGETABLE PIZZA | "14" PIZZA/BOXED | 440 CAL/SLICE - |
| BUILD YOUR OWN PIZZA | "14" PIZZA/BOXED | EACH TOPPING - |

CHOICE OF TOPPINGS:

PEPPERONI-27Cal, SAUSAGE-92cal, BACON-37cal, HAM-37cal, BBQ OR BUFFALO CHICKEN-65cal, ONIONS-92cal, PEPPERS-38cal, MUSHROOMS-44cal, BROCCOLI-55cal, TOMATOES-23cal, FRESH GARLIC-3cal, BLACK OLIVES-4cal, AND PINEAPPLE-79cal

'GLUTEN FREE' PERSONAL PAN PIZZA 7" PIZZA/BOXED 660 CAL/SLICE -



SPECIALTY BUFFETS

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OLD FASHIONED BBQ-

Seasonal Fresh Fruit Salad 35cal

Roasted Vegetable Bow Tie Salad 120cal, Country Potato Salad 170cal

Cornbread 320cal, Rolls and Butter 90cal

Ranch Style Baked Beans 160cal

Barbecued Chicken 560cal, Barbecued Beef Brisket 240cal

Choice of: Hot Apple Crisp 150cal, Peach Cobbler 160cal or Assorted Cookies and Bars 180-400cal

Freshly Brewed Iced Tea Ocal, Lemonade 230cal, and Iced Water Ocal

LITTLE ITALY -

Antipasto Platter 190cal

Caesar Salad with Homemade Croutons 250cal

Assorted Rolls and Butter 90cal

Sautéed Fresh Zucchini 50cal

Pasta Bar with Cheese Tortellini and Penne Pasta Marinara Sauce and Pesto Cream Sauce 120cal

Home-style Meatballs in Marinara Sauce 100cal or Traditional Chicken Cacciatore 180cal

Parmesan Cheese 15cal

Tiramisu or Mini Cannoli's 320cal

Freshly Brewed Iced Tea Ocal, lemonade 230cal, and Iced Water Ocal

ASIAN FUSION BUFFET-

Asian Salad 400cal

Garlic, Lemon and Ginger Broccoli stir-fry 45cal Sticky Rice 210cal Vegetable Lo Mein 120cal

Sautéed' Snow Peas 45cal

Cilantro Breast of Chicken 110cal

Almond Gourmet Bars 120cal or Tropical Rice Pudding 770cal and Fortune Cookies 110c Freshly Brewed Iced Tea Ocal, Lemonade 230cal, and Iced Water Ocal

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SPECIALTY BUFFETS

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THE "BACKYARD" PREMIUM COOKOUT -

Choice of 2 Salads: Potato Salad 140cal, Pasta Salad 120cal, Coleslaw 100cal, or Fruit salad 15cal Hamburgers 330cal, Garden Burgers 370cal, and Hot Dogs 310cal and Grilled Chicken 130cal Ranch Style Baked Beans 160cal

Platters of Lettuce, Tomatoes and Pickles 70cal, American Cheese 10cal, Rolls 300cal, and Condiment Pump pots Sliced Watermelon 20cal

Platters of Freshly Baked Cookies and Brownies 180-400cal Freshly Brewed Iced Tea Ocal Lemonade 230cal Iced Water Ocal

FIESTA BUFFET -

Outdoor paper products

Choice of 1 Salad: Southwestern Black Bean Salad, Cilantro Slaw. or Fiesta Fruit Salad 60cal
Make Your own Chicken 320cal, Beef 370cal, or Vegetable Fajitas 290cal, with peppers and onions, warm flour tortillas
Cheese Enchiladas 180cal
Diced Tomatoes 5cal, Diced Onions 10cal, Black Olives 35cal, Shredded Cheese 60cal
Salsa 20cal and Sour Cream 60cal
Southwestern Rice 200cal
Cinnamon and sugar Tossed Churros 130cal
Freshly Brewed Iced Tea 0cal, Lemonade 230cal and Iced Water Ocal

THE "OUTDOOR" BASIC BBQ -

Choice of 2 Salads: Potato Salad 140cal, Pasta Salad 120cal, and Garden Salad with Italian 50gal and Ranch dressings +35cal Hamburgers 330cal, Garden Burgers 370cal, and Hot Dogs 310cal
Platters of Lettuce, Tomatoes and Pickles 70cal, American Cheese 10cal, Rolls 300cal, and Condiment Pump pots
Sliced Watermelon 20cal
Platters of Freshly Baked Cookies and Brownies 180-400cal
Freshly Brewed Iced Tea 0cal
Lemonade 230cal
Iced Water 0cal
Outdoor paper products

Build Your Own Buffet



Entertaining with Sodex o Entrées Cook book Winner, Lemon Parmes an Chicken with White Wine Chive Sauce

BUILD YOUR OWN BUFFET

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<u>Create Your Own Buffet</u>; please choose -One Salad, Two Entrées, Two Accompaniments, Two Desserts, Coffee and Beverages.

