

# catering idea book



**Metz**  
CULINARY MANAGEMENT

Central Catholic High School

# welcome

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.



**Metz**  
CULINARY MANAGEMENT

catering guide

# BREAKFAST MENU *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
- ❖ Crilled 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



# SERVED & BUFFET *menu*



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.

## *entrée 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

### FILLET 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 COUDA 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 BOLOCNESE

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



### *starch selections*

- ❖ Baked potato
- ❖ Wild rice
- ❖ Escalloped potatoes
- ❖ Oven roasted sweet potatoes
- ❖ Herbed brown rice
- ❖ Rice pilaf
- ❖ Herbed new potatoes
- ❖ Red skin mashed potatoes
- ❖ Twice baked potato
- ❖ Candied sweet potatoes

### *vegetable selections*

- ❖ Whole green beans
- ❖ Honey glazed baby carrots
- ❖ Buttered corn
- ❖ Steamed fresh broccoli florets
- ❖ Crilled asparagus
- ❖ Crilled fresh vegetables
- ❖ Steamed fresh cauliflower florets
- ❖ Roasted squash

### *salad selections*

- ❖ Mixed field greens salad
- ❖ Cole slaw
- ❖ Spinach salad with strawberries
- ❖ Pasta salad
- ❖ Fruit salad with poppy seed dressing
- ❖ Bacon and ranch potato salad
- ❖ Crilled asparagus and lemon salad
- ❖ Portobello mushroom and pepper salad
- ❖ Caesar salad

# DESSERT

## *selections*

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

## *barbecue cookout*

- ❖ Crilled 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



## *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

## *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



# RECEPTION HORS D'OEUVRE MENU *suggestions*

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

### COAT CHEESE TARTLETS

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

### BBO MEATBALLS

Traditional meatballs lightly coated with our custom BBO 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 mignon 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-phylllo dough

### SPANAKOPITA

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





# RECEPTION HORS D'OEUVRE MENU

*suggestions*

## *bake shop*

### CHEESE STRAWS

Delicate pastry straws with asiago

### CHOCOLATE DIPPED STRAWBERRIES

Plump strawberries dipped in chocolate (white or dark)

### PETITE COURMET 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

## *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



# B R E A K M E N U

*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



## *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

executive  
dinners



employee  
appreciation  
luncheons



business  
meetings



receptions



group  
gatherings



welcome  
celebrations



