



sodexo

Catering Menu
December 2015



sodexo

Making every day a better day

BREAKFAST BUFFETS

All our buffet breakfast meals include coffee, tea, and water service

Mini Continental



Our most popular assortment of mini muffins, mini Danishes, and half slices of assorted loaves (2pp) with butter and preserves.

\$3.99 per person

Continental



A selection of freshly baked goods, served with butter and preserves, fresh sliced seasonal fruit tray, and individual yogurts.

\$7.99 per person

Traditional Bakery



A selection of fresh baked croissants, Danishes, Scones and muffins (1pp), served with butter and preserves, and a fruit salad bowl.

\$5.99 per person

Cinn-ful Cinnamon



Large cream cheese iced cinnamon bun, served warm with domestic cheese and fresh sliced seasonal fruit tray.

\$11.49 per person (minimum 12 guests)



Calgary Classic



Pancakes, Waffles, or French Toast (2pp). Served with breakfast sausage and bacon (2pp), breakfast potatoes, fresh sliced seasonal fruit, served with assorted canned fruit juices.

\$13.49 per person (minimum 12 guests)

Hot Wraps



Warm breakfast burritos filled with scrambled eggs, ham, and cheddar cheese, zesty salsa and Sour cream on the side, and fresh seasonal sliced fruit.

\$11.99 per person

Healthy Start



Individual yogurt and granola parfaits, served with fresh sliced seasonal fruit tray, accompanied by assorted canned fruit juices.

\$9.99 per person

Bow Valley Breakfast



Scrambled eggs, bacon and sausage, hash browned potatoes, served with fresh cut fruit and bakers choice of pastry selections. Served with Coffee, tea, water, and canned fruit juice

\$13.99 per person

LUNCHEON BUFFETS

All of our lunch buffets include coffee, tea, and water service

Going Greek

A delicious alternative to a hot lunch. Chilled, marinated grilled chicken breasts and roasted red peppers are presented on orzo, spinach, and feta salad. Includes focaccia triangles with tzatziki and hummus for dipping. Mints are included.

\$15.49 per person (minimum of 10 guests)

Chicken Luncheon



Choose your chicken entrée (Coq Au Vin, Parmesan, Cacciatore, or Pesto Crème) Served with basmati rice or pasta, seasonal roasted vegetables, fresh rolls and butter.

\$16.99 per person (minimum 10 guests)

16" Pizza (Beverages not included)

Pizzas are 16" (cut into 8)

Hawaiian	\$20.99
Vegetarian Supreme	\$20.99
Cheese	\$20.99
Pepperoni & Cheese	\$21.99
Greek	\$21.99
BBQ Chicken	\$23.99
Meat Lovers	\$23.99



Kebab Luncheon



Choose from chicken, vegetable, or tofu kebabs (2 per person) with roasted potatoes or rice, and couscous salad. Pita bread included.

\$16.99 per person (minimum of 10 guests)

Italian Luncheon



Your choice of two sauces to go with two Chefs' choice pastas. Caesar salad will accompany this Italian favorite.



Choose Sauce

Carbonara, Marinara, Bolognese, Alfredo

\$14.99 per person (minimum of 12 guests)

Additional Add On

3oz grilled Chicken Breast (1pp) **\$2.55**

Warm Garlic Bread **\$1.50**

Beef Stroganoff

Hearty Beef Stroganoff with mushrooms and sour cream. Served with traditional broad egg noodles and seasonal vegetables.

\$13.99 per person (minimum 6 guests)

Lasagna Lunch



A classic favourite. Meat lasagna or vegetarian lasagna served with Caesar salad, breadsticks and assorted desserts.

\$13.99 per person (minimum 12 guests)

SANDWICHES

All Sandwich Lunches include coffee, tea, and water service



Hearty Deli Style



A selection of hearty sandwiches including Beef and Cheese Baguette, Ham and Cheese on Croissant, Chicken Caesar Wrap, Roast Beef on Pretzel Bun, Tomato Caprese, and California Club.

*10% vegetarian options included unless otherwise requested.

\$8.99 per person (minimum 6 guests)

SALAD



Add a salad for only \$2.99 per person

Choose from Field Greens, Caesar Salad, Potato Salad, Pasta Salad, Spinach Mandarin Salad, or Greek Salad

SOUPS



Add a soup for only \$2.99 per person

Choose from Cream or Broth Soup.

Build Your Own Sandwich



Chef's selection of breads with an assortment of selected meats, cheeses, and roasted & fresh vegetables served on platters.