SALADS

Choose One from the Following:

Market House Salad with a choice of 2 or 3 dressing; Ranch, Italian, Balsamic Vinaigrette and Low-Fat Ranch Dressing

Greek Salad or Caesar Salad 250cal

Includes Assorted Dinner Rolls with Butter 90cal

ENTRÉES

CHICKEN -

Chicken Marsala 200cal -Lemon Parmesan Chicken with White Wine Chive Sauce 530cal Rotisserie Chicken 410cal -

BEEF -

Braised Beef Sicilian 310cal Beef Stroganoff 150cal Caramelized onion meatloaf 210cal

PORK -

Mustard Herb Pork Loin 110cal Asian Marinated Pork Loin With honey and soy glaze 110cal

SEAFOOD -

Cornmeal Tilapia with Cilantro Cream sauce 450cal Charleston Crab Cake w/ Remoulade Sauce 190cal Garlic Shrimp Skewers 440cal

VEGETARIAN

Baked Pasta with Seasonal Vegetables 200cal Stuffed Peppers with Herbed Tomato Sauce 480cal Vegetarian Pad Thai 350cal

ACC OMPANIMENT w/Entree

Choose One from the Following:

Oven Herbed Roasted Potatoes 140cal Garlic Mashed Potatoes 180cal Rice Pilaf 180cal Olive oil and Garlic Spaghetti 180cal

Choose One from the Following: w/Entree

Fresh Roasted Vegetable Medley 60cal Sautéed Zucchini 30cal Fresh Green Beans 30cal Roasted Seasonal Root Vegetables 100cal Sliced Glazed Carrots 60csl Lemon Garlic Broccoli 45cal

DESSERTS-

Choose Two from the Following:

Chocolate Cake 170cal

Chocolate Mousse 90cal
Asst. Pies: Dutch Apple, Blueberry, Pecan, Key Lime 390cal
Assorted Cookies and Brownies 180-400cal
Cora's Red Velvet Cake 760cal
Tropical Rice Pudding 770cal

BEVERAGES INCLUDED:

Freshly Brewed Green Mountain Coffee, Decaffeinated Coffee, and Gourmet Herbal and Non-Herbal Teas to include Decaffeinated Gourmet Tea with Hot Water

Pitchers on tables:

Iced Water Ocal, Lemonade 230cal, and Freshly Brewed Iced Tea Ocal



SERVED LUNCHEONS AND DINNERS

All Served Luncheons and Dinners include a Choice of a Salad or Starter, Two Accompaniments, Fresh Baked
Dinner Rolls and Butter, Choice of Dessert, Freshly Brewed Green Mountain Coffee, Decaffeinated Coffee, Herbal and
Non-Herbal Gourmet Teas with Hot Water and Freshly Brewed Iced Tea, Lemonade, and Iced Water on the Tables

This menu Includes: wait-staff service by course, linen on quest tables, full service set up and clean up.

POULTRY

SESAME CHICKEN BREAST - 340cal

Grilled Breast of Chicken marinated with Sesame, Soy, Garlic, Cilantro and Scallions

TRADITIONAL CHICKEN PICCATA - 240cal

Seared Breast of Chicken in a Lemon Caper White Wine Sauce

ROASTED CHICK EN FLORENTINE -

Crispy Sautéed Breast of Chicken topped with a creamy Spinach mixture and Mozzarella

APRICOT and GOAT CHEESE CHICKEN BREAST - 910cal

Lightly breaded Breast of Chicken rolled with dried Apricots and Goat Cheese served with a Brown Sauce

ZIA'S NUTTY CHICKEN - 830 cal

Boneless Breast of Panko Encrusted Chicken, Pistachios and topped with Apple Compote

