

INTERACT
FOR HEALTH
CONFERENCE CENTER

CATERING MENU 2019



*All orders require a minimum order of 10 for each type of item requested.
Prices are subject to change due to availability and fluctuation of food cost.*

Disposables Charges

The following charges apply to every order with the exception of boxed lunches, and are a one-time fee per order. The charges are to cover the caterer's costs on all heavy duty plastic disposable trays, bowls and chafing dish pans required for transport.

1-15 guests \$5
16-30 guests \$7.50
31-45 guests \$9
46-60 guests \$11
61-100 guests \$15

Delivery Charges

All orders are subject to a \$25 delivery charge to cover fuel and labor charges. One delivery fee will be added per meal (ex: one delivery fee for the breakfast order and one for the lunch order).

Finalized Orders

All orders must be finalized with the Conference Center Manager at least five business days before the event. ***Please let the Conference Center Manager know of any dietary needs or restrictions and we'll do everything we can to accommodate your needs.*

Nutritional Information

At Interact for Health, we value providing healthy options to our guests. Nutrition information, provided by the caterer, is available upon request by contacting Maurice Stewart, Conference Center and Education Manager, at mstewart@interactforhealth.org.

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BREAKFAST

Must be ordered for a minimum of 10 people

The Lite Side (\$3.75)

Assorted individual Greek yogurts, assorted breakfast snacks, individually wrapped

Continental Breakfast (\$3.50)

Select three options: Breakfast breads, muffins, cinnamon scones, fresh bagels, danish, whole wheat English muffin

Served with cream cheese, butter and jam

Continental Breakfast with Fresh

Fruit Salad (\$4.95)

Select three options: Breakfast breads, muffins, cinnamon scones, fresh bagels, danish, whole wheat English muffin

Served with cream cheese, butter and jam

Bagel Bites (\$5.50)

Assorted bagels served with cream cheese, butter, fresh fruit salad and assorted yogurt

Small Bite Breakfast (\$6.25)

Nutella and banana roll up; cheddar chive biscuit with sliced hard boiled egg, with/without turkey bacon; petite fresh fruit kabobs of strawberry, pineapple and melon

Sunshine Breakfast (\$6.95)

Whole wheat English muffin with egg whites, mozzarella, fresh spinach, Canadian bacon and tomato jam served with fresh fruit salad

Breakfast Scramble (\$8.50)

Egg casserole, Vermont cheddar cheese and Italian turkey sausage, served with fresh fruit skewers and assorted muffins

A LA CARTE BREAKFAST AND ADDITIONS

Must be ordered for a minimum of 10 people

(V) Nutrigrain Bars and Fruit Bars

(\$1/bar)

(V)(GF) Fresh Whole Fruit (\$1/piece)

Bananas, apples, oranges, pears

(V)(GF) Hard Boiled Eggs (\$1.75/each)

Kosher salt, fresh black pepper

(V) Freshly Baked Breakfast Breads

(\$1.95/piece)

(V) (GF) Seasonal Fresh Fruit Salad

(\$2/guest)

(V) Fruit and Yogurt Parfait (\$2.45/guest)

(V) Iced Cinnamon Rolls (\$2.65/guest)

(V) Assorted Chilled Greek Yogurt

with Granola (\$2.90/guest)

BOXED SANDWICHES

Must be ordered for a minimum of 10 people

- All lunch boxes include one accompaniment, a bagged snack and a signature fresh baked cookie
- All boxed sandwich/salad types must be ordered for a minimum of five guests with no more than three sandwiches types per order (excluding vegetarian) and the same accompaniment will complement each lunch in any single order.