\$7.99 per person (minimum of 12 guests)

Wraps



Assorted wraps, dressed and filled with meat and salad fillings (1 pp). *10% vegetarian options included unless otherwise requested.

\$7.99 per person (minimum 6 guests)

Sandwich Classics



Classic sandwiches served on white and whole wheat bread. Includes Tuna, Ham, Turkey, Roast Beef, and Egg Salad

\$6.99 per person (minimum 6 guests)

DESSERTS



Add assorted dessert squares for \$2.25 per person

ENTREE STYLE SALADS



Teriyaki Glazed Salmon

Teriyaki Salmon served on Field Greens with julienned peppers and onions. Served with fresh citrus segments, and a roll & butter

\$11.69 per person

Chipotle Mango Shrimp Salad



Chipotle Mango Shrimp on field greens, served fresh with citrus segments. Accompanied with a roll & butter.

\$11.69 per person

Country Cobb Salad



Marinated Chicken, hard-boiled egg, bacon, tomato, cucumber and cheese served on field greens. Accompanied with a roll & butter.

\$11.69 per person

Grilled Tofu Salad



Marinated and Grilled tofu and almonds served on a bed of Asian rice noodles with Oriental dressing. Accompanied with a roll & butter.

\$11.69 per person

Cajun Chicken Caesar Salad

Presented as a chilled entrée style salad. A marinated chicken breast served with crisp Romaine lettuce and parmesan cheese, croutons, lemon and a creamy traditional Caesar dressing. Accompanied with a roll & butter.

\$11.69 per person



BOXED LUNCHES

Bag Lunch



Kaiser sandwich with a variety of meat and salad fillings, with seasonal whole fruit, cookie, and bottled water. Cutlery included in box.

\$9.99 per person

Boxed Lunch



Fresh baguette sandwich with roast beef, roasted chicken breast, or roasted turkey and cheddar garnished with lettuce and served with Chefs' choice salad, seasonal whole fruit, cheese, crackers, cookie, and bottled water. Cutlery included in box

\$14.49 per person

If you require gluten free options, we are happy to include an individual chicken salad as a replacement to the sandwiches if requested.



DINNER

All Dinner selections can be served as a buffet or as plate service, and include coffee, tea, and water service throughout your event.

Grilled Salmon with White Wine Crème



Grilled Salmon loin served in a delicate white wine crème, with rice pilaf, and fresh vegetable medley. Served with salad and dessert selection.

\$21.99 per person (minimum 12 guests)

Shrimp and Spinach Stuffed Breast of Chicken



Tender chicken breast filled with shrimp and spinach, served with Parisienne potato and vegetable jardinière. Served with salad and dessert selection

\$21.99 per person (minimum 12 guests)

8 Oz NY Strip Steak



NY Striploin steak served with hotel butter, tri-colour roasted potato, and vegetable jardinière. Served with salad and dessert selection

\$22.99 per person (minimum 12 guests)

Prime Rib

Roast Prime Rib au Jus served with mushroom potatoes, and seasonal harvest vegetables.

Served with salad and dessert selection

\$23.99 per person (minimum 12 guests)

Herb Crusted Halibut



Halibut steak crusted with herbs, served with wild rice paniche, and baby carrots.

Served with salad and dessert selection

\$24.99 per person (minimum 12 guests)

Asian Beef or Chicken Stir-Fry



Your choice of Asian beef, chicken, or vegetables; stir-fried with mixed vegetables. Served with Asian vegetable rice, egg rolls, Soya sauce and a fortune cookie. Served with Choice of Salad and Dessert.

\$21.99 per person (minimum 12 people)



Veal Medallions Paupiette with Forest Mushroom Sauce

Prawns wrapped in veal medallions with a forest mushroom sauce. Served with Wild Rice, and seasonal vegetables. Served with Choice of Salad and Dessert.

\$21.99 per person (12 person minimum)

Butter Chicken

South Asian curry with roasted chicken. Served with rice, naan bread, assorted desserts. Served with Choice of Salad and Dessert.

\$22.49 per person (minimum 12 guests)



SALAD SELECTIONS

Tossed Field Greens	
Caesar Salad	
Spinach and Feta Cheese Orzo Pasta Salad	
Marinated Vegetable Salad	
Cheese Tortellini and Sundried Tomato Salad	
Roasted Potato Salad with Dill and Sour Cream	

DESSERT SELECTIONS

Strawberries Romanoff	
New York Cheesecake	
Chef's Mousse	
Blueberry Shortcake	
Apple Crisp	
Crème Brulee	

We are happy to provide multiple options on larger events.

