catering
MENU
UMass Lowell Catering
ALL-DAY PACKAGES

**All Day Delicious** $41.99

Relax. We’ll keep the food coming! These four (4) selections will keep your energy up throughout the day. All prices are per person and available for 12 guests or more.

**DELICIOUS DAWN**
- Assorted Muffins 400-510 Cal each
- Assorted Scones 430-470 Cal each
- Seasonal Fresh Fruit Platter 40 Cal/2.5 oz. serving
- Assorted Juice 110-170 Cal each
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**AM PERK UP**
- Granola Bars 190 Cal each
- Assorted Individual Yogurt Cups 50-150 Cal each
- Iced Tea 5 Cal/8 oz. serving
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**POWER UP LUNCH**
- Tomato and Cucumber Couscous Salad 120 Cal/3.75 oz. serving
- Orange Fennel Spinach Salad 210 Cal/3.2 oz. serving
- Bakery-Fresh Rolls with Butter 160 Cal each
- Green Beans Gremolata 70 Cal/3 oz. serving
- Three Pepper Cavatappi with Pesto 310 Cal/7.5 oz. serving
- Grilled Chicken and Artichokes with a Lemon Tarragon White Wine Sauce 200 Cal/5.75 oz. serving
- New York Cheesecake 440 Cal/slice
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**PM PICK ME UP**
- Chilled Spinach Dip with Tortilla Chips 230 Cal/2.25 oz. serving
- Grilled Vegetable Tray 70 Cal/3 oz. serving
- Bakery-Fresh Brownies 250 Cal/2.25 oz. serving
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**Meeting Wrap Up** $34.99

Serve these favorites and success is a wrap! This All-Day Package includes the following four (4) delights. All prices are per person and available for 12 guests or more.

**MORNING MINI**
- Miniature Muffins 80-120 Cal each
- Miniature Danish 140-170 Cal each
- Miniature Scones 110-120 Cal each
- Yogurt Parfait Cups 370-400 Cal each
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**THE ENERGIZER**
- Donut Holes 45-90 Cal each
- Assorted Whole Fruit 50-110 Cal each
- Iced Tea 5 Cal/8 oz. serving
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**IT’S A WRAP**
- Chicken Caesar Wrap 540 Cal each
- Pepper Jack Tuna Wrap 590 Cal each
- Cran-Apple Turkey Wrap 650 Cal each
- Grilled Vegetable Wrap 620 Cal each
- Seasonal Fresh Fruit Salad 40 Cal/2.5 oz. serving
- Choice of One (1) Salad:
  - Traditional Garden Salad 50 Cal/3.5 oz. serving
  - Grilled Vegetable Pasta Salad 130 Cal/3 oz. serving
  - Individual Bag of Chips 100-160 Cal each
  - Assorted Craveworthy Cookies 250 Cal/2.25 oz. serving
  - Bakery-Fresh Brownies 5 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**MID-DAY MUNCHIES**
- Tortilla Chips 90 Cal/1 oz. serving
- Choice of Two (2) Salsas:
  - Salsa Roja 20 Cal/1 oz. serving
  - Salsa Verde 20 Cal/1 oz. serving
  - Pico De Gallo 10 Cal/1 oz. serving
- Assorted Whole Fruit 50-110 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving
ALL-DAY PACKAGES

Simple Pleasures $29.99
Easy does it-casually tasteful fare. This All-Day Package includes three (3) of our favorites. All prices are per person and available for 12 guests or more.

SIMPLE CONTINENTAL
- Assorted Donuts 190-490 Cal each
- Assorted Bagels 170-360 Cal each
- Orange Juice 120 Cal/8 oz. serving
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

BOX LUNCH
Choice of Sandwich accompanied by Chips, Mustard, Mayo, Assorted Craveworthy Cookies and Bottled Water
Choice of One (1) Sandwich:
- Tuna Salad Ciabatta 540 Cal each
- Ham and Swiss Sub 380 Cal each
- Turkey and Swiss Sandwich 490 Cal each
- Roasted Pepper and Mozzarella Ciabatta 530 Cal each
- Individual Bag of Chips 100-160 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
- Bottled Water 0 Cal each

MID-DAY MUNCHIES
- Tortilla Chips 90 Cal/1 oz. serving
Choice of Two (2) Salsas:
- Salsa Roja 20 Cal/1 oz. serving
- Salsa Verde 20 Cal/1 oz. serving
- Pico De Gallo 10 Cal/1 oz. serving
- Assorted Whole Fruit 50-110 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

Choose one of these 3 packages to sustain you throughout the day.

*All packages include necessary accompaniments and condiments
2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.
In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
**BREAKFAST**

**Breakfast Collections**

All prices are per person and available for 12 guests or more. All appropriate condiments included.