BEEF AND PORK

BRAISED SHORT RIBS - 560cal

Beef Short Ribs braised in a Tarragon and Red Wine Reduction

BEEF TENDERLOIN STUFFED with SPINACH - 560cal

Roasted Beef Tenderloin stuffed with Spinach and served with Red Bell Peppers and drizzled with a Balsamic Demi-Glace Sauce

GORGONZOLA ENCRUSTED FILET with CABERNET DRIZZLE - 550cal

Gorgonzola Encrusted Filet with Cabernet Drizzle

PAN-SEARED PORK TENDERLOIN with APPLES & O NIO NS - \$ 530 cal

Pan-Seared Pork Tenderloin with Granny Smith Apples, diced Red Onions and Orange Marmalade

ROASTED PORK TENDERLOIN with SWEETENED RASPBERRY VINEGAR SAUCE - 350cal

Slow-Roasted Pork Tenderloin served with a sweetened Raspberry, Horseradish, Garlic and Red Wine Vinegar Sauce

Villegal Sauce

continued next page >



SERVED LUNCHEONS AND DINNERS

LAMB

ROASTED LAMB with RISOTTO - 840cal Thick Lamb Medallions served with Risotto and a drizzle of White Wine Cream Sauce

COMBINATION PLATE

BEEF and SALMON FILETS - 340cal

Tenderloin Medallion & Salmon Filet on caramelized Onion Mashed Potatoes and Demi-Glace Sauce

SEAFOOD

SEAFOOD and SPINACH LASAGNA with ROASTED RED PEPPERCOULIS - 840cal Layered Lasagna Noodle with Ricotta Cheese, Shrimp, Lobster, Crabmeat and Spinach topped with a Red Pepper Coulis Sauce

SALMON with LEEKS and CAPER SAUCE - 610cal Grilled Salmon Fillet topped with Fried Leeks and Caper Sauce

HALIBUT SALTIMBOCCA - 165cal

Halibut topped with shaved Pecorino Romano Cheese and wrapped with Prosciutto and lightly sautéed until Golden Brown

PARMESAN CRUSTED TILAPIA with CHIVE BUTTER SAUCE - 120cal Sautéed Tilapia with crusted Parmesan and Chive Butter Sauce

GARLIC SHRIMP SKEWERS - 440cal Succulent Shrimp seasoned with fresh Garlic Butter, Oregano, Basil and Lemon Zest

VEGETARIAN

CHÈVRE, ORZO and BASIL STUFFED PORTOBELLO - 660cal Portobello Mushroom Cap stuffed with Chèvre Cheese, Tri-colored Orzo and fresh Basil

SPAGHETTI SQUASH - 580cal
Spaghetti Squash with Sofrito and Vegan Pinto Beans

PORTOBELLO MUSHROOM NAPOLEON - 580cal

Portobello Mushroom layered with Zucchini, Spinach, Roasted Red and Yellow Peppers, Polenta and Mozzarella on roasted Tomato Coulis

SMOKED GOUDA FARFALLE - 510cal
Bow Tie Pasta baked with Smoked Gouda Cheese and Fresh Spinach



ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

| Market House Salad with Homemade Croutons and a Balsamic Vinaigrette Iceberg Wedge w/ red onions, Grape tomatoes, Mushrooms with Creamy Blue Cheese dressing | 450cal 310cal |
|--|------------------|
| Caesar Salad with Homemade Croutons | 250cal |
| Fresh Mozzarella and Tomato Stack with Fresh Basil | 430cal |
| Pear and Fresh Spinach Salad with Warm Cranberry Dressing | 740cal |
| Roasted Beets with soft Goat Cheese and Balsamic Glaze | 350cal |
| Greek Salad with Feta Cheese and a Balsamic Vinaigrette | 150cal |

A C C O M P A N I M E N T S

Choice of One:

Glazed Carrots 60cal
Fresh Green Beans and Carrot Medley 30cal
Fresh Green Beans 30cal
Grilled Balsamic Zucchini 60cal
Sautéed Broccoli or Zucchini 60cal
Broccoli with Sautéed Carrots 60cal
Herb Crusted Broiled Tomato 35cal
Roasted Root Vegetables 110cal
Sautéed Mushrooms 2 5cal
Fresh Spinach and Garlic Sauté 40cal
Julienne of Carrots, Fennel, & Pearl Onions 45cal
Roasted Fresh Seasonal Asparagus 30cal
Roasted Butternut Squash 35cal
Sautéed Fennel and Brussels Sprouts 50cal
Braised Red Cabbage 80cal

