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**Catering Guide & Outline**

We pride ourselves on our professional approach and true attention to detail.

We will work closely with you, guiding you through a simple and seamless process that ensures your event is managed and created flawlessly. A satisfying and successful recipe requires a number of complimentary ingredients.

Sterling College catering blends stylish food with a friendly and professional service with a desire to exceed your expectations effortlessly. We have several levels of catering service to suit your needs. Please feel free to blend elements from our suggested menus. As always, our professional staff is available to assist to ensure yours is truly a unique and custom designed event.

**Contact Information**

**Quintin Eason - Chef/Manager**

**Office: 620.278.4248**

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**LEVEL ONE**

**Coffee Break**

Regular and Decaf coffee

Bottled Water

Fresh Baked Cookies

Hot Tea Selections

Creamers and All the fixings

**Beverage Break**

Regular Coffee and Decaf

Assorted Soda, Bottled Water

Fresh Baked Cookies

Hot Tea Selections

**Punch Service**

Fruit Punch, Lemonade, Iced Tea

Hot Tea Selections

Fresh Baked Cookies

Bottled Water

**Snack Attack**

Pretzels & or assorted snacks

Bottled Water

Assorted Soda

Whole Fruit

Granola Bars or Cookies

Chopped Seasonal Fruit

**Light Starts**

Assorted Juice

Whole Fruit

Bottled Water

Bulk Flavored Yogurt

Bulk Granola

**Say Cheese**

Assorted Cheese and Crackers

Sliced Protein Assortment

Assorted Soda & Water

Fresh baked cookies

…or create any combination to meet your wants for a price from $2.00 to $3.50"

**Level Two**

**Continental Breakfast**

Fresh Baked Muffins and or Pastries

Sticky Buns or Cinnamon Rolls

Fresh Brewed Regular Coffee and Decaf

Sliced Fruit

Bagels and Cream Cheese

Assorted Juices and Bottled Water

**Boxed Lunches**

Choice of Ham, Turkey or Roast Beef

Assorted Soda/Beverage Selections

Bag of baked Chips

Whole Fruit

Granola Bar

**Assorted Tossed Salads**

BLT Salad with Roasted Pepper Ranch

Spring Greens, Feta Cheese with Walnuts and Raspberry Dressing

Caesar Salad with Croutons and Parmesan Cheese

Roasted Vegetable Panzanella Salad

Spinach with Bacon, Diced Tomato, Egg, Shaved Onion Aged Vinegar Dressing

Chefs Seasonal Creations

**That’s A Wrap**

Assorted Wraps

Bag of Baked Chips

Bottled Water/Soda Selection

Small Side Salad (choose 1 from above)

Assorted Soda

Fruit Salad

**Soup Additions**

*Add a soup to any level for only 2.00 per person*

 …or create any combination to meet your wants for a price from $6.00 to $7.50"

**LEVEL THREE**

**Plated Breakfast**

Heart Healthy Omelet

Choice of Breakfast Potato

Assorted Juice

Fresh Brewed Coffee

Sliced of Whole Fruit

**Smorg a Board**

Assorted Wraps and Sandwiches

Fruit Salad

Salad Side (choose from Level 2)

Assorted Soda & Bottled Water

Assorted Bags of Chips

Fresh Baked Cookies

**Breakfast Buffet**

Scrambled Eggs with Fresh Herbs & Cheese

Fried Breakfast Potatoes

Fruit Salad

Assorted Light Pastry Selections

Assorted Juice

Fresh Brewed Coffee

Hot Tea

**Buffalo Platter**

Assorted Wings with Variety of Sauces

Ranch and Blue Cheese

Assorted Sodas and Bottled Water

Carrots & Celery

**Bowl Party**

Tortilla Chips

Spinach Artichoke Dip

Con Queso Cheese Dip

Homemade Salsa

Cheese and Cracker Tray

Assorted Protein Assortment

 …or create any combination to meet your wants for a price from $8.00 to $9.50"

**LEVEL FOUR**

***(All Buffets come with Bread and Beverage Selection Please Choose 1 vegetable)***

**Buffet Selection**

Chicken Parm with Fresh Tomato Sauce and Pasta

Grilled Pork Chops with Herb Rice

Chicken Fried Steak with Butter Mashed Potatoes

Chicken Cordon Blue with Buttered Rice

Fried Chicken with Mashed Potatoes & Gravy

Slow Roasted Beef with Mashed Potatoes

Spaghetti & Meatballs

Chicken Alfredo

Asian Beef Stir Fry

**Vegetable Selection**

Steamed Broccoli with Garlic

Zucchini & Yellow Squash

Steamed Carrots

Spinach

**Break Time**

Buffalo Wings

Vegetable Egg Rolls with Peanut Sauce

Fried Coconut Shrimp

Loaded Potato Skins

Assorted Sodas and Bottled Water

Ranch & Blue Cheese

**Finger Foods**

(Choose 3 )