**MINI CONTINENTAL** $9.99

- Miniature Muffins 80-120 Cal each
- Miniature Danish 140-170 Cal each
- Miniature Bagels 110-160 Cal each
- Seasonal Fresh Fruit Platter 40 Cal/2.5 oz. serving
- Assorted Juice 110-170 Cal each
- Bottled Water 0 Cal each
- Starbucks Coffee, Decaf and Hot Tea 0 Cal/8 oz. serving

**ON THE GO** $7.99

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day

- Individual Yogurt Cups 50-150 Cal each
- Whole Fruit 50-110 Cal each
- Granola Bar 110-190 Cal each
- Bottled Water 0 Cal each
- Assorted Juice 110-170 Cal each

**FRESH START** $13.49

Start your morning fresh with Yogurt Berry Parfait, Fresh Sliced Fruit, Mini Muffins and Beverages

- Yogurt Berry Parfait 370 Cal/12 oz. serving
- Fresh Seasonal Sliced Fruit 40 Cal/2.5 oz. serving
- Mini Muffins 80-120 Cal each
- Assorted Juice 110-170 Cal each
- Overnight Apple Cinnamon Oatmeal (Chilled) 440 Cal/8 oz. serving
- Assorted Breakfast Breads $14.39 Serves 12 110-280 Cal each
- Individual Greek Yogurt Cups $3.39 90-100 Cal each

**À la Carte Breakfast**

- Cinnamon Rolls $2.29 Per Person 350 Cal each
- Assorted Donuts $18.99 Per Dozen 190-490 Cal each
- Seasonal Fresh Fruit Platter $3.89 Per Person 40 Cal/2.5 oz. serving
- Overnight Apple Cinnamon Oatmeal (Chilled) $3.39 Per Person 440 Cal/8 oz. serving
- Assorted Breakfast Breads $14.39 Serves 12 110-280 Cal each
- Individual Greek Yogurt Cups $3.39 90-100 Cal each

*All packages include necessary accompaniments and condiments

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**BREAKFAST**

**Hot Breakfast**
All prices are per person and available for 12 guests or more. All appropriate condiments included.

**SMART SUNRISE SANDWICH BUFFET** $17.99

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Fresh Fruit Platter</td>
<td>40 Cal/2.5 oz. serving</td>
</tr>
<tr>
<td>Blueberry Orange Yogurt Parfait</td>
<td>410 Cal each</td>
</tr>
<tr>
<td>Apple, Raisin and Cranberry Yogurt Parfait</td>
<td>400 Cal each</td>
</tr>
<tr>
<td>Honey Ginger Pear Yogurt Parfait</td>
<td>440 Cal each</td>
</tr>
<tr>
<td>Strawberry Yogurt Parfait</td>
<td>370 Cal each</td>
</tr>
<tr>
<td>Garden Vegetables and Egg on Wheat English Muffin</td>
<td>220 Cal each</td>
</tr>
<tr>
<td>Southwest Garden Vegetable, Ham and Egg on Wheat English Muffin</td>
<td>220 Cal each</td>
</tr>
<tr>
<td>Turkey Sausage, Cheese and Egg on Wheat English Muffin</td>
<td>250 Cal each</td>
</tr>
<tr>
<td>Spinach and Feta Flatbread Sandwich</td>
<td>230 Cal each</td>
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<tr>
<td>Turkish Sausage and Egg White Flatbread</td>
<td>380 Cal each</td>
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<tr>
<td>Mexican Turkey Bacon Flatbread</td>
<td>0 Cal/8 oz. serving</td>
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<tr>
<td>Breakfast Potatoes</td>
<td>130-150 Cal/3 oz. serving</td>
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<tr>
<td>Assorted Juice</td>
<td>110-170 Cal each</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>0 Cal each</td>
</tr>
<tr>
<td>Starbucks Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
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**FRENCH TOAST BREAKFAST** $15.99

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Choice of One (1) French Toast:</td>
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</tr>
<tr>
<td>Strawberry French Toast</td>
<td>115 Cal each</td>
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<tr>
<td>Apple Cinnamon French Toast</td>
<td>130 Cal each</td>
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<tr>
<td>Banana Foster French Toast</td>
<td>220 Cal each</td>
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<tr>
<td>Maple Syrup</td>
<td>70 Cal/1 oz. serving</td>
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<tr>
<td>Breakfast Potatoes</td>
<td>130-150 Cal/3 oz. serving</td>
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<tr>
<td>Bacon</td>
<td>45 Cal each</td>
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<tr>
<td>Breakfast Sausage</td>
<td>130-220 Cal each</td>
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<tr>
<td>Bottled Water</td>
<td>0 Cal each</td>
</tr>
<tr>
<td>Starbucks Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
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<tr>
<td>Assorted Juice</td>
<td>110-170 Cal each</td>
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**AMERICAN BREAKFAST** $15.99