Choice of One:

Horseradish Mashed Potatoes 120cal
Caramelized Onion Mashed Potatoes 120cal
Mashed Sweet Potatoes 120cal
Oven Herb Roasted Potatoes 90cal
Oven Roasted Sweet Potatoes 90cal
Potatoes Au "Gratin 100cal
Roasted Potatoes O'Brien 90cal
Fingerling Potatoes 90cal
Israeli Cous Cous 210cal
Basil Orzo 190cal
Ginger Jasmine Rice 270cal
Lemon Rice 170cal
Fontina Risotto Cake 680cal
Black Beans and Rice 510cal
Vegetable Risotto 130cal

Old Fashion Chocolate Layer Cake 170cal Traditional Cheesecake with Fresh Berries 450cal Chocolate Molten Cake 560cal Lemon Coconut Snowball Cupcakes 590cal Cora's Red Velvet Cake 760cal Additional Options: ADD

Apple Caramel Bread Pudding 210cal
Tropical Fruit Napoleon 1760cal
Designer Key Lime Pie 1000cal
Chocolate Almond Ganache Cake 370cal
White Chocolate Raspberry Crème Brule 840cal



HOT HORS D'OEUVRES

Minimum order is 50 pcs, Order All Hot Apps by 50 pc Trays NOTE - PASSED APPS MAY REQUIRE SERVICE CHARGES

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CHICKEN

CHIPOTLE MAPLE BACON WRAPPED CHICKEN 50CAL - (50 PCS)

COCONUT CHICKEN with Orange Dipping Sauce 140CAL - (50 PCS)

GINGER CHICKEN SATAY w/Coconut Peanut Dipping Sauce 330cal - (50 PCS)

CHICKEN DIABLO EMPANADAS w/Chipotle Ranch Sauce 400cal - (50 PCS)

MINI CHICKEN WELLINGTON 90CAL - (50 PCS)

CHICKEN GATOR CAKES w/ Bayou Remoulade Sauce 740cal (2 cakes) (50pcs)

PORK

PORK POT STICKERS with Garlic Soy Sauce 200CAL - (50 pcs)

MAPLE GLAZED APPLE RUMAKI 60 CAL - (50 pcs)

SAUSAGE STUFFED MUSHROOMS 50CAL - (50 pcs)

MINI HAM BISCUITS w/Mustard Sauce 150CAL - (50 pcs)

SAUSAGE BITES w/White Wine and Dijon Mustard 300CAL - (50 pcs)

HAM AND CHEESE PINWHEELS 50cal - (50 PCS)

Hot Hors D'oeuvres



HOT HORS D'OEUVRES, continued

SEAFOOD

BACON WRAPPED SCALLOPS 30cal - (50 pcs)

MINI CRAB CAKES with CAJUN REMOULADE SAUCE 70cal - (50 pcs)

MINI CRAB AND RISOTTO CAKE 160cal - (50 pcs)

BEEF

MINI COCKTAIL MEATBALLS W/ BARBEQUE SAUCE 45 CAL - (50 PCS)

BEEF SATAY with SWEET & SPICY SAUCE 210CAL - (50 PCS)

PETITE BEEF WELLINGTON 70 CAL - (50 PCS)

BEEF CHIPOTLE ON A TORTILLA W/ AVOCADO CRÈME 450CAL - (50 PCS)

BEEF MINI REUBAN SANDWICHES 150CAL - (50 PCS)

VEGET ARIAN

SPANAKOPITA 180CAL - (50 PCS)

BROWN SUGAR BRIE with PECANS 140CAL - (50 PCS)

MINI GREEK PIZZAS 80CAL - (50 PCS)

MINI VEGETABLE SAMOSAS 100CAL - (50 PCS)

JALAPENO SOFT PRETZEL BITES 430CAL EA PRETZEL - (50 PCS)

MINI EGG ROLLS W/ DIPPING SAUCE 80CAL - (50 PCS)



GOURMET DIPS AND DISPLAYS

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*The DIPS are sold by: Small (Serves 25p) and Large (serves 50p)*
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HOT DIPS