Basic Box Lunches (\$8.50)

Served on whole wheat bread, includes lettuce, tomato and condiments. Lunch includes fresh whole fruit, a bagged salty snack and a fresh baked chocolate chip cookie

Sandwich options:

- Oven roasted turkey breast with Havarti cheese
- Sliced Virginia ham and Swiss cheese
- Roast beef and cheddar cheese

EF Box Lunch Sandwiches (\$9.50)

Includes one side, dessert square or jumbo cookie

- (V) Caprese: Fresh mozzarella cheese, thyme-roasted tomatoes, spinach, balsamic drizzle and pesto mayo
- (V) Hummus Vegetable: Hummus, sweet bell pepper, arugula and radishes on wheat berry bread
- Blackened Roast Beef: Shaved roast beef, spring mix, sliced tomato, provolone cheese and low fat horsey mayo on rye bread
- Chicken Banh Mi: Grilled / shredded chicken, sliced radishes, cucumbers, sriracha mayo/rice wine vinegar on a hoagie bun
- Southwest Turkey: Sliced turkey breast, lettuce, roasted red pepper, pepper jack cheese, chipotle mayonnaise on wheat berry bread
- Italian: Smoked mozzarella, salami, capicola, tomato, spinach, marinated roasted red peppers, basil aioli, rosemary-olive oil on a baguette
- Tzatziki Tuna Salad: Lettuce, tomato on hoagie bun

Box Lunch Sandwich Tray (\$11.95/guest)

Choose three EF sandwich types and two sides, served with a dessert tray

Boxes Lunch Sides

- (V) Roasted red skin potato salad with watercress, herbed dijon vinaigrette
- (V) Bowtie pasta salad with tomato, green beans, red onion, black olive, feta cheese and basil vinaigrette
- (V) Roasted vegetable couscous salad
- (V) Fresh fruit salad (Seasonal fruit)
- (V) Pretzels
- (V) Potato chips
- (V) Fresh whole fruit

BOXED SALADS

Includes whole wheat roll, dessert square or jumbo cookie

Chicken Caesar Salad (\$9.50)

Hearts of romaine, grilled chicken, shredded Parmesan cheese, croutons with creamy Caesar dressing

(V) Superfood Crunch Salad (\$9.50)

Super green mix with kale, edamame, shredded carrots, green cabbage, blueberries, dried cranberries, sunflower seeds and red onion with raspberry vinaigrette

Fresh Lemon Greek Salad (\$9.50)

With turkey, romaine, endive, red onion, radishes, tomatoes, red wine vinaigrette

LUNCH FAVORITES

Must be ordered for a minimum of 10 people

Keep It Lite (\$11.15/guest)

House made salads with petite top-knot rolls

- Cranberry pecan chicken salad
- Albacore tuna salad
- Egg salad
- Fresh seasonal fruit salad
- Roasted vegetable couscous salad

It's a Wrap (\$11.95/guest)

Assorted wrap sandwiches (select three varieties) served with a hearty garden salad, assorted dressings and fresh melons with honey mint drizzle

- Buffalo chicken with celery and bleu cheese
- Roast beef with sharp cheddar cheese, tomato, caramelized onion and horseradish cream cheese
- Blackened salmon with shredded lettuce, arugula, roasted red onions and creole aioli
- Cobb with chicken, bleu cheese, tomatoes and spinach
- (V) Mediterranean vegetable with roasted vegetables, Havarti cheese, tabbouleh and olive tapenade
- California BLT with turkey, bacon, avocado and artichoke mayonnaise
- Cuban with ham, roasted pork, Swiss cheese, pickle and mustard
- Mandarin chicken with mandarin oranges, lettuce, carrots and citrus vinaigrette

Deli Buffet (\$9.50/guest)

Served with a hearty garden salad, fresh fruit skewers and pretzels

Includes:

- Meats: Turkey, roast beef and ham
- Breads: Marbled rye, white and wheatberry breads
- Cheeses: Cheddar and Swiss
- Sandwich toppings: Lettuce, tomato, pickle mayo and mustard

Petite Deli Sandwich Tray (\$8.50/guest)

Served on assorted petite rolls with sliced cheese, lettuce, tomato and condiments with a hearty garden salad, assorted dressings and fresh fruit salad or bowtie pasta salad

Choose three types:

