



Institute of Technology

West Virginia University®

WVU Tech Catering

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A la Carte



Beverages

- Pot of Coffee \$6.95 each
- Coffee \$12.95 per gallon
- Decaffeinated Coffee \$12.95 per gallon
- Hot Water (with Tea Bags & Decaf) \$12.95 per gallon
- Lemonade \$11.95 per gallon
- Iced Tea \$11.95 per gallon
- Punch (Citrus/Cranberry/Tropical/Fruit) \$11.95 per gallon
- Punch, Sparkle (Strawberry/Golden/Apple) \$15.25 per gallon
- Hot Chocolate \$14.95 per gallon
- Canned Soda \$0.95 each
- Bottled Soda (2 Liter Bottle) \$2.25 each
- Bottled Juices, Assorted (16 oz.) \$1.75 each
- Bottled Water (16 oz.) \$1.10 each
- Milk (1/2 pints) \$0.95 each

Cookies

- Assorted Cookies \$6.95 per dozen
- Party Cookies \$7.50 per dozen
- Shortbread Cookies Dipped in Chocolate \$7.50 per dozen
- Flying WV Cookies (need 2 weeks' notice) \$15.95 per dozen
- Golden Pecan Nuggets \$9.50 per dozen

Baked Goods

- Pepperoni Rolls (3.5 oz.) \$1.79 each
- Assorted Donuts \$7.50 per dozen
- Cinnamon Buns \$7.50 per dozen
- Sweet Breads (with Cream Cheese) \$8.50 per loaf
- Brownies \$8.95 per dozen

Mini-Cheesecakes \$11.95 per dozen
Bagels with Cream Cheese and Jelly \$12.50 per dozen
Petit Fours \$15.50 per dozen
Danish \$8.25 per dozen
Muffins \$12.75 per dozen
Mini Muffins \$5.95 per dozen
2 Layer Cake \$19.50 each
Sheet Cake * \$79.95
Sheet Cake (1/2) * \$49.95 each
*Additional charge for decoration.

Snacks

Whole Fresh Fruit \$0.85 each
Jalapeno Cheese Dip \$2.75 each
French Onion Dip \$2.75 each
Cheese Dip \$2.75 each
Ranch Dip \$3.25 each
Salsa Dip \$3.25 each
Pretzels \$4.50 per lb.
Granola Bars \$0.95 each
Potato Chips (lb.) \$4.50 each
Potato Chips (7.5-oz. bags) \$0.85 each
Nacho Chips \$4.50 per lb.
Trail Mix \$5.50 per lb.
Popcorn (lb.) \$4.50 per lb.
Peanuts \$11.00 per lb.
Mixed Nuts \$16.50 per lb.
Standard Ice Cream (3 gallon) \$24.95 each

Meals-to-Go



Ham and Cheese on Kaiser Roll \$7.95

Served with lettuce, tomato, and condiments, potato chips, fruit, cookies, and soda.

Bears Den Club Sandwich on Pumpernickel \$9.95

Served with potato chips, fruit, cookies, and soda.

Turkey and Swiss on Kaiser Roll \$7.95

Served with lettuce, tomato, and condiments, potato chips, fruit, cookies, and soda.

Roast Beef and Cheddar on Kaiser Roll \$7.95

Served with lettuce, tomato, and condiments, potato chips, fruit, cookies, and soda.

Six-Inch Hoagie \$9.50

Ham, turkey, salami, Swiss and American cheeses, lettuce, tomato, and condiments, potato chips, fruit, cookies, and soda.

Oven-Roasted Chicken \$8.50

Two pieces served with rolls, coleslaw, potato chips, fruit, brownies, and soda.

Chicken, Tuna, or Seafood Salad on Croissant \$9.95

Served with fresh fruit compote, potato salad, cookies, and soda.

Basil Chicken on Focaccia Bread \$11.95

Served with pasta salad, fresh fruit compote, brownies, and soda.

Breakfast



Pancakes or French Toast: \$7.95

With your choice of bacon, sausage links, or ham, Mountain Pastry Basket.