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<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Choice of One (1) Breakfast Pastry:</td>
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</tr>
<tr>
<td>Assorted Danish</td>
<td>120-530 Cal each</td>
</tr>
<tr>
<td>Assorted Muffins</td>
<td>400-510 Cal each</td>
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<tr>
<td>Assorted Scones</td>
<td>430-470 Cal each</td>
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<tr>
<td>Assorted Bagels</td>
<td>170-360 Cal each</td>
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<tr>
<td>Breakfast Potatoes</td>
<td>130-150 Cal/3 oz. serving</td>
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<tr>
<td>Breakfast Sausage</td>
<td>130-220 Cal each</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>180 Cal/4 oz. serving</td>
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<tr>
<td>Bottled Water</td>
<td>0 Cal each</td>
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<tr>
<td>Starbucks Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Assorted Juice</td>
<td>110-170 Cal each</td>
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**SUNNYSIDE SCRAMBLE** $16.99

<table>
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<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Choice of One (1) Egg Scramble:</td>
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<tr>
<td>Country Egg Scramble</td>
<td>140 Cal/4 oz. serving</td>
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<tr>
<td>California Scramble</td>
<td>330 Cal/6 oz. serving</td>
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<tr>
<td>Western Scramble</td>
<td>300 Cal/6 oz. serving</td>
</tr>
<tr>
<td>Chorizo and Egg Scramble</td>
<td>100 Cal/4 oz. serving</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>0 Cal each</td>
</tr>
<tr>
<td>Starbucks Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
</tr>
<tr>
<td>Assorted Juice</td>
<td>110-170 Cal each</td>
</tr>
</tbody>
</table>

*Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Nominal Fee May Apply*
BREAKFAST

Breakfast Enhancements
All prices are per person and available for 12 guests or more.

YOGURT PARFAIT BAR $7.29
Choice of Two (2) Yogurt Flavors:
- Greek Yogurt 70 Cal/4 oz. serving
- Strawberry Yogurt 100 Cal/4 oz. serving
- Vanilla Yogurt 110 Cal/4 oz. serving
- Mixed Berries 40 Cal/4 oz. serving
- Chocolate Chips 140 Cal/1 oz. serving
- Granola 110 Cal/1 oz. serving
- Honey 120 Cal/1 oz. serving

ASSORTED CEREAL CUPS SERVED WITH MILK $4.59
- Individual Cereal Cups 140-260 Cal each
- Milk 120 Cal each

TRADITIONAL SANDWICHES $5.79
Choice of Two (2) Sunrise Breakfast Sandwiches:
- Egg and Cheese English Muffin 260 Cal each
- Egg and Cheese Croissant 370 Cal each
- Sausage, Egg and Cheese Biscuit 520 Cal each
- Ham, Egg and Cheese Biscuit 450 Cal each
- Bacon, Egg and Cheese Bagel 370 Cal each
- Spicy Bacon, Egg, Potato and Cheese Burrito 590 Cal each
- Spicy Veggie Sausage Biscuit 370 Cal each
- Spicy Southern Chicken Biscuit 640 Cal each

Egg Whites, Turkey Bacon and Turkey Sausage are Available Upon Request - Nominal Fee May Apply

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SANDWICHES & SALADS

Classic Collections
All prices are per person and available for 12 guests or more.

DELI EXPRESS $14.89
Choice of Two (2) Side Salads 25-330 Cal each
- Individual Bags of Chips 100-160 Cal each
- Assorted Baked Breads and Rolls 110-160 Cal each
Deli Platter (Sliced Oven-Roasted Turkey, Sliced Roast Beef, Deli Ham and Tuna) 25-80 Cal/1 oz. serving
- Cheese Tray (Cheddar and Swiss) 110 Cal/1 oz. serving
- Relish Tray (Lettuce, Tomato, Onion, Pickles) 20 Cal/1 oz. serving
- Assorted Craveworthy Cookies 250-310 Cal each
Bottled Water 0 Cal each

A GARDEN AFFAIR
Chicken Cobb Salad $16.49
Grilled Lemon Chicken on a Salad of Pear, Blue Cheese, Walnuts, Crisp Greens and Dijon Vinaigrette 330 Cal each
- Granola Bar 90 Cal each
- Fresh Fruit Cup 40 Cal/2.5 oz. serving
- Lemon Cheesecake Bar 300 Cal/2.75 oz. serving
Bottled Water 0 Cal each

Southwest Shrimp Salad $16.49
Grilled Marinated Shrimp on a Bed of Romaine tossed with Tomato, Jicama, Radish and Mojito Vinaigrette 300 Cal each
- Granola Bar 90 Cal each
- Fresh Fruit Cup 40 Cal/2.5 oz. serving
- Lemon Cheesecake Bar 300 Cal/2.75 oz. serving
Bottled Water 0 Cal each