Warm Parmesan Artichoke Dip with Pita Chips 320Cal - small - large-

Spinach and Crab Dip with Baguette Rounds 960cal - small - large-

COLD DIPS

Tzatziki Cucumber Yogurt Dip with Pita Chips 410cal - small- large-

Hummus Dip with Pita Chips 410cal - small- large-

Baba Ghanoush with Pita Chips 410cal - small- large-

Creamy Mediterranean Dip with Pita Chips 80cal – small- large-

COLD DISPLAYS

Farm Fresh Crudités with Ranch Dip 70Cal - small- , medium- , large-

Seasonal Sliced/Cubed Fresh Fruit Tray/Display 170Cal - small- , medium- , large-

Domestic Cheeses Tray/Display with Crackers 380Cal - small-, medium-, large-

Artisan Cheese Tray/Display with Crackers or Baguette Rounds 380Cal - per person

California Rolls with Soy Sauce and Wasabi 200cal - Per Tray of 50

^{*}The **DISPLAYS** are sold by: Small (Serves 25p), Medium (serves 50p), Large (serves 75p)*

^{*} This does not apply to: Artisan Cheese Display (minimum order of 10) or the California Rolls Display*

Cold Hors D'oeuvres

EntertainingwithSodexoAppetizer&Hors D'oeuvresCookbookWinner,CoolSalmonCanapés

COLD HORS D'OEUVRES

Our catering department provides high quality plastic serviceware or eco-friendly serviceware as a standard for all of our events. China, waited or butlered service are available upon request for a nominal charge. Services include delivery, set up with linen on service table and clean up. Minimum of 50 or 100 pieces.

ASSORTED FINGER SANDWICHES **CHOOSE 2** of the Following flavors:

WHITE, OR WHEAT ROLLS - CHOOSE 1 per flavor

Ham Salad, Chicken Salad, Tuna Salad & Egg Salad 80CAL - per platter of 50 sandwiches

SHRIMP COCKTAIL W/ COCKTAIL SAUCE 80CAL - MARKET PRICE- contact CES prior to ordering (platter of 50 pcs)

PROSCIUTTO WRAPPED MELON with Dijon 45CAL - (platter of 50 pcs)

ROASTED GARLIC HUMMUS & SMOKED SALMON BRUSCHETTA 110cal - (platter of 50pcs)

MINI CURRIED CHICKEN TART 140CAL - (platter of 50 pcs)

CUCUMBER ROUNDS with FETA and TOMATOES 30CAL - (platter of 50 pcs)

COOL SALMON CANAPES 60CAL - (platter of 50 pcs)

SUNDRIED TOMATO and GORGONZOLA BRUSCHETTA 320CAL - (platter of 50 pcs)

CARMELIZED ONION and WHITE BEAN CROSTINI 120CAL - (platter of 50 pcs)

CROSTINI with SPICEY MANGO SHRIMP SALSA 70CAL - (platter of 50 pcs)

CORN BLINI W/ SMOKED SALMON & CHIVE BUTTER 110CAL (platter of 50 pcs)

Specialty and Carving Stations 32

SPECIALTY AND CARVING STATIONS

Our catering department provides high quality plastic serviceware or eco-friendly serviceware as a standard for all of our events. Services include delivery, set up with linen on service table and clean up. China and attendant are available upon request for a nominal charge.

SLIDER STATION - 560CAL (2 PORTIONS) - MINIMUM ORDER OF 20

Choice of Three Sliders: Cheeseburger, Hamburger, Pork BBQ, Crab Cake or Buffalo Chicken.

Served with Pickles, Chipotle Mayonnaise, Ketchup, Lettuce, Tomato, Relish, Grainy Mustard, Honey Mustard and

Homemade Potato Chips with Ranch Dip

MASHED POTATO MARTINI BAR -320CAL (1 MARTINI) - MINIMUM ORDER OF 20

Yukon Gold and Sweet Potatoes served with Whipped Butter and Sour Cream

CHOOSE FIVE of the FOLLOWING:

Chopped Scallions, Crumbled Bacon, Shredded Cheddar Cheese, Country Brown Gravy, Caramelized Onions, Fried Onion Crisps,

Grated Parmesan Cheese, Crumbled Gorgonzola Cheese, Toasted Pecans or Horseradish Sauce

CARVING STATIONS *add to your reception - *add to your dinner menu -

All Carved Items are sold by the Whole Piece, Carved by a Uniform Chef and served with Assorted Mini Rolls and Appropriate Condiments. Minimum order of 20p

Roasted Turkey -110cal , with Cranberry & Orange Mayonnaise-42cal & Dijon Mustard -15cal