(each additional 3 dollars each)

Smoked Salmon on Cucumber with Cream Cheese

Mango Chicken Salad on Fresh Won Ton

Prosciutto Wrapped Melon

Assorted Whipped Cheese Dips and Crackers

Artisan Cheese Platter

Heirloom Tomato & Mozzarella Towers

Shrimp Cocktail & Grilled Lemon spicy cocktail sauce

Fruit K-Bobs with sweet honey yogurt

Yogurt Martinis

Lemon Bars

Mini Cheese Cakes

French Silk Bombs with Sweet Sour Cream

Bruschetta with Toasted Artisan French Bread

Oatmeal Carmeletes

 …or create any combination to meet your wants for a price from $10.00 to $11.50"

**LEVEL FIVE**

**Plated Lunches**

(all lunches come with bread and beverage service)

Salmon Caesar Salad

Crispy Chicken Pasta with Wild Mushrooms

Wild Greens with Balsamic Dressing topped & Medallions of Pork Tenderloin

Chicken Piccata with pasta Puttanesca

Chicken Cordon Blue with Wild Rice and green beans

Seared Skirt Steak with mixed lettuce, charred tomato & sundried vinegar dressing

Wild Mushroom Meatloaf with Mashed potatoes & honey glazed carrots

**The Buffet**

(all buffets come with bread & beverage service)

Mixed Artisan Sandwiches on fresh baked bread & Wraps

Seasonal Soup choices

Choose one Finger food from Level 3

Choice of Accompaniment Salad on Level 2

Homemade Dessert Choice

**Heavenly BBQ**

(choose 2 proteins)

Slow Smoked Pulled Pork

Grilled Pork Ribs with Apple Dry Rub

Braised Beef Brisket

Homemade Cornbread

Baked BBQ Beans

Coleslaw

Honey Bourbon Bread Pudding with White Chocolate Sauce

**Florence Market**

(choose 2 meal options)

Shrimp Fra Diavolo on capellini

Penne Pasta with Wild Mushrooms & Chicken Scaloppini

Eggplant Parmesan with melted mozzarella

Beef Burgundy & roasted potatoes

Romaine Salad with Basil Caesar Dressing

Orange Ricotta Cheesecake

 …or create any combination to meet your wants for a price from $12.00 to $13.50"

***Choose 1 from each category Executive Level***

**Plated Salads**

Iceberg wedges with Gorgonzola dressing, mixed heirloom tomatoes & pancetta

Tomato, Cucumber & Roasted Garlic with Lemon Thyme Dressing

Mixed Romaine, Frisee & Spinach with Mustard Champagne Dressing

Shredded Fennel, Grapefruit, Radish & Caper tossed with Light Sumac Mint dressing

Caesar Salad with pear tomato & shaved Romano cheese

Crumbled Manchego, Grape Tomato, Baby Lettuces, Cucumbers & Tangy Dressing

Chef’s Seasonal Creation

**Plated Proteins**

Roasted Mint Rack of lamb with brandy (great as a carving station!)

Mushroom Dusted New York Steak & Demi (great as a carving station!)

Chermoula Grilled Swordfish & sundried tomato butter

Double Pork Chop with roasted pears & prickly ash

Rolled Salmon Mingon gratinee with tarragon butter

Chef’s Seasonal Creation

**Starches & Vegetables**

(season permitted choose one of each)

Roasted baby carrots

Poached snow peas

Grilled asparagus

Grilled eggplant, fennel & tomato

Braised beets

Broccoli Rabe with roasted garlic

Butter Whipped Yukon Potatoes

Roasted Red Potatoes with Herbs

Pasta with Roasted Peppers & Chives

Creamy Risotto with Parm Cheese

Scallop sweet potato au gratin

Wild Rice with Lemon

Linguini with spinach & tomato

Chef Seasonal Creation

**Sweet Finishes**

Orange Ricotta Cheesecake

Roasted Peach Cobbler with Vanilla Bean Ice Cream

Tiramisu

Assorted Berries & Cream

Chocolate Banana with Carmel & Peanuts

Chef’s Seasonal Creation

 …or create any combination to meet your wants for a price from $14.00 to $18.50"

**All levels include linen, labor, simple beverage service and clean up of each event ordered. Please give us ample time to complete your request. We will gladly work with you on any last minute caterings and banquet events - of course the more time we have to plan for your event, the more enhanced your event will be.**

**Level 1**

***$2.00 to $3.50 per person***

**Level 2**

***$6.00 to $7.50 per person***

**Level 3**

***$8.00 to $9.50 per person***

**Level 4**

***$10.00 to $11.50 per person***

**Level 5**

***$12.00 to $13.50 per person***

***$15.50 to $18.50 per person***

**Carving Stations & Action Stations**

***Add 2 per person per station***