catering idea book
We are excited to provide you with our catering menus to assist in planning your event. All menus are only a suggestion and represent some of our popular selections. We continually develop menus and events incorporating regional preferences and cutting-edge culinary trends. Our commitment is to customize menus for your occasion. From a formal dinner to meeting break refreshments, we will offer creative menus, elegant presentations and thoughtful service to provide your guest with a memorable dining experience.
BREAKFAST
suggestions

continental breakfast
- Assorted fresh baked pastries, bagels & cream cheese
- Orange, apple or cranberry juice
- Special house blend and decaffeinated coffees
- Hot tea

hot breakfast with the works
- Scrambled eggs
- Bacon and sausage
- Hash browns
- Assorted fresh baked pastries
- Fresh fruit tray, yogurt and granola
- Orange, apple or cranberry juice
- Special house blend and decaffeinated coffees
- Hot tea

deluxe continental breakfast
- Assorted fresh baked pastries
- Bagels and cream cheese
- Fresh fruit tray, yogurt and granola
- Orange, apple or cranberry juice
- Special house blend and decaffeinated coffees
- Hot tea
LUNCH
Menu
Suggestions

Fast Track Lunch
- Choose your sandwich, select two sides and a dessert
- Each "Fast Track" lunch will be plated on disposable ware or on china (with flatware and cloth napkin) with accompaniments, lettuce, tomato slices, pickle spear, bottled water or soda

Sandwich Selections
- Italian herb breast of chicken
- Turkey club
- Grilled veggie with sun-dried tomato olive spread
- Roast beef and cheddar
- Veggie club
- Albacore tuna salad
- Gourmet chicken salad

Salads & Side Item Selections
- Cole slaw
- Classic potato salad
- Pasta salad
- Wheat berry & quinoa
- Potato chips
- Fresh fruit salad
- Cup of the soup of the day
- Mediterranean toasted cous cous salad

Dessert Selections
- Fresh baked cookies
- Lemon bars
- Double chocolate brownies
- Low fat granola yogurt parfait
LUNCH buffets

build your own sandwich

- Assorted deli meats featuring ham, roast beef and breast of turkey
- Variety breads
- Cheddar, pepper jack and swiss cheeses
- Sliced tomatoes, lettuce, onion, pickles
- Potato chips
- Assorted cookies, brownies or lemon bars
- Iced tea, water, coffee

soup & salad
Choice of two soup selections

- Featuring minestrone, chicken noodle, cream of broccoli, chili and italian wedding
- Caesar or chef salad
- Assorted crackers
- Fresh vegetable tray with dip
- Assorted cookies, brownies or lemon bars
- Iced tea, water, coffee

it’s a wrap

- Flour tortilla wraps stuffed with variety of filling:
  Caesar chicken, Italian, buffalo chicken, tomato basil, tuna salad, turkey club
- Fresh vegetable tray with dip
- Assorted cookies, brownies or lemon bars
- Iced tea, water, coffee
Select a menu from our most popular options listed below or a Metz representative can help design a menu. For buffet meals, an additional charge will be added to the most expensive entrée desired.

**entrière selections**

**HERB ROASTED CHICKEN**
Marinated chicken roasted with fresh herbs, garlic and lemon

**WILD MUSHROOM VEGETABLE LASAGNA**
Between layers of pasta lie wild mushrooms and vegetables; with alfredo sauce and mozzarella cheese

**FILLETT OF TILAPIA WITH TOMATO BRUSCHETTA**
A tilapia fillet topped with tomato, capers and herbs

**NY STRIP STEAK WITH ROASTED SHALLOT SAUCE**
Hand cut beef strip loin; grilled and served with fire-roasted shallot sauce

**CHICKEN MARSALA**
Lightly breaded chicken breast with marsala sauce

**FILET MIGNON**
Hand cut beef tenderloin wrapped in smokehouse bacon; grilled and served with tarragon butter

**PORK LOIN - HONEY & ROSEMARY GLAZED**
Pork loin seasoned with our special rub and fresh rosemary; slow roasted to perfection

**SMOKED GOUDA CHICKEN BREAST**
Breast of chicken stuffed with caramelized onion and smoked gouda cheese; lightly breaded and pan-fried