Beef Tenderloin-70cal, with Horseradish Aioli-80cal and Stone Ground Mustard Sauce-15cal Mustard

Apricot Glazed Ham -130cal, & Honey Mustard Sauce - 45cal

Roast Pork Loin-130cal, with Chipotle Mayonnaise-45cal

SAVORY CHEESECAKES & TORTE FOR RECEPTIONS

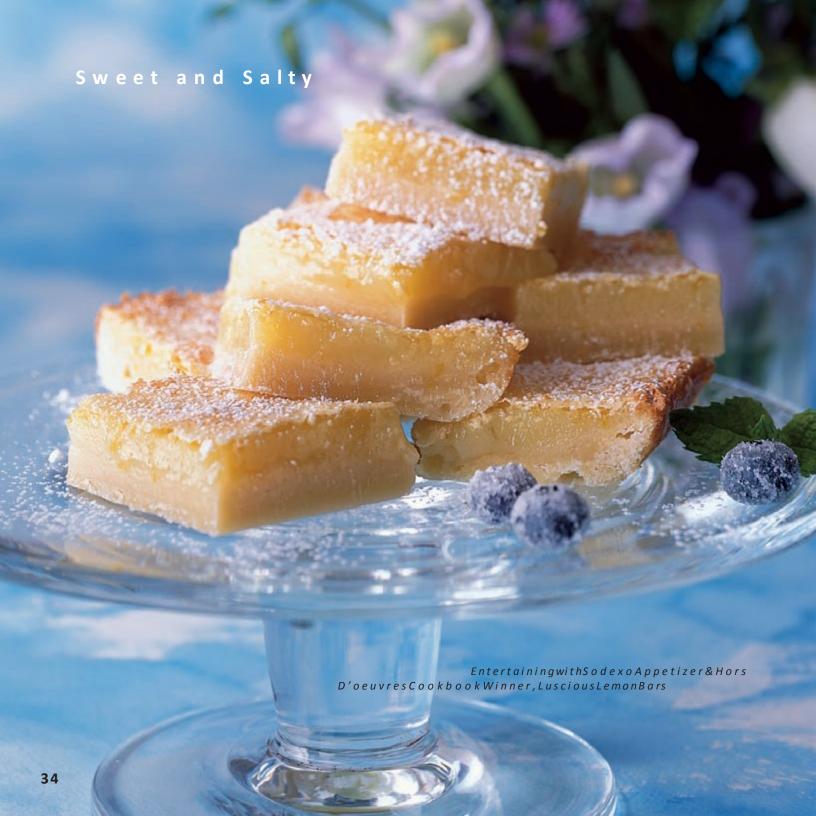
Roasted Vegetable Cheesecake w/Crackers & Sun-Dried Tomato Torte w/ Crackers

-170cal -2oz

(each serves 15-25p) Pesto

-180cal -1oz -

(each serves 50-75p)



SWEET AND SALTY

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ASSORTED HOME STYLE COOKIES

Peanut Butter, Chocolate Chip, Sugar, Oatmeal Raisin, White Chocolate Macadamia Nut, Double Chocolate with White Chips 400CAL -

BROWNIES

Cream Cheese, Plain, Blondie, Fudge or M&M's 180CAL

GOURMET DESSERT BARS

Linzi Bar, Luscious Lemon Bar, Ooey Gooey Pumpkin Square, Cran Scotch Bar, Raspberry Almond Bar, Gooey Chocolate Peanut Butter Bar or Chocolate Chess Bar 190CAL

ASSORTED MINI CANDY BARS - 270CAL -

MULTI-GRAIN BARS and GRANOLA BARS 120CAL -

INDIVIDUAL BAGS of PRETZELS and POTATO CHIPS 130CAL -

MIXED NUTS 150CAL - PER LB (ORDER PER LB)

TRAIL MIX 145CAL - PER LB (ORDER PER LB)

SWEET ASSORTMENT-ASSORTED COOKIES AND BROWNIES - 180-400CAL -

DECORATED SHEET CAKES

FULL SHEET CAKE - 170CAL/Slice - per cake serves-75 HALF SHEET CAKE - 170CAL/Slice - per cake serves 40 QUARTER SHEET CAKE - 170CAL/Slice - per cake serves 25

Single Layer Cake - 130cal/cut 6x10 - serves 15 Double layer Cake - 130cal/cut 6x10 - serves 15

10" Round cake – 170cal/per slice - serves 12

SWEET AND SALTY

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ICE CREAM SUNDAE BAR 620cal - per person

25 quest minimum

Choice of Two Ice Cream Flavors: Chocolate, Vanilla and Strawberry

Choice of Two Sauces: Chocolate, Strawberry or Butterscotch

Choice of Three Toppings: Sprinkles, Cookie Crumbs, Crushed Peanuts, Heath Bar™ Pieces, M&M's.