Greek Salad $16.49
- Grilled Tofu, Bell Pepper, Carrot and Cucumber on Greens with Balsamic Vinaigrette 200 Cal each
- Granola Bar 90 Cal each
- Fresh Fruit Cup 40 Cal/2.5 oz. serving
- Lemon Cheesecake Bar 300 Cal/2.75 oz. serving
Bottled Water 0 Cal each

RIVER HAWK BOX LUNCH $15.49
Choice of One (1) Classic Sandwich 140-750 Cal each
- Kettle Chips 100-160 Cal each
- Granola Bar 90 Cal each
- Whole Fruit 50-110 Cal each
- Lemon Cheesecake Bar 300 Cal/2.75 oz. serving
Bottled Water 0 Cal each

CLASSIC BOX LUNCH $12.99
Your choice of Classic Sandwich served with Mustard, Mayo, Potato Chips, Assorted Craveworthy Cookies and Bottled Water
Choice of One (1) Deli Sandwich (Turkey, Ham or Vegetarian) 140-750 Cal each
- Individual Bag of Chips 100-160 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
Bottled Water 0 Cal each

CLASSIC SELECTIONS BUFFET $16.89
Choice of Three (3) Classic Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages
Choice of Two (2) Side Salads 25-330 Cal each
- Dill Pickle Slices 0 Cal/1 oz. serving
- Individual Bags of Chips 100-160 Cal each
Choice of Three (3) Classic Sandwiches 140-750 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
Assorted Sodas (can) 0-150 Cal each
Bottled Water 0 Cal each

CLASSIC SANDWICH OPTIONS
(Available Sandwich choices for the Classic Boxed Lunch and Classic Selections Buffet)
Ham with Black Bean Spread, Roasted Corn Salad and Barbecue Chipotle Dressing on Ciabatta 430 Cal each
Honey Mustard Ham and Swiss Cheese with Lettuce and Pickles on a Sub Roll 380 Cal each
Turkey, Bacon and Garlic Aioli Ciabatta 400 Cal each
Curried Turkey and Apple Wrap 600 Cal each
Grilled Chicken Club with Bacon and Swiss on Toasted Wheat Bread 750 Cal each
Roast Beef and Arugula 460 Cal each
California Turkey Sandwich 500 Cal each
Chipotle Chicken Ciabatta 860 Cal each
Chicken Cranberry Salad Wrap 270 Cal each
Pesto Portobello Spinach Wrap 250 Cal each
Veggie and Hummus Lavash 130 Cal each
Mediterranean Veggie Ciabatta 470 Cal each

Additional Premium Box Lunch options available upon request!
Please contact your catering professional.
SANDWICHES & SALADS

Classic Collections
All prices are per person and available for 12 guests or more.

THE EXECUTIVE LUNCHEON  $18.79
Choice of Three (3) Executive Sandwiches and Two (2) Side Salads accompanied by Chips, Mayo and Mustard, Pickles, Assorted Craveworthy Cookies and choice of Two (2) Beverages

Choice of Two (2) Side Salads  25-330 Cal each
Dill Pickle Slices  0 Cal/1 oz. serving
Individual Bags of Chips  100-160 Cal each
Choice of Three (3) Executive Luncheon Sandwiches  370-760 Cal each
Assorted Craveworthy Cookies  250-310 Cal each
Assorted Sodas (can)  0-150 Cal each
Bottled Water

EXECUTIVE LUNCHEON SANDWICHES
(Available Sandwich choices for The Executive Luncheon Buffet)

Southwest Smoked Turkey Ciabatta with Fresh Spinach and Chipotle Mayo  500 Cal each
Salmon, Cucumber and Cilantro Coleslaw Ciabatta  650 Cal each
Roast Beef and Chimichurri Roll  530 Cal each
Granny Smith Apples and Brie with Fresh Baby Spinach on a French Baguette  760 Cal each
Pastrami and Swiss Wrap  530 Cal each
Turkey and Cranberry Baguette  620 Cal each

SIDE SALAD SELECTIONS
(Included with Deli Express, Classic Selections and The Executive Luncheon Sandwich Buffets)

Traditional Garden Salad with a Balsamic Vinaigrette Dressing  50 Cal/3.5 oz. serving
Mixed Lettuces, Chickpea, Cucumber and Tomato  90 Cal/3 oz. serving
Red-Skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing  240 Cal/4 oz. serving
Apple Bacon Coleslaw  140 Cal/3.25 oz. serving
Ranch Pasta Salad  120 Cal/3 oz. serving
White Bean Herb Salad with Bell Peppers, Green Onions, Fresh Basil and Parsley tossed in a Balsamic Vinaigrette  90 Cal/3.33 oz. serving
Southwest Salad  40 Cal/4 oz. serving
Spinach Berry Salad with Blueberries, Cucumbers, Feta and Balsamic Vinaigrette  40 Cal/4 oz. serving
Grecian Quinoa Salad  50 Cal/4 oz. serving

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BUFFETS

Themed Buffets
All prices are per person and available for 15 guests or more. Includes choice of beverages.