- Oven roasted turkey breast
- Virginia ham
- Roast reef
- Homemade albacore tuna salad
- Homemade egg salad
- Roasted vegetables and spicy red pepper hummus

ENTRÉE SALADS

Must be ordered for a minimum of 10 people

Tomato Mozzarella Caprese and Greens (\$9/guest)

Tomatoes, fresh mozzarella cheese, artisan greens, red onions and pesto-balsamic vinaigrette served with rosemary olive oil bread with butter

Chicken or Salmon Caesar Salad

(Chicken: \$9.75/guest; Salmon: \$12.85/guest)

Marinated grilled chicken breast or roasted salmon filet served over romaine lettuce hearts with focaccia croutons, shaved parmesan, roasted tomato wedges and creamy Caesar dressing; served with crusty rolls and butter

Grilled Chicken Avocado Salad (\$9.50/guest)

Grilled chicken breast with mixed greens, carrots, crispy tortilla strips, fresh avocado and honey lime vinaigrette served with whole wheat roll and butter

Summer Fresh Salad (\$9.25/guest)

Mixed greens, herb roasted chicken breast, strawberries, mandarin oranges, blueberries, toasted sunflower seeds, crumbled feta cheese, strawberry lemonade vinaigrette served with rolls and butter

HOT ENTRÉES

Baked Potato Bar (\$8.50/guest)

Tender baked potatoes served with a hearty garden salad and dressing with choice of toppings: cheddar cheese, crunchy bits of bacon, chopped green onions, salsa and sour cream

Add chili or vegetarian chili potato topping \$1.50/guest

Taco Bar or Taco Salad Bar (\$12.25/guest)

Served with margarita fruit salad and crisp corn and zucchini slaw, soft corn or flour tortillas or crisp flour tortilla shells, seasoned ground beef, chopped tomatoes, shredded lettuce, jalapeno peppers, black olives, cheddar cheese, salsa and sour cream

Replace beef with shredded chicken add \$1.65/guest

Taste of the South (\$9.50/guest)

- House smoked pulled pork or chicken
- Blackberry BBQ sauce and carolina BBQ sauce
- Petite yeast rolls
- Bread and butter pickle slaw
- Creamy macaroni and cheese

Burrito Bowl (\$9.50/guest)

Brown rice with charred corn and black beans, seasoned grilled chicken, chopped romaine, Monterey jack cheese, pico de gallo, sour cream, guacamole and tri color tortilla chips

PASTA OPTIONS

Served with choice of salad, rolls/bread with butter

Lasagna Rolls (\$9.50/guest)

Garden vegetable turkey lasagna rolls with garlic basil marinara

(V) Cajun Pasta (\$9/guest)

Penne pasta, asparagus, roasted tomatoes, arugula and Parmesan cheese tossed in a Cajun Alfredo sauce with a touch of heat

Add chicken \$2.30/guest

(V) Summer Penne Pesto Primavera

(\$8.50/guest)

Penne pasta, assorted summer vegetables including carrots, zucchini, yellow squash, red onion and tomato, tossed with nut-free pesto and shredded Parmesan cheese

Add chicken \$2.30/guest

EXECUTIVE ENTRÉES

Must be ordered for a minimum of 10 people

All entrées below are served with one starch, one vegetable, rolls and butter unless otherwise noted
Add a salad \$1.75/guest

Turkey Apple Meatloaf (\$9.95)

Mango glazed seasoned turkey, sautéed apples, onion and garlic

Smoked Pork Loin (\$9.95)

With black raspberry mustard sauce

Served with Carolina slaw (green cabbage, broccoli, snap peas, rainbow carrots, kale) and ONE additional side item of your choice

Beef Tips Portobello (\$11.50)

In a rich burgundy wine sauce

Stuffed Sole (\$11.50)

Seasoned crab and scallop stuffed sole in light lemon sauce

Golden Pan-Seared Boneless Chicken

Breast (\$10.50)

Blistered corn, red onion and red pepper salsa with black pepper butter sauce

Mediterranean Chicken Breast (\$10.50)