Maraschino Cherries and Whipped Topping are included.

BASIC ICE CREAM FLAVORS - 3 GALL ON TUBS - 90CAL - per tub

PREMIUM ICE CREAM FLAVORS - 3 GALLON TUBS - 100CAL - per tub

DESSERT STATION - PER PERSON

Choice of (4) of the following:

Assorted Cupcakes-270cal, Fresh Sliced Fruit-15cal, Mini Red Velvet Whoopie Pies-490cal, Assorted Mini Cookies-130cal, Assorted Gourmet bars -260cal

SIMPLY TO GO CUPS:

Fruit and Yogurt Parfait Cup 230cal Grapes and Cheese Snack Cup 520cal Fresh Fruit Cup to go 60cal Vegetable Crudité Cup to go 190cal

SERVICES: LINEN-CHINA-CHEF/ATTENDANT

CHEF SERVICE CHARGE- (4 HR MINIMUM) - PER HOUR SERVICE ATTENDANT FEE - (2 HR MINIMUM) - PER HOUR SERVICE FEE-CAMPUS/OFF HOURS - PER HOUR

LINEN SERVICE FEE: EACH: RECTANULAR(120"), ROUND,(90") SMALL SQUARE-WHITE(60")

CHINA FEE (OUTSIDE STEARNS STUDENT CENTER): PER PERSON

NORTHERN VERMONT UNIVERSITY @ JOHNSON - BAR INFORMATION

| All Beer/Wine – Bar Inventory has to be sold at retail value – per VT State Law All Local and Domestic Wines and Hard Ciders Are Sold at per Glass | | |
|--|--|--|
| All Domestic Beers are sold at per bottle | | |
| All Local Craft Beers are sold at per bottle | | |
| Assorted Sodas, Sparkling and Bottled Water@ per bottle. | | |
| (any special request for brands to be sold at an event have to be from a distributer Sodexo uses and within Vt. state Guidelines) | | |
| SODEXO staffs one bartender per 75 guests. | | |
| There is a bartender fee of 50.00 per bartender of any event more than 2 hours | | |
| There is a bartender fee of 50.00 per bartender of any event requiring more than 1 bartender | | |
| The fee will be waived if bar sales exceed 150.00 per bartender. | | |
| SODEXO reserves the right to refuse any patron that appears intoxicated | | |

In order to book a bar, the guest must guarantee bar sales of 150.00 (in 2 hours). If that figure is not reached, the guest will be charged the difference, in order to bring the bar sales up to 150.00 in Sales.

The State of Vermont requires a 35.00 Liquor Catering Fee to be charged to the guest for any event outside of the Stearns Student Center

Per the State of Vermont, Banquet Bars must be accompanied by food, and may not exceed (5) hours.

NORTHERN VERMONT UNIVERSITY @ JOHNSON Rules and Regulations:

The Conference and Events Office & Catering Services @ NVU-Johnson are committed to making your event a success. We do need your assistance in making your function a success. Please confirm your attendance at least (3) business days in advance (campus policy) unless you have a prior agreement with us that has been approved by CES and Sodexo. This will be considered your minimum guarantee and is not subject to reduction. If no guarantee is received, the original expected attendance on your Banquet Event Order will be used.

The cancellation fee for your function is one hundred percent (100%) of the total estimated food charges. This cancellation fee will be charged if your event order is <u>NOT</u> canceled 24 hours prior to the Day it was scheduled. This does not apply to cancellations due to extreme weather conditions.

All food and beverage will be provided by Sodexo and will be consumed within the time frame of the event as stated in the Banquet Event Order. Sodexo reserves the right to enact any precautions needed in regards to food safety regulations and campus liability to our valued patrons and guests.

Any Events requested that are not within Normal Business Hours of the NVU-Johnson Campus are subject to service charges as determined by Sodexo and CES per Campus Policy.

Thank You for letting us be your Catering Services provider!