SPRINGTIME IN CAPRI - PLANT FORWARD BUFFET $16.49
- Tuscan White Bean Salad 80 Cal/4 oz. serving
- Caprese Salad 150 Cal/4 oz. serving
- Garlic Breadsticks 110 Cal each
- Penne with Fresh Vegetables 180 Cal/9.5 oz. serving
- Penne with Chicken and Kale 230 Cal/7 oz. serving
- Orange Carrot Thimble Cake 80 Cal each
- Choice of Two (2) Beverages:
  - Lemonade 90 Cal/8 oz. serving
  - Iced Tea 5 Cal/8 oz. serving
  - Iced Water 0 Cal/8 oz. serving

GLOBAL STREET TACOS $18.29
- Tortilla Chips 90 Cal/1 oz. serving
- Choice of Two (2) Salsas:
  - Pico De Gallo 10 Cal/1 oz. serving
  - Salsa Roja 20 Cal/1 oz. serving
  - Salsa Verde 10 Cal/1 oz. serving
- Cumin Black Beans 110 Cal/3 oz. serving
- Cilantro Lime Rice 120 Cal/3 oz. serving
- Choice of Two (2) Tacos:
  - Korean Pork Taco with Kimchi 220 Cal each
  - Korean Shrimp Taco with Crema Fresca and Shredded Slaw 200 Cal each
  - Spicy Fish Taco with Watermelon Salsa and Spicy Slaw 160 Cal each
  - Green Chili Chicken Taco 230 Cal each
- Black Bean and Kale Taco 190 Cal each
- Mango Chicken Taco 270 Cal each
- Roasted Vegetable Taco 210 Cal each
- Cinnamon Sugar Cookies 250 Cal each
- Choice of Two (2) Beverages:
  - Lemonade 90 Cal/8 oz. serving
  - Iced Tea 5 Cal/8 oz. serving
  - Iced Water 0 Cal/8 oz. serving

EASTERN DELIGHTS $16.99
- Asian Chopped Salad with Ginger Miso 100 Cal/3 oz. serving
- Sesame Noodles with Vegetables 100 Cal/3 oz. serving
- Brown Rice 110 Cal/4 oz. serving
- Spicy Szechuan Shrimp with Broccoli, Carrots and Onion 80 Cal/3.75 oz. serving
- Fortune Cookies 300-370 Cal/2.75-3.25 oz. serving
- Choice of Two (2) Beverages:
  - Lemonade 90 Cal/8 oz. serving
  - Iced Tea 5 Cal/8 oz. serving
  - Iced Water 0 Cal/8 oz. serving

UMass Lowell Catering
BUFFETS

Themed Buffets
All prices are per person and available for 15 guests or more. Includes choice of beverages.

**SOUTHERN SLIDERS** $16.49
- Fresh Country Coleslaw 170 Cal/3.5 oz. serving
- Corn on the Cob 170 Cal each
- Macaroni and Cheese 260 Cal/4 oz. serving
Choice of Two (2) Pulled Meats:
- Pulled BBQ Chicken 190 Cal/3 oz. serving
- Cilantro-Lime Pulled Chicken 180 Cal/3 oz. serving
- Pulled BBQ Pork 290 Cal/3 oz. serving
- Anise Herbed Pulled Pork 220 Cal/3 oz. serving
- Slider Buns 80 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
- Bakery-Fresh Brownies 250 Cal/2.25 oz. serving
Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

**HEARTLAND BUFFET** $17.49
- Garden Salad 50 Cal/3.5 oz. serving
- Bakery-Fresh Rolls with Butter 160 Cal each
- Roasted New Potatoes 110 Cal/2.75 oz. serving
- Fresh Herbed Vegetables 100 Cal/3.5 oz. serving
Choice of One (1) Protein:
- Grilled Lemon Rosemary Chicken 130 Cal/3 oz. serving
- Crispy Fried Chicken 350 Cal/4 oz. serving
- Oreo Blondies 270 Cal/1.75 oz. serving
Choice of Two (2) Beverages:
- Lemonade 90 Cal/8 oz. serving
- Iced Tea 5 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

Looking to create your own Themed Buffet or Unique Custom Buffet?
Contact us at catering@uml.edu / 978.934.6504 to explore more options and personalize your buffet to fit your event.