**CARVED ROAST BEEF**
Carved or sliced herb crusted USDA Grade A beef; slow roasted with fresh herbs

**GRILLED VEGETABLE RATATOUILLE**
Served in portabello mushroom cap with tomato coulis

**GRILLED SALMON**
Served with tomato leek sauce

**BAKED PENNE BOLOGNESE**
Pasta baked with slow cooked meat sauce and topped with three cheeses

**FRIED CHICKEN**
Marinated and battered chicken, deep-fried until golden brown

**CARVED SUN-DRIED TOMATO ROASTED TURKEY**
Breast of turkey rubbed and roasted with sun-dried tomatoes and fresh herbs
<table>
<thead>
<tr>
<th>Starch selections</th>
<th>Vegetable selections</th>
<th>Salad selections</th>
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</thead>
<tbody>
<tr>
<td>Baked potato</td>
<td>Whole green beans</td>
<td>Mixed field greens salad</td>
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<tr>
<td>Wild rice</td>
<td>Honey glazed baby carrots</td>
<td>Cole slaw</td>
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<tr>
<td>Escalloped potatoes</td>
<td>Buttered corn</td>
<td>Spinach salad with strawberries</td>
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<tr>
<td>Oven roasted sweet potatoes</td>
<td>Steamed fresh broccoli florets</td>
<td>Pasta salad</td>
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<tr>
<td>Herbed brown rice</td>
<td>Crilled asparagus</td>
<td>Fruit salad with poppy seed dressing</td>
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<tr>
<td>Rice pilaf</td>
<td>Crilled fresh vegetables</td>
<td>Bacon and ranch potato salad</td>
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<tr>
<td>Herbed new potatoes</td>
<td>Steamed fresh cauliflower florets</td>
<td>Crilled asparagus and lemon salad</td>
</tr>
<tr>
<td>Red skin mashed potatoes</td>
<td></td>
<td>Portobello mushroom and pepper salad</td>
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<tr>
<td>Twice baked potato</td>
<td></td>
<td>Caesar salad</td>
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<tr>
<td>Candied sweet potatoes</td>
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</tbody>
</table>
The following dessert selections are subject to change depending on seasonality.

- Peanut butter silk pie
- Apple pie
- Carrot cake with cream cheese frosting
- French silk pie
- Crème brûlée
- Fruit cobbler
- Chocolate mousse
- New York style cheesecake
- Strawberry shortcake
**THEMED BUFFET MENU suggestions**

**italian**
- Choice of meat lasagna or meat ravioli
- Vegetable lasagna
- Two pastas (choice of penne, spaghetti, rotini or ziti)
- Two sauces (choice of marinara, alfredo, roasted garlic, pesto or prima rosa)
- Tuscan vegetables
- Bread (choice of bread sticks or French bread)
- Italian or Caesar salad
- Choice of dessert

**caribbean**
- Jerk chicken
- Maui ribs
- Hawaiian rice
- Caribbean vegetables
- Fresh fruit or vegetable tray
- Mixed green salad assorted dressings and toppings
- Pineapple cake
- Sweet rolls and butter

**mexican**
- Build your own tacos
  - (hard and soft taco shells with taco meat, shredded lettuce, diced tomatoes, shredded cheese, diced onions, sliced olives, salsa and sour cream)
- Tortilla chips
- Cheese enchilada casserole
- Spanish rice
- Mexican corn
- Refried beans
- Mexican layer salad
- Choice of dessert

**asian**
- Stir fried rice or pasta
- Spicy glazed chicken
- Korean style beef
- Vegetable egg rolls
- Assorted sauces condiments
  - sweet & sour, soy, thai sweet hot, cashew, teriyaki, sesame oil, wasabi, red pepper flakes
- Oriental noodle salad
- Fortune cookies

**barbecue cookout**
- Grilled chicken or bbq ribs
- Hot dogs, hamburgers or brats (with peppers and onions)
- Baked beans
- Mini corn on the cob
- Homemade chips
- Pasta salad
- Potato salad
- Appropriate condiments
  - (Lettuce, tomato, mustard, mayo, ketchup and pickles)
- Cookies and brownies
The following suggestions represent our most popular items. Items are priced per person. Please consult your Metz representative to help plan your reception menu and quantity of each menu item.

assorted cold

**CHEESE & CRACKER TRAY**
Assorted domestic and imported cheese with crackers

**FRESH FRUIT TRAY**
Cut seasonal fruit with yogurt dip

**FRESH VEGETABLE TRAY**
Seasonal vegetables with dip

**ASSORTED SLIDER SANDWICHES**
Roast beef, turkey and ham, sliced thinly and served on fresh baked rolls with lettuce leaf and tomato; condiments can be served on the sandwiches or on the side

**ANTIPASTO SKEWERS**
Marinated Italian vegetables and fresh mozzarella on skewer

**SMOKED SALMON AND DILL ROULADE**
Cream cheese, chopped capers, fresh dill and thinly sliced smoked salmon wrapped in herbed flour tortilla