REFRESHMENTS

Cold Refreshments

Assorted canned soft drinks (355 ml) \$1.79

Assorted canned fruit juices (300 ml) \$2.49

Bottled Water (500ml) \$1.99

Perrier™ water (300 ml) \$2.90

Water Service \$1.00 per person

Pitcher of Water \$2.00

Sparkling punch (20 guests) \$37.99



Hot Refreshments

Coffee Service \$2.25 per guest

Includes cream, milk, sugar, cups & stir sticks

Small Coffee Carafe (9 cups) \$14.49

Large Coffee Carafe (25 cups) \$39.99

Assortment of Teas (per person) \$1.79

Small Tea Carafe (9 cups) \$13.79

Large Tea Carafe (25 cups) \$37.99

All Day Coffee, Tea, and Water Service (Minimum 12) \$6.00 per guest



RECEPTION PLATTERS

All Platters are served as 5 person, 15 person, or 30 person sizes. We can provide mixed platters at the cost of the higher platter.

		5 ppl	15ppl	30ppl
Vegetable	V G	\$17.29	\$41.99	\$70.30
Fresh Cut Fruit	V G	\$18.99	\$47.99	\$76.99
Deli Meat	G	-----	\$52.49	\$104.99
Regular Cheese	V G	\$21.49	\$51.99	\$87.55
Tortilla Plate	V	\$12.49	\$37.49	\$74.99
Bruschetta	V	\$16.29	\$48.79	\$97.49
Spinach Dip Tray	V	\$16.29	\$48.79	\$97.49
Sandwich	V G	\$24.99	\$74.99	\$149.70
Deluxe Cheese Plate	V	-----	\$57.99	\$93.55
Dessert	V	\$11.29	\$33.79	\$67.49

RECEPTION CUSTOM MENUS

We are happy to meet with you to design a menu to both impress your guests and meet your budget. Please contact us and we will work with you to design a custom menu.



COLD HORS D'OEUVRES

All hors d'oeuvres are sold by the dozen

Smoked Salmon Rouladen	\$12.99	
Smoked Salmon Tarter Timbales	\$17.19	
Mango Fruit Salsa Cups	\$11.79	
Ham and Asparagus Rolls	\$10.99	
Mushroom Caps with Peppered Cream Cheese	\$12.59	 
Artichoke and Tomato Wonton Cups	\$17.49	
Goat Cheese and Sundried Tomato Canapé	\$18.49	
Antipasto Cups	\$12.49	
Shrimp and Lemon Canapés	\$17.49	
Asparagus with Wasabi Cream Cheese Canapé	\$13.49	
Cucumber Rounds with Pesto Cream	\$13.49	 
Fresh Mozzarella with Tomato Basil	\$18.49	 

Please contact us if you are looking for additional options, as these are but a portion of what can be prepared for your event.

HOT HORS D'OEUVRES

All hors d'oeuvres are sold by the dozen

Sausage Rolls	\$10.99	
Spanakopita	\$12.89	Ⓥ
Mini Spring Rolls	\$15.19	Ⓥ
Mini Chicken Pot Pies	\$31.49	
Mini Quiche	\$17.99	Ⓥ
Chicken Strips	\$9.99	
Bacon Wrapped Cheese Bites	\$17.79	ⓧ
Swedish Meatballs (2 Dozen) with Grainy Mustard Sauce	\$12.99	ⓧ
Ham and Cream Cheese Palmiers	\$15.99	
Butter Pecan Shrimp Lollipops	\$42.29	ⓧ
Fresh Mozzarella and Risotto Bites	\$21.29	ⓧ Ⓥ
Parmesan Artichoke Hearts	\$29.49	ⓧ Ⓥ
Thai Ham and Phyllo Bundles	\$16.99	
Forest Mushroom Flan	\$15.99	ⓧ Ⓥ
Chicken Chilito Pinwheels	\$34.69	
Chicken Sautee with Peanut Coconut Sauce	\$12.99	ⓧ
Spicy Sausage Mushroom Caps	\$13.29	ⓧ
Petite Beef, Chicken or Salmon Wellington	\$34.39	

Please contact us if you are looking for additional options, as these are but a portion of what can be prepared for your event.



A LA CARTE ITEMS

All Items are sold “per guest”

Assorted Cookies	\$1.50
Assorted Yogurt	\$1.79
Fruit Cups	\$4.79
Parfait Cups	\$4.59
Granola Bars	\$1.89
Gluten Free – Bread Upcharge	\$1.00
Upgrade to China Upcharge	\$1.50
Assorted Muffins	\$2.49
Add Soup	\$2.99
Add Dessert Squares	\$2.25
Add Salad	\$2.99





EXTRA OPTIONS

Linens and Napkins

Additional delivery charges may apply with short notice requests.

