

SOUTHWESTERN COLLEGE

Catering Guide

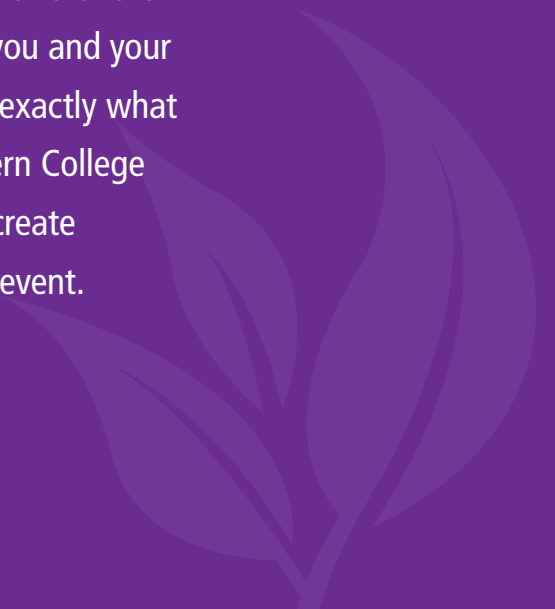


*Fresh food is what we do.
Fresh Ideas is who we are.*

We know catering. We have a passion for everything food, especially food + design. Memorable catered events require the talent of seasoned professionals who understand the many facets that differentiate a good event from a great event.

Innovation is found through creativity. Fresh Ideas is continually searching for new ways to bring creativity to our catered events. Food should be interesting, and we believe food presentation is of paramount importance – a way to experience the excitement prior to tasting what you see.

Incredible food and amazing service are two of the things we strive to make memorable for you and your guests. While in many cases you will find exactly what you are searching for in the Southwestern College Catering Guide, we are happy to create a menu tailored especially for your event.



Breakfast Selections

The Standard Breakfast

- Scrambled Denver Eggs
- Bacon, Sausage or Ham
- Southern Grits or Home Fries

Breakfast Buffet

- Scrambled Denver Eggs
- Bacon or Sausage
- Hashbrowns or Grits
- Biscuits & Gravy
- French Toast, Pancakes or Waffles

Baked Breakfast Selections

- Cinnamon Coffeecakes
- Southern Biscuits & Gravy
- Scones
- Biscotti
- Assorted Muffins
- Croissants with Honey Butter
- Mini Danishes
- Bagels with Cream Cheese
- English Muffins with Jelly

Specialty Breakfast Items

- Fresh, Seasonal Sliced Fruit or Salad
- Frittata
- Assorted Petite Quiches
- Yogurt Parfaits
- French Toast Casserole
- Spinach & Tomato Benedict

Display Stations

- Potato Skin & Scrambled Egg Bar
- Omelet Bar
- Grits Bar



*Box Lunch
& Sandwich Selections*



Signature Box Lunch

Standard Box Lunch

Try our delicious, fresh signature box lunch selections. Choose from chicken salad, tuna salad, shaved turkey, sliced honey ham or shaved roast beef. Your choice of swiss, provolone or cheddar cheese. Your choice of white, whole wheat, french bread, tortilla wrap, croissant or gluten-free bread. All sandwiches include fresh tomatoes, lettuce, pickle spear, condiments, chips and a cookie. Vegetarian options are available upon request.



Signature Sandwiches

Classic Club Sandwich or Wrap

Featuring smoked turkey, cheddar cheese, smoked bacon, tomatoes, green leaf lettuce with our special ranch dressing.

Grilled Chicken Caesar Sandwich or Wrap

Try our delicious italian spiced chicken breast with fresh romaine lettuce, tomatoes and our handcrafted parmesan caesar dressing.

Roast Beef & Cheddar Stacker

Our own house-roasted beef, thinly sliced with Wisconsin cheddar cheese, tomatoes, leaf lettuce and creamy horseradish aioli.

Grilled Portabella Sandwich

Balsamic glazed portabella, tomatoes, red onion, green leaf lettuce and pesto spread.

Grilled Chicken BLT Sandwich

Marinated chicken breast, smoked bacon, tomatoes, with fresh, green leaf lettuce.

Italian "Dagwood" Sandwich

Genoa salami, smoked ham, italian capicola, provolone cheese, roasted red pepper, green leaf lettuce, tomato and red onion.

Salad Selections



We offer a variety of fresh, wonderful salads to please any palate. These salads feature specialty dressings that enhance the fresh ingredients and our handcrafted croutons.

Side Salad Selections

House Salad

Crispy garden greens with an assortment of fresh tomatoes, cucumbers and carrots.

Classic Caesar Salad

Crisp romaine lettuce with parmesan cheese.

Sunshine Salad

Garden greens, mandarin oranges, goat cheese crumbles, tomatoes and sunflower seeds.

Mediterranean Salad

Garden greens, tomatoes, cucumbers, red onion, black olives with feta cheese.