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BUFFETS

Themed Buffets
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POWER LUNCH  $16.29

Grilled Flatbread  110 Cal each
Seasonal Fresh Fruit Platter  40 Cal/2.25 oz. serving

Choice of Two (2) Salad Platters:
- Southwest Chicken with Greens, Corn, Black Beans and Vegetables tossed with a Hearty Grain Blend  440 Cal/13.875 oz. serving
- Grilled Salmon with Bulgur Wheat, Lentils and Hummus in a Roasted Garlic Lemon Vinaigrette garnished with Carrot Sesame Hummus and Pea Mint Salad  540 Cal/16.5 oz. serving
- Grilled Chicken Breast and Veggies in a Spicy Thai Lime Sriracha Dressing  470 Cal/11.88 oz. serving

Rice Noodles and Greens topped with Nam Tok Pork, Stir-Fried Vegetables, Chopped Peanuts and a Spicy Sweet Chili Vinaigrette  230 Cal/6 oz. serving
Vegan Aquafaba Chocolate Mousse  230 Cal/2.75 oz. serving

Choice of Two (2) Beverages:
- Lemonade  90 Cal/8 oz. serving
- Iced Tea  5 Cal/8 oz. serving
- Iced Water  0 Cal/8 oz. serving

SOUP AND SALAD BUFFET  $15.79

Garden Fresh Mixed Greens
Ranch Dressing
Italian Dressing
Sliced Grilled Chicken
Diced Ham
Roasted Chickpeas
Sliced Red Onions
Shredded Cheese
Tomatoes
Cucumbers
Shredded Carrots
Croutons
Bakery-Fresh Rolls with Butter
Soup Du Jour
Assorted Craveworthy Cookies

Choice of Two (2) Beverages:
- Lemonade  90 Cal/8 oz. serving
- Iced Tea  5 Cal/8 oz. serving
- Iced Water  0 Cal/8 oz. serving

YUCATAN BOWL  $17.99

Romaine Lettuce Salad
Avocado Ranch Dressing
Choice of One (1) Rice:
- Cilantro Lime White Rice
- Charro Beans

Braised Chicken
Braised Beef
- Roasted Portobello Mushrooms
Guacamole

Choice of Two (2) Salsas:
- Pico De Gallo
- Salsa Verde
- Salsa Roja
- Dulce De Leche Brownie

Choice of Two (2) Beverages:
- Lemonade  90 Cal/8 oz. serving
- Iced Tea  5 Cal/8 oz. serving
- Iced Water  0 Cal/8 oz. serving
BUFFETS

Create Your Own Buffet
Customize Your Own Buffet: Select (1) Starter, (1) Entrée, (2) Sides and (1) Dessert. Served with Assorted Rolls and Butter and choice of Beverages.

BUFFET STARTERS
- Seasonal Garden Salad with Balsamic Vinaigrette 50 Cal/3.5 oz. serving
- Classic Caesar Salad 160 Cal/2.7 oz. serving
- Greek Salad with Crumbled Feta 120 Cal/3.25 oz. serving
- Italian Green Salad with Penne and Prosciutto 110 Cal/3.25 oz. serving
- Seasonal Fresh Fruit Salad 40 Cal/2.25 oz. serving
- Tomato Cucumber Couscous Salad

BUFFET ENTREES
- Asiago Chicken in a Roasted Red Pepper Sauce $17.99 310 Cal/5 oz. serving
- Chicken Stuffed with Sun-Dried Tomato and Basil Goat Cheese $18.49 280 Cal/4.5 oz. serving
- Grilled Turkey Breast Seasoned with Rosemary and Topped with Cranberry Molasses Sauce $17.99 200 Cal/4 oz. serving
- Grilled Montreal Cod $18.89 110 Cal/3 oz. serving
- Fireside Herbed Steak Marinated in Dijon Mustard, Thyme and Cider Vinegar $22.99 170 Cal/3 oz. serving
- Chickpea Tagine with Couscous $16.59 430 Cal/10.26 oz. serving
- Crispy Five Spice Tofu $16.99 270 Cal each

BUFFET SIDES
- Fresh Herbed Vegetables 100 Cal/3.5 oz. serving
- Italian Seasoned Green Beans 40 Cal/3.25 oz. serving
- Roasted Brussels Sprouts with Garlic and Pancetta 80 Cal/4 oz. serving
- Mushroom Farro 190 Cal/4 oz. serving
- Buttermilk Mashed Potatoes 120 Cal/3.75 oz. serving
- Toasted Cranberry Apple Couscous 180 Cal/3 oz. serving
- Roasted Sweet Potatoes 80 Cal/4 oz. serving

BUFFET FINISHES
- New York-Style Cheesecake 440 Cal/slice
- Spiced Carrot Cake 370 Cal/slice
- Glazed Strawberry Bars 390 Cal each
- Assorted Cupcakes 90-150 Cal each
- Cafe Mocha Parfait 470 Cal each
- Pineapple Upside-Down Parfait 200 Cal each

*All packages include necessary accompaniments and condiments

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
RECEPTIONS

Hors d’oeuvres
Hors d’oeuvres are priced per dozen.

