

Elite Meal Plan

Breakfast: 7:00 AM - 9:00 AM

Lunch: 11:30 AM - 1:30 PM

Dinner: 6:00 PM - 8:00 PM

Times requested outside of these may incur additional charges.

30+ 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Plain Omelets (130 cal) Turkey Bacon(80cal) Hash Browns (290 cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)	Poached Eggs (140 cal) Turkey Sauasge (90 cal) French Toast (280 cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)	Scrambled Eggs (100 cal) Hash Browns (290 cal) Turkey Bacon(80 cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)	Western Scrambled Eggs (160 cal) Turkey Sausage (90 cal) French Toast)(280 cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)	Poached Eggs (140 cal) Pancakes W\ Syrup (230 cal) Turkey Bacon (80 cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)	Plain Omelets (130 cal) Turkey Bacon (80 cal) Hash Browns (290cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)	Scrambled Eggs (100 cal) Turkey Bacon (80 cal) Home Fried Potatoes (190 cal) Danishes & Muffins (160 cal) Corn Flakes & Cheerios (160-370 cal) Breakfast Includes: Toast, Butter & Jam (150 cal)
Lunch	Chicken Parmigiana (320 cal) Cheese Tortellini Casserette* (360 cal) Gallic Bread (60 cal) Steamed Vegetables (30 cal) Butter Linguine Noodles (150 cal) Greek Salad (50 cal) Lunch Includes: Whole Fruit (60-90 cal), Assorted Cookies (130-200 cal), Assorted Cold Beverages (0-150 cal)	Beef Stir Fry (210 cal) Vegetable Stir fry with Meatless Chicken (130 cal) Mixed Bean Salad (70 cal) Rice Pilaf (160 cal) Orange & Spinach Salad (80 cal)	Singapore Style Chicken (280 cal) Pasta Primavera With Chickpeas (370 cal) Steamed Vegetables (30 cal) Shanghai Noodles (250 cal) Moroccan Couscous Salad (120 cal) Garlic Bread (60 cal)	Beef Vindaloo Curry (290 cal) Tofu Vegetable Jalfrezi Curry (90 cal) Cumin Scented Basmati Rice (70 cal) Garden Salad (20 cal) Peas & Lentil Salad (110 cal)	Butter Chicken (320 cal) Roasted Root Vegetables (250 cal) Garden Salad (20 cal) Brown Rice Pilaf (140 cal) Steamed Vegetables (30 cal)	Hungarian Beef (225cal) Cheese & Vegetable Casserole (260 cal) Quinoa Salad (60 cal) Greek Salad (110 cal) Roasted Potatoes(160 cal)	Thai Chicken Breast (210 cal) Tofu Stir Fry (170 cal) Zesty Salsa Pasta Salad (60 cal) Brown Rice Pilaf (140 cal) Caesar Salad (100 cal)
Dinner	Roast Beef (240 cal) Root Vegetable Stew w/ Chickpeas (140 cal) Mashed Potatoes (240 cal) Garden Salad (20 cal) Marinated Vegetable Salad (65 cal) Assorted Tarts (190 cal) Dinner Includes: Dinner Roll, Fresh Cubed Fuit (60-90 cal) Coffee and Tea (0-40 cal), Assorted Cold Beverages (0-150 cal)	Jerk Chicken (190 cals) Jamaican Rundown w/ Beans (120 cal) Rice Pilaf (140 cal) Garden Salad (20 cal) Coleslaw (40 cal) Lemon Squares (235 cal)	Braised Beef Steak & Onions (275 cal) Cheese & Vegetable Casserole (260 cal) Roasted Potatoes (160 cal) Quinoa Salad (210 cal) Garden Salad (20 cal) Chocolate Cake (130 cal)	Bahamian BBQ Chicken (350 cal) Sweet Potato and Lentil Stew (210 cal) Rice and Beans (150 cal) Steamed Corn (80 cal) Spinach & Strawberry Salad (80cal) Rocky Road Brownie (190 cal)	Beef & Apricot Tagine (275 cal) Vegetarian Ratatouille (180 cal) Rice Pilaf (140 cal) Steamed Vegetables (30 cal) Garden Salad (20 cal) Carrot Cake(240 cal)	Roasted Chicken (220 cal) Roasted Meatless Chicken (320 cal) Roasted Potatoes(160 cal) Moroccan Couscous Salad (70 cal) Spicy Macaroni Salad (70 cal) Mixed Berry Crumble Sqaures(190 cal)	Beef Lasagna (300 cal) Alfredo Vegetable Lasagna (260 cal) Steamed Vegetables (30 cal) Garden Salad (20 cal) Garlic Bread (60 cal) Caesar Salad (100 cal) Rocky Road Brownie (190 cal)

Meat & Vegetarian entrees are prepared at a 80:20 ratio unless otherwise specified

Catering order confirmation required 14 days prior to the event day

Table linen and linen napkins are NOT included

Minimum of 30 orders required for this menu.

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