- 53 x 118 white (for banquet tables) \$4.50
- 53 x 118 black (for banquet tables) \$4.50
- 85 x 85 white (for round tables) \$4.50
- 85 x 85 black (for round tables) \$4.50
- 53 x 53 white (for cocktail tables) \$4.50
- 53 x 53 black (for cocktail tables) \$4.50

Napkins white \$0.60

Napkins black \$0.60

China Service

Upgrade service to china presentation (per person) \$1.50

Bartenders/Ticket Sellers/Reception Servers

Bartenders (per hour, min. three hours) \$25.00





CATERING GUIDELINES

Ordering, Changes and Cancellations

- Catertrax is a web based application we use for all bookings, changes and cancellations
- Please contact us at Sodexo@bowvalleycollege.ca to set up an account for you and to assist you with using Catertrax
- We ask that all catering requests go through Catertrax, and not by telephone, email, or mail
- **We require 3 business days' notice for all events. Any events ordered with less than 3 business days may be subject to substitutions as we cannot guarantee availability of product**
- Our minimum orders are \$100.00 during weekday business hours, and \$200.00 after 6pm and weekends
- We will process all invoices within 48 of the completion of any event.
- We are unable to directly invoice guests for any catering services
- If you do not have a BVC billing code, we require 50% deposit prior to the event date, payable by Visa or MasterCard
- We require a confirmed guest count 2 business days prior to your event.
- Cancellations will be billed at 100% for 24 hours' notice, or less, and 50% for 48 hours' notice, or less. Larger groups or special ordered items may require 1 week notice to cancel.

Setup and Delivery

- Table decor and providing of all utensils, small wares, and linen is included with all of our pricing
- Clients are required to make arrangements with BVC for tables, skirting, and specific room configurations
- We are happy to provide assistance with table space required etc.
- Events will be delivered at the time you have requested, normally food is delivered prior to the meeting beginning

Product Quality and Quantity

- To ensure health and safety of our guests, leftover food may not be removed from the event
 - Please note that there is no credit for unused food at any events
 - Perishable items may not be left out for more than 2 hours
 - Food is provided with the quantity of 1 serving per guest. If you are concerned that your group may need more or less than this, please let us know and we can tailor your event accordingly. Any additional food requested is subject to substitution, and will be charged accordingly
 - We reserve the right to substitute items when necessary due to availability of product.
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CATERING GUIDELINES

Staffing and Service Timing

- Catering requests will be dropped off and cleaned up at the requested time only. Please ensure you have placed both a food delivery time and a clean-up time, as your room may be in use by another group and may require cleanup immediately following your event
- If you are requesting additional service, please let us know and we can arrange additional staffing to meet your needs.
- Our staff will be discreet and will only clear dishes when guests are out of the room, or are on a break.
- If you require privacy our staff can be arranged to come at specific times in order to reduce interruption into your meeting. Please be precise in such requests.

Allergies and Special Meal Requests

- Please let us know about any allergies or special meal requests. We can change menu items as need be to accommodate.
 - For sandwich trays we ensure 10% of the sandwiches are vegetarian, unless otherwise requested.
 - Gluten-free buns and wraps are available, as well as gluten free muffins. These items are very costly and as a result, our charge is an additional \$1.00 per item, for each item we must substitute.
 -  This symbol is used on our menu to identify which menu items are vegetarian friendly. This indicated that the menu item is vegetarian **or** can be made to be vegetarian without significant change to the guest. This may contain meat products, and only assumes that meat is not a primary ingredient. If you need specific information, please let us know.
 -  This symbol indicates a menu items that is gluten free **or** can be made gluten free without significant change to the guest. Again, if you need specific information, please let us know.
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Booking Events

- Please book your events as soon as possible, even if you feel that you may need to cancel. This allows us to order food, prepare staff, and arrange equipment as needed.
- Orders booked late are subject to substitution as we cannot guarantee availability of all products.
- Orders booked late often affect our ability to deliver service and food to the standard we would like. Please help us deliver excellent food and service by getting us your event information as soon as possible.
- To book events you need meeting room number, start and ending times, guest count, your menu selections, and a method of payment.
- We accept BVC Billing code, Credit card, debit card, cash, and cheque as a form of payment.

Equipment Return

- Please ensure all trays, tongs, plates, etc are left in the room for cleanup by Sodexo staff.
 - Equipment that is not returned will have to be added to the final event bill. The cost of most of the equipment is higher than most people would think, and in order to continue to deliver well presented functions, we need equipment returned promptly at the end of the event.
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