**RECEPTION HORS D’OEUVRES (HOT)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories per piece</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon Wrapped Scallops</td>
<td>$4.49</td>
<td>20</td>
</tr>
<tr>
<td>Balsamic Fig and Goat Cheese Flatbread</td>
<td>$3.99</td>
<td>80</td>
</tr>
<tr>
<td>Coconut Chicken</td>
<td>$3.99</td>
<td>40</td>
</tr>
<tr>
<td>Crab Cakes</td>
<td>$4.39</td>
<td>30</td>
</tr>
<tr>
<td>Spanakopita</td>
<td>$3.39</td>
<td>70</td>
</tr>
<tr>
<td>Santa Fe Chicken Eggroll</td>
<td>$4.09</td>
<td>190</td>
</tr>
<tr>
<td>Mini Beef Wellington</td>
<td>$4.49</td>
<td>70</td>
</tr>
</tbody>
</table>

**RECEPTION HORS D’OEUVRES (COLD)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories per piece</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Petit Fours</td>
<td>$4.29</td>
<td>60-140</td>
</tr>
<tr>
<td>Middle Eastern Chickpea Toast Points</td>
<td>$3.39</td>
<td>70</td>
</tr>
<tr>
<td>Shrimp Cocktail</td>
<td>Market Price</td>
<td>70</td>
</tr>
<tr>
<td>Pimento Cheese and Bacon Toast Points</td>
<td>$3.49</td>
<td>110</td>
</tr>
<tr>
<td>Blue Cheese, Peat and Honey Crostini</td>
<td>$3.49</td>
<td>80</td>
</tr>
<tr>
<td>Black Bean Salsa in Phyllo Cup</td>
<td>$3.49</td>
<td>60</td>
</tr>
</tbody>
</table>

Unsure of how many items and how much to order for your reception? Contact your catering events specialist to discuss the proper amounts needed for a reception.
RECEPTIONS

Reception Platters and Dips

All prices are per person and available for 15 guests or more.

CLASSIC SLICED CHEESE TRAY $5.49 Per Person
- Classic Sliced Cheese Tray with Swiss, Cheddar and Pepper Jack Cheeses, Pita Chips and Crostini
  - 290 Cal/2.75 oz. serving

ASSORTED MINI SANDWICHES $6.89 Per Person
- An assortment of our most popular Mini Sandwiches
  - Ham and American Cheese Mini Sandwiches: 260 Cal each
  - Roast Beef and Cheddar Mini Sandwiches: 280 Cal each
  - Turkey and Swiss Mini Sandwiches: 310 Cal each
  - Mini Caprese Sandwiches: 250 Cal each

GRILLED VEGETABLES $5.39 Per Person
- Grilled Vegetables served with Balsamic Vinaigrette
  - 70 Cal/3 oz. serving

HOUSE-MADE SPINACH DIP $4.79 Per Person
- House-Made Spinach Dip served with Fresh Pita Chips
  - 230 Cal/2.25 oz. serving

HUMMUS WITH PITA CHIPS $3.59 Per Person
- Hummus with Pita Chips
  - 220 Cal/4.5 oz. serving

May we suggest a Served Meal or Reception?

Our talented chefs are delighted to create special menus that accommodate your culinary preferences and budget. Please contact our Catering Office at (978) 934-6504 to arrange a personal consultation.

*All packages include necessary accompaniments and condiments

2000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
## RECEPTIONS

### Reception Stations

Reception Stations may require additional fees for a chef attendant. Please contact your catering professional for details. All prices are per person and available for 15 guests or more.

**CHEF’S PASTA** $12.99

Create Your Own Pasta Sensation with choice of Two (2) Types of Noodles, Two (2) Sauces, and Four (4) Warmed Toppings (chef attendant required)

**Choice of Two (2) Pastas:**
- Cavatappi Pasta 90 Cal/2 oz. serving
- Penne Pasta 90 Cal/2.5 oz. serving
- Fettuccine Pasta 120 Cal/2.75 oz. serving

**Choice of Two (2) Sauces:**
- Marinara Sauce 30 Cal/1 oz. serving
- Alfredo Sauce 60 Cal/1 oz. serving
- Primavera Pesto Sauce 40 Cal/1 oz. serving

**Choice of Four (4) Warmed Toppings:**
- Roasted Mushrooms 90 Cal/3 oz. serving
- Broccoli 10 Cal/1 oz. serving
- Spinach 15 Cal/0.5 oz. serving
- Onions 10 Cal/0.5 oz. serving
- Zucchini 5 Cal/1 oz. serving
- Peas 5 Cal/0.25 oz. serving
- Green Peppers 10 Cal/1 oz. serving

**SOFT PRETZEL BAR** $5.69

**Choice of Three (3) Dipping Sauces:**
- Honey Mustard Sauce 130 Cal/1 oz. serving
- Spicy Mustard Sauce 30 Cal/1 oz. serving
- Yellow Mustard Sauce 20 Cal/1 oz. serving
- Nacho Cheese Sauce 40 Cal/1 oz. serving
- Vegan Cheddar Cheese Sauce 60 Cal/1 oz. serving
- Cajun Cheese Sauce 60 Cal/1 oz. serving
- Buffalo Blue Sauce 30 Cal/1 oz. serving
- Chocolate Sauce 70 Cal/1 oz. serving
- Caramel Sauce 100 Cal/1 oz. serving

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### Breaks

All prices are per person and available for 12 guests or more.

**BREADS AND SPREADS** $5.89

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories/8 oz. serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tortilla Chips</td>
<td>190 Cal/2 oz. serving</td>
</tr>
<tr>
<td>Pita Chips</td>
<td>140 Cal/2 oz. serving</td>
</tr>
<tr>
<td>Crostini</td>
<td>40 Cal each</td>
</tr>
</tbody>
</table>

**Choice of Four (4) Spreads:**
- Korean Roja Guacamole 90 Cal/2 oz. serving
- Ginger Verde Guacamole 90 Cal/2 oz. serving
- Chilled Spinach Dip 200 Cal/2 oz. serving
- Feta and Roasted Garlic Dip 260 Cal/2 oz. serving
- Traditional Hummus 80 Cal/2 oz. serving
- Artichoke and Olive Dip 140 Cal/2 oz. serving
- Seasonal Fresh Fruit Platter 40 Cal/2.5 oz. serving

**EXECUTIVE COFFEE BREAK** $5.49

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories/2.75 oz. serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon Cheesecake Bars</td>
<td>300 Cal/2.75 oz. serving</td>
</tr>
<tr>
<td>Raspberry Coconut Almond Bars</td>
<td>370 Cal/3.25 oz. serving</td>
</tr>
<tr>
<td>Bakery-Fresh Brownies</td>
<td>250 Cal/2.25 oz. serving</td>
</tr>
<tr>
<td>Starbucks Coffee, Decaf and Hot Tea</td>
<td>0 Cal/8 oz. serving</td>
</tr>
</tbody>
</table>

**FOREVER YOUNG** $4.99

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories/each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marshmallow Cereal Bars</td>
<td>210 Cal each</td>
</tr>
<tr>
<td>Gold Fish Crackers</td>
<td>260 Cal/2 oz. serving</td>
</tr>
<tr>
<td>Fruit by the Foot</td>
<td>80 Cal each</td>
</tr>
</tbody>
</table>
BEVERAGES & DESSERTS

Beverages
Includes appropriate accompaniments

Starbucks Coffee, Decaf and Hot Water with Assorted Teavana Tea Bags
$3.39 Per Person
0 Cal/8 oz. serving

Bottled Water $1.99 Each
0 Cal each

Assorted Bottled Sodas $2.09 Each
0-200 Cal each

Assorted Individual Fruit Juices
$2.29 Each
110-170 Cal each

Sparkling Water $2.99 Each
0 Cal each

Lemonade $25.99 Per Gallon
90 Cal/8 oz. serving

Iced Water $16.99 Per Gallon
0 Cal/8 oz. serving

Infused Water $18.99 Per Gallon
Choice of One (1) Fruit Infused Water:
- Lemon Infused Water 0 Cal/8 oz. serving
- Orange Infused Water 10 Cal/8 oz. serving
- Apple Infused Water 20 Cal/8 oz. serving
- Cucumber Infused Water 10 Cal/8 oz. serving
- Grapefruit Infused Water 10 Cal/8 oz. serving

Iced Coffee $2.99
0 Cal/8 oz. serving

Hot Chocolate with Peppermint & Whipped Cream $3.79
160 Cal/8 oz. serving

Desserts

- Assorted Craveworthy Cookies
  $2.39 Per Person
  250-310 Cal each

- Chocolate Chip Cookie Brownies
  $1.99 Per Person
  280 Cal/2.6 oz. serving

- Assorted Thimble Cakes $2.69
  80-160 Cal each

- Cream Puff Berry Trio $3.59
  290 Cal each

- Mini Cheesecakes $2.69
  120-200 Cal each

Vegetarian 🍃 Vegan 🍃 Eat Well 🍃 Plant Forward

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

Ordering Information

LEAD TIME
Notice of 4 business days is appreciated; however, we will do our best to accommodate all late orders that are received. We appreciate the importance of your function and will do whatever it takes to exceed your expectations.

EXTRAS
If rental equipment, linens, or service staff are needed, we can take care of it for you with necessary charges. We are delighted to assist you with all of your event needs from rental equipment, linens, florals to service staff and everything in between. - Additional fees may apply.

CONTACT US TODAY
978.934.6504
catering@uml.edu
www.uml.catering.catertrax.com

Prices effective until 07/01/2022
Prices may be subject to change