Spinach Salad

Spinach, sliced mushrooms, tomatoes, red onions, smoked bacon, sunflower seeds and delicious blue cheese crumbles.

Specialty Entrée Salads

Classic Cobb Salad

Chopped garden greens, marinated chicken breast, tomatoes, smoked bacon, chopped eggs, blue cheese and avocado.

Caprese Salad

Vine-ripened tomatoes, fresh mozzarella, basil and cracked black pepper, with a balsamic reduction.



Asian Salmon Salad

Grilled or smoked salmon, garden greens, cucumber ribbons and tomatoes, with an asian chili dressing.

Southland Salad

Chili-rubbed grilled chicken breast, black beans, corn, tomatoes, garden greens, shredded monterey jack, cheddar, red onion and cilantro, with a chipotle-lime ranch dressing.

Italian Bread Salad

Mixed greens, focaccia, tomatoes, black olives, basil and parmesan cheese.

*Appetizers, Desserts
Beverages & Snacks*



Cold Appetizers

Fresh Garden Crudités

Served with pesto ranch dipping sauce.

Seasonal Fruit Display

Served with raspberry or honey cream.

Mediterranean Dips & Flatbreads

Tabbouleh, hummus and baba ghanoush.

Southern Layered Shrimp Spread

Served with assorted gourmet crackers.

Mini Pinwheel Sandwiches

Assorted gourmet meats and cheeses rolled in a flour tortilla.

BLT Crostini

Blistered roma tomato, smoked bacon, arugula, remoulade, served atop grilled crostini.

Bruschetta

Tomato confit and fresh basil, served atop garlic-oiled crostini.

Hot Appetizers

Quesadillas

Grilled chicken, beef, or vegetable, served with queso fresco and red chili salsa.

Empanadas

Mojo pork, or chicken, peppers, cheddar cheese with our handcrafted pico de gallo.

Pot Stickers

Fresh chopped vegetables, pork or chicken, ginger, ponzu sauce.

Satays

Grilled thai beef or chicken, served with our very own chimichurri sauce.

Miniatures

Choose One

Buttermilk fried chicken medallions with pepper jelly on a southern biscuit, barbecue pork with our own spicy sauce on mini yeast rolls or mini crab cake with peach mango chutney.

Desserts

- Cheesecake
- Chocolate Fondue with Fresh Fruit & Cake Bites
- Brownies
- Ice Cream Sundae Bar
- Assorted Fresh Baked Cookies
- Fruit Cobblers

Beverages

- Coffee, Regular or Decaffeinated
- Hot Tea
- Orange Juice
- Sweet & Unsweetened Tea
- Lemonade
- Fruit Infused Water
- Bottled Water
- Assorted Bottled Juices
- Assorted Canned Sodas

Snacks

- Energy Bars
- Pretzels & Snack Mix
- Nutri-Grain Bars
- Whole Fruit
- Kettle Chips
- Fruit Salsa with Cinnamon Chips

*Custom Buffet
& Plated Selections*



We are happy to create a menu especially tailored for your event. Choose from our custom buffet or plated meal options to please every need and make your meal unique. We offer vegetarian and special diet dishes upon request. Choice of one side and two vegetables with each custom entrée selection. Additional sides and vegetables may be added to your meal for an additional fee.

Poultry Entrées

- Grilled Chicken Breast*
- Fried Chicken Tenderloins
- Oven-Roasted Turkey or Chicken*
- Chicken Parmesan*

Beef Entrées

- Oven-Roasted Beef with Au Jus*
- Grilled London Broil*
- Beef Stroganoff with Buttered Noodles
- Southern Pot Roast*

Pork Entrées

- Maple-Glazed Pit Ham
- Southern Barbecue Pulled Pork*
- Balsamic-Glazed Pork Loin*
- Grilled Italian Sausage with Onions and Peppers

Fish & Seafood Entrées

- Grilled Salmon*
- Seafood Pasta*
- Fried Catfish*
- Tilapia with Lemon Garlic Sauce*

Pasta Entrées

- Specialty Lasagna*
- Pasta Marinara*
- Pasta Primavera*
- Pasta Pomodoro*
- Pasta Puttanesca*



Sides

- Rice Pilaf
- Mushroom Risotto
- Oven-Roasted Potatoes
- Buttermilk Mashed Potatoes
- Cornbread Dressing

Vegetables

- Fresh Green Bean Sauté
- Italian Zucchini & Squash
- Seasonal Vegetable Toss
- Steamed Broccoli with Roasted Red Peppers
- Glazed Carrots
- Buttered Corn
- Roasted Asparagus Spears

**These items are available as a plated meal for an additional fee. Please see the Southwestern Catering Pricing Guide for more information.*

Themed meals are available to celebrate special occasions. Contact our catering office at 620-242-0460 for more information.



www.freshideasfood.com