Mediterranean spices with a roasted vegetable salsa

Island Chicken Breast (\$10.50)

Mango-glazed chicken breast, mango chili salsa

Grilled BBQ Chicken Breast (\$10.50)

With bourbon barbecue sauce

VEGETARIAN ENTRÉES

Can be ordered for fewer than 10 guests to accommodate guests with dietary restrictions

(V) Spinach, Garlic and Pinenut Parcels (\$9)

With sundried tomato sauce and balsamic syrup

(V) Wild Mushroom and Tofu Enchiladas (\$9.50)

With a mild green chili and tomatillo sauce topped with roasted corn

(V) Spinach and Tofu Masala (\$9.50)

Served with basmati rice with cashews, edamame and currants

Starch Side Items

- Creamy macaroni and cheese
- Tri-color roasted potatoes
- Creamy mashed potatoes (choice of plain, buttermilk, garlic, white cheddar cheese, chive)
- Basil scented rice pilaf
- Smashed red skin potatoes with olive oil, sea salt and scallions
- Garlic and herb rubbed red skin potatoes
- Toasted orzo with roasted red pepper and charred corn
- Vegetable rice pilaf

Vegetable Side Items

- Roasted tri-color cauliflower
- Summer squash sauté with onions and tomatoes
- Green bean, carrot and red pepper with basil butter
- Bountiful roasted seasonal vegetables, sea salt, fresh herbs, balsamic reduction (served at room temperature)
- Broccoli, red pepper, carrot and snow pea sauté
- Orange spiked carrots

Salad Side Items

Fruited Spinach Salad

With apples, Mandarin oranges, mushrooms, red onion, golden raisins, walnuts and honey thyme vinaigrette

Traditional Caesar Salad

Romaine with garlic toasted croutons and freshly grated Parmesan cheese, with a creamy Caesar dressing

Garden Salad

With romaine and iceberg lettuce, shredded red cabbage, grated carrots, sliced cucumbers, green pepper strips and tomato wedges, with ranch and vinaigrette dressings

Mixed Greens Salad

With chopped tomatoes, cucumbers, sliced black olives and crumbled feta cheese with herbed vinaigrette

Spinach Salad

With pickled onions, sultanas, spiced pecans and honey thyme vinaigrette

SNACKS

Must be ordered for a minimum of 10 people

Carrot and Celery Sticks with Dip

(\$1.50/guest)

Herbed Feta Dip with Melba Toast and Carrots

(\$2.50/guest)

Hummus with Whole Wheat Pita Bread and Carrots

(\$2.50/guest)

Trail Mix

(\$1.75/guest)

Fresh Whole Fruit

(\$1/piece)

Traditional Salsa and Whole Grain

Tortilla Chips (\$2.75/guest)

Cheese Display with Crackers

(\$1.75/guest)

Cheese and Fruit Display with Crackers

(\$2.75/guest)

Popcorn

(\$1/guest)

Power Balls

(\$1.50/guest)

Oats rolled with honey, flax seeds, chocolate chips, nuts,

raisins, dried cranberries and peanut butter

Bagged Snacks

(\$1/bag)

Choice of: pretzels, potato chips, Fritos, Sun Chips

Assorted 100 Calorie Snack Packs

(\$1/package)

HORS D'OEUVRES

Must be ordered for a minimum of 10 People

Hummus Trio

(\$2.75/guest)

Traditional, spicy red pepper, edamame with fresh

vegetable strips, toasted pita chips

Bacon, Tomato & Chive Dip

(\$2.60/guest)

With bagel chips and assorted crackers

Homemade Guacamole

(\$2.60/guest)

With tri-color tortilla chips

Warm Spinach Artichoke Dip

(\$2.20/guest)

With tortilla chips

Concasse of Tomato, Basil and Garlic

(\$2.45/guest)

With shredded mozzarella cheese and crostini

Chips and Salsa

(\$2/guest)