**MEDITERRANEAN HUMMUS AND OLIVES**
Traditional hummus with marinated olives

**SHRIMP COCKTAIL**
Shrimp served with fresh cocktail sauce
assorted hot

BRUSCHETTA
Toasted baguette with fresh tomato, garlic and olive oil

HOT SPINACH ARTICHOKE DIP WITH GRILLED PITA CHIPS
Spinach artichoke dip with grilled pita chips

BUFFALO CHICKEN DIP
Spicy layered dip served with tortilla chips

STUFFED MUSHROOMS
Choice of meatless herbed filling or sausage spinach filling

ASSORTED BRUSCHETTA
Slices of toasted baguette topped with assorted fresh herbs and veggies

CHICKEN SATAY WITH THAI PEANUT SAUCE
Strips of chicken breast in a peanut ginger marinade, then broiled

GOAT CHEESE TARTLETS
Mini phyllo tart shells baked with goat cheese, sun-dried tomato and chive filling

BBQ MEATBALLS
Traditional meatballs lightly coated with our custom BBQ sauce

MINI CHICKEN CORDON BLEU
Fresh chicken wrapped with ham and swiss

PHILLY CHEESESTEAK EMPANADAS
Shaved steak and cheese in a baked pastry pocket

MINI BEEF WELLINGTON
Filet mingnon with sautéed mushrooms wrapped in puff pastry

MARINATED SCALLOPS
Marinated sea scallops wrapped in bacon and broiled

SPRING ROLLS
Homemade spring rolls made with chicken, vegetable, pork or shrimp filling

SPINACH SAUSAGE CHEESE PHYLLO TARTLETS
Mini phyllo tart shells baked with spinach Italian sausage cheese filling

MINI CRAB CAKES
Spiced with old bay and rémoulade sauce

BRIE AND RASPBERRY IN PHYLLO
Fresh raspberries with melted brie wrapped in flaky-phyllo dough

SPANAKOPITA
A classic and delectable spinach pie with feta cheese and onions wrapped in phyllo
bake shop

CHEESE STRAWS
Delicate pastry straws with asiago

CHOCOLATE DIPPED STRAWBERRIES
Plump strawberries dipped in chocolate {white or dark}

PETITE GOURMET COOKIES
Assorted petite cookies made with only the finest ingredients
{chocolate chunk, rocky road, oatmeal raisin and macadamia nut}

PETIT FOURS AND MINI ITALIAN CAKES
The finest mini Italian cakes and French petit fours made

FRESH BAKED COOKIES
Chocolate chip, sugar and peanut butter

LEMON BARS
The perfect blend of sweet and tart

DOUBLE CHOCOLATE BROWNIES
Rich chocolate brownies with toasted walnuts

CAKE DECORATED 1/2 OR FULL SHEET
Decorated 1/2 sheet cake or full sheet cake

OLD FASHIONED OATMEAL RAISIN BARS
Special recipe of an old favorite

LEMON COCONUT BARS
Thin, crisp bar with a delicate taste of lemon and coconut

PECAN BARS
If you like pecan pie, you will love these gems
bake shop

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beverages

ICED TEA
Iced tea with sugar and sweet-n-low on the side

BOTTLED WATER
20 oz bottled water

SPECIAL HOUSE BLEND COFFEE-
DECAFFEINATED
Fresh brewed decaffeinated coffee with cream, sugar and sweet-n-low on the side

SPECIAL HOUSE BLEND COFFEE
Fresh brewed coffee with cream, sugar and sweet-n-low on the side

PUNCH
Red tropical punch

ASSORTED SODAS
Assorted 12 oz canned sodas

LEMONADE

APPLE JUICE

ORANGE JUICE

GRAPE JUICE

CITRUS ICED TEA

HOT CHOCOLATE

METZ FLAVORED WATERS
Break Menu
suggestions

hot spot
- Fresh brewed coffee
- Decaffeinated coffee
- Herbal tea selection

more than a meeting
- Assorted fresh baked cookies
- Brownies
- Lemon bars
- Seasonal fresh fruit tray
- Tortilla chips and salsa
- Assorted juices
- Bottled water
- Sodas

lil' little nibble
- Dried fruits
- Cranberry chocolate popcorn
- Trail mix
- Pretzels

afternoon refresher
- Assorted fresh baked cookies
- Assortment of bar cookies
- Assorted sodas
- Hot tea

on the go
- Assorted candy bars
- Nutrigrain fruit bars
- Granola bars
- Basket of whole fruit

sweet spot
- Assorted mousse (with toppings)
- Fresh baked cookies
- Lemonade
notes:
executive dinners

employee appreciation luncheons

business meetings

receptions

group gatherings

welcome celebrations
fresh
delicious
food