



HELPFUL HINTS FOR PARTY PLANNING

Food Quantities

The time of day and purpose of the occasion will influence the quantity of food you will need. If you are serving light snacks or refreshments during or near meal times, you will typically need a larger quantity than between meal periods. The quantities planned for per person events are average size portions. We can help you determine the appropriate amounts for your group.

Pick-Ups

The most economical way to host a party is to pick up the food and set it up yourself. Orders can be picked up at our catering kitchen. We can help you with transport and loading – i.e., loading a cart, etc. If you will need assistance, it's helpful to ask at the time the order is placed.

Equipment and Locations

All orders are packed in disposable containers. Appropriate serving utensils are included with your order.

Standard University procedures should be followed when reserving rooms.

LOOKING FOR MORE?

Need catering for a large event, or a more formal affair? We are here for you! We offer many impressive appetizers and full-scale meals for any occasion in our traditional catering menu.

CONTACT US TODAY

585.275.7687

melioracatering@services.rochester.edu
www.melioracatering.catertrax.com

Prices effective until 08/01/2019
Prices may be subject to change

Designed for the ultimate in convenience, this catering menu offers a variety of freshly prepared snacks, meals and drinks.

All offerings listed require 48 hour advance notice for preparation.

All items are self-service, to be picked up by the ordering party at a location and time determined upon ordering.

All food and beverage orders will be packaged and include appropriate disposable service ware.

PLANNING AN EVENT

Call the Meliora Catering Office at 585.275.7687 or visit our office to place your order. This brochure was developed to assist in planning events and contains some of the most popular items for student events. Our catering manager can help you plan any type of event from start to finish. If you have a particular request, just ask & we will be happy to develop custom menus for any occasion.

ORDERING INFORMATION

We request that all pick-up orders be arranged well in advance of the requested pick up time. When planning large gatherings-or events with wait staff-3 business days notice is required. Payment may be made by cash, check, declining/URoS, credit card or departmental account number.

MELIORA ON THE GO!

fresh & delicious

Meliora Catering is committed to providing affordable catering services for your special events. Many styles of catering services are available. Please contact the catering office for other menu selections and pricing.





RISE AND SHINE!

These selections are packaged and ready to go first thing in the morning. Each selection is specially priced and sold by the dozen unless otherwise noted. Includes appropriate condiments.

- Breakfast Breads (Loaf) (110-220 Cal each) \$11.00 Per Dozen
- Assorted Bagels (170-360 Cal each) \$18.00 Per Dozen
- Assorted Yogurt Cups (50-150 Cal each) \$2.00 Each

THIRSTY?

Each selection is specially priced and sold by the gallon. 1 gallon = twenty 6oz. servings. Includes appropriate condiments.

- Javas Coffee (0 Cal/8 oz. serving) \$18.50 Per Gallon
- Assorted Individual Bottled Fruit Juices (120 Cal/8 oz. serving) \$2.00
- Canned Soda (0-150 Cal each) \$2.00 Each
- Bottled Water (0 Cal each) \$2.00 Each
- Meliora Punch (5 Cal/8 oz. serving) \$12.00 Per Gallon

■ Vegetarian ■ Vegan

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

LUNCH ON THE GO?

Wrapped, sacked, and packed to go. Minimum order of five. Includes appropriate condiments.

The Deli Bag \$8.50 Each	
Choice of Sandwich with Chips, Whole Fruit and Bottled Water	
Ham and Swiss Sandwich	480 Cal each
Roast Beef and Cheddar Sandwich	460 Cal each
Turkey and Swiss Sandwich	490 Cal each
■ Veggie and Cheese Sandwich	570 Cal each
Tuna Salad Sandwich	540 Cal each
Chicken Salad Sandwich	510 Cal each
■ Chips	100-160 Cal each
■ Apple	60 Cal each
Bottled Water	0 Cal each

Deli Platter \$10.00 Each	
Assorted Sliced Deli Meats and Cheeses, Appropriate Condiments, Assorted Baked Breads and Rolls; Housemade Chips, Assorted Craveworthy Cookies	

Deli Meats	25-40 Cal/1 oz. serving
Housemade Chips	340 Cal/2 oz. serving
Baked Breads & Rolls	110-180 Cal each
Assorted Cheese	110 Cal/1 oz. serving
■ Assorted Craveworthy Cookies	170-200 Cal each

Sandwiches & Salad \$12.00 Each	
Your choice of three (3) selections from Classic Sandwiches served with a Mixed Greens Salad and Dressings; Housemade Chips, Assorted Craveworthy Cookies	

Roast Beef and Cheddar Sandwich	420 Cal each
Turkey, Feta, Spinach and Sun-Dried Tomato Ciabatta	xx Cal each
Chicken, Pepper Jack Baguette with Pico and Guacamole	740 Cal each
Greek Salad Wrap with Crumbled Feta, Black Olives, Fresh Cucumbers, Plum Tomatoes and Red Onion	430 Cal each
Bavarian Ham and Swiss on a Pretzel Roll	740 Cal each
Mixed Greens	15 Cal/3 oz. serving
Housemade Chips	340 Cal/2 oz. serving
■ Assorted Craveworthy Cookies	170-200 Cal each

DINNER IN A HURRY

All you have to do is pickup and serve. Sold in servings. Includes appropriate condiments and choice of brownies or assorted Craveworthy cookies.

Rotisserie Chicken Dinner \$125.00 Serves 10	
Rotisserie Chicken	200 Cal each
■ Buttermilk Mashed Potatoes	120 Cal/3.75 oz. serving
■ Country Gravy	35 Cal/1 oz. serving
■ Herbed Vegetables	100 Cal/3.5 oz. serving
■ Dinner Roll	160 Cal each
■ Brownies	250 Cal/2.25 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

Classic Cook Out \$110.00 Serves 10	
Grilled Hamburgers with Buns	330 Cal each
■ Lettuce	0 Cal/0.5 oz. serving
■ Onion	10 Cal/1 oz. serving
■ Pickles	0 Cal/1 oz. serving
■ Tomato	5 Cal/1 oz. serving
■ Housemade Chips	100-160 Cal each
■ Brownies	250 Cal/2.25 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

The Great Pasta Feast \$100.00 Serves 10	
■ Fettuccine Pasta	120 Cal/2.75 oz. serving
■ Marinara Sauce	80 Cal/3 oz. serving
Meat Sauce	100 Cal/3 oz. serving
■ Alfredo Sauce	190 Cal/3 oz. serving
■ Tossed Salad with Balsamic Vinaigrette	50 Cal/3.5 oz. serving
■ Ranch Dressing	200 Cal/2 oz. serving
■ Italian Dressing	80 Cal/2 oz. serving
■ Garlic Bread	90 Cal each
■ Brownies	250 Cal/2.25 oz. serving
■ Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

EVERYBODY LOVES PIZZA!

One Topping Homemade Pizza (32 Slice sheet Pizza)	
■ Just Cheese Pizza \$23.00	2010 Cal each
Pepperoni Pizza \$26.00	2230 Cal each
■ Veggie Lovers Pizza \$26.00	2170 Cal each

Add on Toppings \$0.50

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

PARTY FAVORITES

All party favorites are priced per dozen.

- Assorted Craveworthy Cookies (250-310 Cal each) \$10.50
- Brownies (250 Cal/2.25 oz. serving) \$12.50
- Rice Krispie Treats (210 Cal each) \$11.50

CHIPS AND DIPS!

Chips are priced by the pound and dips by the pint.

- Housemade Chips (240 Cal/1.5 oz. serving) \$5.00
- Tortilla Chips (90 Cal/1 oz. serving) \$5.00
- Salsa (10 Cal/1 oz. serving) \$4.50
- Ranch Dip (90 Cal/1 oz. serving) \$4.50
- Homestyle French Onion Dip (120 Cal/1 oz.) \$4.50

SNACK ATTACK

Great munchies to go. Sold in increments of 10 servings.

Go Grande! Nacho Bar \$60.00 Serves 10	
Add Guacamole, Sour Cream and Shredded Chicken or Ground Beef to the Nacho Bar	
■ Tortilla Chips and Salsa	150 Cal/2 oz. serving
■ Nacho Cheese	30 Cal/1 oz. serving
■ Jalapeños	10 Cal/1 oz. serving
■ Refried Beans	70 Cal/1.875 oz. serving
■ Guacamole	40 Cal/1.33 oz. serving
■ Sour Cream	120 Cal/1 oz. serving
Shredded Chicken	60 Cal/1 oz. serving
Ground Beef	70 Cal/1 oz. serving

Chicken Fingers \$50.00 Serves 10	
Chicken Fingers served with your choice of Honey Mustard, BBQ or Ranch Dipping Sauces	
Chicken Fingers	170 Cal each
■ Honey Mustard Dipping Sauce	130 Cal/1 oz. serving
■ BBQ Dipping Sauce	70 Cal/1 oz. serving
■ Ranch Dipping Sauce	100 Cal/1 oz. serving

Hot Pretzel Sticks \$25.00 Serves 10	
■ Hot Pretzels	170 Cal each
■ Honey Mustard	130 Cal/1 oz. serving
■ Spicy Mustard	30 Cal/1 oz. serving
■ Yellow Mustard	20 Cal/1 oz. serving