Choice of: traditional or mango chili served with tri-color

tortilla chips

PLATTERS

Must be ordered for a minimum of 10 people

Bountiful Domestic Cheese Display

(\$2.65/guest)

Artistically presented with fresh fruit and

assorted crackers

International Cheese Board

(\$4.20/guest)

Variety of imported cheeses garnished with fresh fruit;

served with nuts and artisan crackers, crusty bread

Fresh Cut Crudités

(\$1.40/guest)

Cherry tomatoes, red and yellow peppers, French

cut carrots, celery, green beans and jicama served

with fresh dips

Cascading Fresh Fruit Display

(\$3/guest)

Carved pineapple, melon, grapes, strawberries and other

seasonal fruits

HOT HORS D'OEUVRES

Petite Maryland Crab Cakes

(\$1.85 each)

Creole mayonnaise or tomato ginger jam

(V) Three Cheese and Caramelized Onion Tartlets

(\$1.35 each)

In phyllo cup

Choice of Meatballs

(\$2.25/guest, three per person)

Choice of Italian, sweet and sour, teriyaki pineapple or

blackberry BBQ sauce

(V) New Age Spanakopita

(\$1.85 each)

Spinach, toasted pinenuts and asiago cheese wrapped

in phyllo

Bacon-Wrapped Scallops

(\$1.85 each)

Choice of: orange glaze or raspberry glaze

(V) Vegetable Spring Rolls

(\$1.35 each)

Sweet and spicy red chili sauce

Coconut Chicken Satay

(\$1.35 each)

Mango chili sauce

Spinach, Goat Cheese and Apple Wood Smoked

Bacon Tarts (\$1.35 each)

(V) Herb and Mozzarella Risotto Balls

(\$1.50/guest)

With diablo sauce

COLD HORS D'OEUVRES

(V) Thai Julienne Vegetable Pinwheels

(\$1.75 each)

With sweet chili and sambal cream cheese

Smoked Salmon Pinwheels

(\$1.90 each)

With cucumber and arugula cucumber dill

cream cheese

Chilled Shrimp Cocktail

(\$1.55 each)

With lemon wedges and Stolichnizki orange vodka

cocktail sauce

Asian Chicken Skewers (\$1.40 each)

With pineapple and red pepper and Asian barbecue sauce

Chicken Biscuits (\$1.85 each)

Herb roasted chicken on mini fontina biscuits with pear shallot jam

Grilled Goat Cheese Tomato Bite (\$1.35 each)

With bacon and black sea salt

(V) Stuffed Potatoes (\$1.35 each)

Roasted red skin potatoes filled with roasted poblano pepper cream cheese topped with fresh cilantro

Italian Skewers (\$1.35 each)

Salami, artichoke, grape tomato skewers drizzled with balsamic basil vinaigrette

Flank Steak Rolls (\$1.85 each)

With herbed feta cheese, asparagus and fresh basil

PICK UP DESSERTS

Power Balls (\$1 each)

Cheesecake Bites (\$1 each)

Choice of raspberry, vanilla or blueberry

Fruit Crunch Bars (\$1 each)

Lemon Bars (\$1 each)

Fudge Brownies (\$1 each)

French Apple Bars (\$1 each)

Pecan Tassies (\$1 each)

Turtle Tarts (\$1.30 each)

Carrot Cake Bites (\$1.30 each)

Chocolate Decadence Bites (\$1.30 each)

Flourless chocolate cake bites with chocolate ganache

Mini Berry Short Cakes (\$1.30 each)

Mousse Cups (\$1.30 each)

Choice of white chocolate, raspberry or milk chocolate in chocolate cup

Fresh Angel Food Cake with Seasonal Berries and Berry Sauce (\$3.75/guest)

COOKIES

(\$1 each)

- Sugar
- Chocolate Chip
- Oatmeal Raisin
- Peanut Butter
- Black and White Shortbread
- Snickerdoodles

CAKES

Full sheet cake (\$110 for 96 people)

Half sheet cake (\$60 for 48 people)

Quarter Sheet cake (\$35 for 24 people)

notes: