

Breaks

TOP PICK

THE HEALTHY ALTERNATIVE

Get healthy with an assortment of Apples, Oranges, Bananas and Pears served with Yogurt Cups, Trail Mix and Granola Bars

\$6.99 per person



COFFEE BREAK Gourmet Regular and Decaffeinated Coffee Service with Hot Tea, Coconut Macaroons, Lemon Bars, Brownie Bars, and Raspberry Bars

\$4.99 per person

ASSORTED COOKIES AND BROWNIES

\$1.50 per person

ASSORTED DESSERT BARS

\$1.75 per person

ASSORTED ENERGY BARS

Raise the Bar with an Assortment of Granola, Fruit and Breakfast Bars

\$2.50 per person

SNACK ATTACK Enjoy Assorted Chips, Honey Peanuts, Trail Mix, Specialty Cookies and Brownies

\$4.99 per person

Beverages

REGULAR AND DECAFFEINATED COFFEE
\$22.99

ASSORTED HOT TEA \$14.99

BOTTLED JUICE (OJ, CRANBERRY, GRAPEFRUIT)
\$1.99

12 OZ. ASSORTED SODAS
\$1.99 Per Person

8 OZ. ASSORTED SODAS / WATERS \$1.49 Per Person



Meredith Catering

fresh food on the go



MEREDITH
COLLEGE



CONTACT US TODAY

919-760-8186

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Prices effective until 05/10/2010

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Sunrise Starters

All starters include Java City Coffee, Decaf and Hot Tea

TOP PICK

HEALTHY CHOICE BREAKFAST Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day. Includes Individual Cereal Cups, Milk, Ripe Bananas and Assorted Individual Yogurt Cups
\$6.99 Per Person

BASIC BEGINNINGS Assorted Pastries
\$5.99 Per Person

MINI CONTINENTAL Includes Miniature Muffins, Pastries, Croissants and Bagels; served with Butter, Fruit Preserves and Cream Cheese, Fresh Seasonal Sliced Fruit, and Fresh Assorted Juices
\$8.49 Per Person

QUICK START Assorted Muffins, Pastries and Scones; with Fresh Seasonal Sliced Fruit, and Fresh Assorted Juices
\$7.99 Per Person

A LA CARTE
 Assorted Pastries
\$12.99 by the dozen

Assorted Muffins
\$7.99 by the dozen

Assorted Breakfast Breads
\$7.99 by the loaf

Assorted Bagels (with two cream cheeses) **\$18.99 by the dozen**

Assorted Scones
\$14.99 by the dozen

Seasonal Fresh Fruit **\$4.95**

Favorite Lunch Packages

TOP PICK

THE MAIN EVENT Your choice of three (3) selections from our variety of Premium Sandwiches; served with a Tossed Green Salad and choice of two Side Salads, Chips and Assorted Desserts
 Assorted Beverages for \$1.49.
\$8.99

A SALAD AFFAIR Your choice of three (3) selections from our assortment of Premium Entrée Salads; served with Fresh Bread, Seasonal Fruit and Assorted Desserts
 Assorted Beverages for \$1.49.
\$11.99

DELI EXPRESS Sliced Oven-Roasted Turkey, Roast Beef, Black Forest Ham and Genoa Salami; served with Swiss, American and Munster Cheeses, as well as Leaf Lettuce, Sliced Tomatoes, Pickles, Assorted Baked Breads and Rolls
 Assorted Beverages for \$1.49.
\$7.99

CLASSIC BOX LUNCH Your choice of any Premium Sandwich; served with Seasonal Fruit, Pasta Salad, Chips and Cookies
 Assorted Beverages for \$1.49.
\$7.99

CLASSIC BOX SALAD Your choice of any Entrée Salad; served with a Roll, Seasonal Fruit, Chips and Cookies
 Assorted Beverages for \$1.49.
\$9.59

SIGNATURE BROWN BAG LUNCH Your choice of any Premium Sandwich, served with Chips and a Candy Bar
 Assorted Beverages for \$1.49.
\$5.99

Side Salads

Pesto Orzo and Red Pepper Salad with Plum Tomatoes and Fresh Basil

Greek Penne Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives

Cilantro Peanut Noodle Salad in a Pesto Cilantro Sauce; combined with Radishes, Scallions, and Chopped Peanuts

Tabbouleh with Ground Bulgur, Tomatoes, Parsley and Scallions combined in an Olive Oil Dressing

Edamame Salad with Shiitake Mushrooms, Bean Sprouts, Radishes, Scallions, Fresh Basil and Mint tossed in a Rice Wine Vinegar and Ginger Root Dressing

Premium Sandwiches

Thin Sliced Ham and Swiss on Whole Wheat Bread

Deli Sliced Turkey and Swiss on Hearty Wheat Bread

Traditional Turkey Club with Bacon, Lettuce & Tomato on 12 Grain Bread

Balsamic Marinated Vegetable Wrap with Fresh Mozzarella and Arugula

Greek Salad Wrap with Crumbled Feta, Black Olives, Fresh Cucumbers, Plum Tomatoes and Red Onion

Roast Beef with Mediterranean Vegetables and Balsamic Dressing on Ciabatta Bread

Classic Italian Sub with Ham, Pepperoni, Salami, and Oil and Vinegar on a Whole Wheat Sub

Roast Beef and Sharp Cheddar on Deli Rye Bread

Salads

Traditional Caesar Salad with Shredded Parmesan Cheese and Seasoned Croutons

Traditional Caesar Salad with Grilled Salmon, Shredded Parmesan Cheese and Seasoned Croutons

Chicken Chef Salad with Sharp Cheddar Cheese and Ranch Dressing

Fresh Baby Spinach and Apple Salad with Grilled Chicken Breast, Crumbled Goat Cheese, Diced Bacon, and Country Apple Dressing

Traditional Garden Salad with Fresh Iceberg and Romaine Lettuce, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing

Meeting All Day

FULL DAY CLASSIC Start out with the Quick Start Breakfast, served with an assortment of breakfast baked goods, assorted juices and gourmet coffee service.

For Lunch, enjoy either the Main Event Sandwich Buffet or the Salad Affair Gourmet salad buffet served with accompaniments and dessert.

QUICK START BREAKFAST SANDWICHES \$16.99
SALADS \$18.99