Fresh Seasonal Fruit Cup: \$7.95

Flaky croissant, fresh scrambled eggs, crisp bacon slices, Mountain Pastry Basket.

Biscuits and Sausage Gravy: \$8.25

With scrambled eggs, crisp bacon slices, Mountain Pastry Basket.

Omelet: \$8.50

With assorted toppings, breakfast ham, Mountain Pastry Basket.

Fresh Seasonal Fruit Cup w/ Cheddar Scallion Strata: \$8.75

Fresh herb breakfast potatoes, crisp bacon slices, Mountain Pastry Baskets.

Breakfast Buffets

The Basic: \$8.75

Fruit salad, cheddar scrambled eggs, almond French toast (with warm syrup), hash brown potatoes, your choice of sausage links, bacon, or ham, Mountain Pastry Basket.

The Ultimate: \$11.95

Biscuits with gravy, quiche Lorraine, scrambled eggs, Lyonnais potatoes, fresh melon wedges, bagels, cheese blintzes, Mountain Pastry Basket.

Note: All breakfast selections include juice, freshly brewed coffee, and naturally decaffeinated coffee and tea. Prices are based on our required minimum of 25 guests. Additional charges may apply for smaller groups.

Luncheons



Fresh Fruit Plate: \$8.25

Sliced and chilled seasonal fruit with choice of cottage cheese or low-fat yogurt, rolls and butter.

Deli Plate: \$8.75

Choice of rolled slices of roast beef, ham, and turkey with Swiss and American cheeses. Served with potato salad or coleslaw, lettuce, and tomato, rolls and butter.

Tri-Salad Plate: \$10.95

Fruit wedges, shrimp salad, chicken salad, and egg salad served on crisp garden greens, with rolls and butter.

Cub Club Sandwich: \$9.95

A giant triple-decker sandwich with sliced turkey, ham, bacon, lettuce, tomato, and Swiss cheese on pumpernickel. Served with potato chips.

Bear's Sandwich: \$9.95

Ham, hard salami, and sliced turkey on an onion roll with lettuce, tomato, and condiments. Served with potato salad or coleslaw.

New York Deli Sandwich: \$9.75

Choice, thinly sliced roast beef and cheddar cheese piled high on deli rye bread. Served with condiments, a kosher pickle spear, and potato salad.

Tuscan Turkey Sandwich: \$10.25

Turkey breast, roasted zucchini and red pepper slices, whole grain mustard, and goat cheese on onion roll. Served with potato chips and pickle.

Santa Barbara on Rye: \$10.25

Shaved turkey breast, Monterey Jack cheese, tomato, bacon, and lettuce with a mustard dressing. Served with potato chips and pickle.

Roasted Pork Loin: \$14.75

With apricot soy glaze, minted rice pilaf with fresh broccoli, spinach salad with Mandarin orange vinaigrette, rolls and butter.

Penne Pasta: \$11.95

With roasted chicken, tomatoes, and fresh herbs in a white wine sauce. Served with focaccia bread sticks and green salad with balsamic vinaigrette.

Open-Faced Sirloin Sandwich: \$13.25

With red wine reduction on toasted Italian bread, roasted potatoes and julienned peppers, and tossed salad with ranch dressing.

Chicken Pommery: \$14.50

Sautéed chicken breast with pommery mustard sauce, julienne ham and diced tomatoes, roasted red potatoes, green beans, and tossed salad with raspberry vinaigrette, rolls and butter.

Chicken Florentine: \$14.95

Breast of chicken stuffed with spinach and ricotta cheese served with a light cream sauce, vegetable rice pilaf, green beans, and green garden salad with herb vinaigrette, rolls and butter.

Twin Petite Croissants \$9.95:

Seafood and chicken salad croissants, fresh sliced fruit, and green garden salad with lemon herb vinaigrette.

Chicken, Bacon, and Swiss Salad: \$9.95

Grilled chicken, tomatoes, and cucumbers, bacon strips, and grated Swiss cheese, served over mixed greens with egg wedges, ranch and Italian dressings, rolls and butter.

Grilled Chicken Caesar Salad: \$8.95

Tomatoes tossed with creamy Caesar salad dressing and croutons. Served with rolls and butter.

Steak Salad: \$9.95

Thin slices of broiled steak, crisp lettuce, tomato, cucumbers, and cheddar cheese with ranch and Italian dressings. Served with rolls and butter.

Seafood Salad: \$10.95

Mixed greens layered with shrimp, sea legs, and provolone cheese. Garnished with egg, tomato, and cucumber, and topped with lemon herb vinaigrette, rolls and butter.

Chef's Salad: \$9.95

Julienned strips of ham, roast beef, turkey, Swiss, and American cheeses on crisp lettuce. Garnished with tomato and cucumbers, and served with ranch and Italian dressings. Served with rolls and butter.

Luncheons Buffets

Sandwich Board: \$9.95

Sliced ham, smoked turkey, roast beef, and tuna salad. Swiss, provolone, and cheddar cheeses, lettuce, tomato, pasta salad, and assorted bread and rolls.

The Southwestern: \$13.75

Fajitas (served with shredded lettuce, diced tomatoes, chopped green onions, black beans, sour cream, and salsa), tortilla chips with dip, and Mexican rice.

Pasta Buffet: \$10.75

Caesar salad, tri-color tortellini, rotini, Italian meat sauce, Alfredo sauce, Italian vegetables, and garlic bread.

Chicken Dijon: \$11.50

Served with wild rice and fresh broccoli, tossed green salad and ranch dressing, rolls and butter.

Basil-Marinated Chicken Breast: \$11.75

Served with penne pasta with fresh tomatoes and herbs, sautéed squash and zucchini, Caesar salad, rolls and butter.

Stuffed Shells: \$9.25

Served with Italian blend vegetables, tossed salad with Italian dressing, and garlic bread.

Lair Grill: \$11.95

Jumbo hot dogs, mammoth burgers with cheese, red bliss potato salad, corn on the cob, fresh fruit salad, lettuce, tomatoes, onions, and condiments.

Note: All luncheons include freshly brewed coffee, and naturally decaffeinated coffee and tea. Prices are based on our required minimum of 25 guests. Additional charges may apply for smaller groups.

Dinners



Beef

New York Strip (10 oz.) \$22.50

Grilled to perfection with red wine and shallot sauce, herb roasted red potatoes, fresh green beans, and green garden salad with ranch dressing.

Garlic and Herb-Encrusted Prime Rib (10 oz.) \$22.50

With au jus sauce, twice baked potato, fresh asparagus tips, and tossed salad with ranch dressing.

Filet Mignon (6 oz.) \$26.95

With smoky bacon bourbon sauce, garlic mashed red potatoes, baby carrots and patty pan squash, and mesclun salad with honey lemon vinaigrette.

Lamb

Grilled Lamb Chops \$30.50

With red wine garlic and honey glaze, mashed sweet potatoes, haricot vert beans, and spinach salad with citrus pecan vinaigrette.

Pecan-Encrusted Lamb Loin \$26.95

With apricot soy glaze, wild rice pilaf, fresh asparagus, and mesclun salad with lemon ginger vinaigrette.

Veal

Veal Chop \$26.95

With garlic tomato and olive jus, couscous, sunburst and patty pan squash, and mesclun salad with raspberry vinaigrette.

Chicken

Chicken Breast w/ Sun-dried Tomato and Garlic Crust \$15.25

Served with a light basil cream sauce, rice pilaf, fresh sauté vegetables, and tossed salad with Italian dressing.

Chicken Dijonaise \$14.75

Served with sauté onions and bacon with Dijon sauce, rosemary new potatoes, glazed baby carrots, and tossed salad with honey lemon vinaigrette.

Chicken Breast with Cornmeal-Coriander Crust \$16.25

With black bean mango salsa, lemon risotto, a trio of julienned peppers, and green garden salad with spicy ranch dressing.

Traditional Bread-Stuffed Chicken Breast \$15.75

With a light cream sauce, twice baked potato, fresh green beans with toasted almonds, and green garden salad with Italian dressing.

Breast of Chicken Stuffed with Crabmeat \$18.75

Served with a light sauce, wild rice pilaf, asparagus, and spinach salad with bacon mustard dressing.

Breast of Chicken Stuffed with Spinach and Ricotta \$17.25

Topped with a supreme sauce, wild rice, fresh vegetables, and green garden salad with herb vinaigrette.

Breast of Chicken Stuffed w/ Ham and Swiss Chesses \$16.25

Lightly breaded and topped with a garlic cream sauce, roasted red potatoes, broccoli, cauliflower, carrot medley, and tossed salad with balsamic vinaigrette.

Pork

Garlic and Rosemary-Roasted Pork Tenderloin \$16.95

With toasted pine nut couscous, baby carrot and green bean medley, and Boston bibb salad with red onion and tarragon vinaigrette.

Pan-Seared Pork Chops \$16.25

With apple onion compote, potato croquettes, julienned zucchini, carrots and squash, and mixed baby greens with lemon thyme vinaigrette.

Seafood

Horseradish-Crusted Salmon \$18.95

With dill mustard sauce, gratin dauphin Oise, baby carrots and green bean duet, and mesclun salad with hazelnut citrus vinaigrette.

Shrimp and Scallops \$17.75

Served with Newburg sauce over long grain rice, sugar snap peas and julienned carrots, and mesclun salad with honey, lime, and black pepper dressing.

Chili-Seared Salmon \$18.95

With mandarin orange salsa, mint couscous, asparagus with red pepper butter, and spinach salad with honey lemon vinaigrette.

Dinner Buffets

While the listed menu items have been reviewed by our Executive Chef, additions and substitutions are welcome. Changes, however, may result in additional cost.

Baked Ziti \$8.75

Fresh vegetable sauté Caesar salad

Italian Meat Lasagna \$9.25

Fresh broccoli, tossed salad with Italian dressing

Chicken Cacciatore & Pasta \$10.95

Italian blend vegetables, tossed salad with ranch dressing

Italian Marinated Chicken & Pasta with Marinara Sauce \$10.95

Green beans, tossed salad with balsamic vinaigrette

Honey Glazed Ham & Turkey Drummond \$14.50

Mashed potatoes, corn, tossed salad with ranch and Italian dressings

Grilled, Marinated Chicken Breast & Sliced Top Round \$16.25

Parsley potatoes, fresh broccoli, cauliflower and carrots, and green garden salad with herb vinaigrette

Slow Roasted Prime Rib (au jus) with Horseradish Sauce & Traditional Bread-Stuffed Chicken Breast \$20.95

Green beans, tossed salad with balsamic vinaigrette

Beef Tenderloin (carved) with a Smoky Bacon Bourbon Sauce & Chicken Cordon Bleu with Garlic Cream Sauce \$25.95

Honey Rosemary-Roasted Pork Loin (carved & Chicken Dijonnaise \$15.95

Wild rice pilaf, acorn squash with walnuts and raisins, and mixed green salad with cranberry orange vinaigrette

Pepper and Herb Roasted Top Round (carved) \$16.95

Au gratin potatoes, glazed baby carrots, and green garden salad with lemon thyme vinaigrette

NOTE: All dinner buffets include rolls and butter, freshly brewed coffee, and naturally decaffeinated coffee and tea. Prices are based on our required minimum of 25 guests. Additional charges may apply for smaller groups.

Desserts



Group A (\$3.95 a person)

Banana Chocolate Chip Cake
Coconut Cream Pie
Chocolate Cream Pie
Lemon Meringue Pie
Banana Cream Pie
Butterscotch Cream Pie
Apple Pie
Cherry Pie
Apple Walnut Pie
Blackberry Pie
Blueberry Pie
Peach Pie

Group B (\$4.95 a person)

New York Style Cheesecake
Hazelnut Cappuccino Mousse Cake
Pumpkin Pecan Pie
Bourbon Street Pecan Pie
Brownie in the Round
Caramel Apple Granny
Chocolate Lovin' Spoon Cake
Key Lime Pie
Strawberry Amaretto Cake
Carrot Cake
Turtle Cheesecake
Snickers Cheesecake Chocolate
Peanut Butter Pie
Fresh, Seasonal Fruits
Cheesecake Oreo Cheesecake
Chocolate Cheesecake