

FLAVOURS

TASTE : SUCCESS



ROGERS STATE UNIVERSITY
DINING SERVICES



FLAVOURS

TASTE : SUCCESS

Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience. Building on a legacy of hospitality excellence, we leverage our vast expertise to create engaging events that exceed the expectations of everyone we serve. We accomplish this by focusing on service, performance, and guest satisfaction throughout the entire Flavours experience.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact Sodexo by phone at (918) 343-6868 or email our Catering Manager at Susan.Hammons@sodexo.com.

From the on-trend creations of our talented chefs to the interactive support of our management team to the attentive service of our well-trained staff, Flavours delivers fulfillment, enjoyment, and peace of mind.



☑ = Mindful 🌱 = Vegetarian 🌿 = Vegan 🌱 = Plant Based

We can also accommodate Gluten Free requests.

BREAKFAST: MORNING BUFFETS





Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. All breakfasts include coffee and hot tea service.

CLASSIC CONTINENTAL BREAKFAST

\$12.50 per guest

Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.

INCLUDES:

- Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)
- A platter of fresh sliced cantaloupe, honeydew melon, pineapple, and blueberries
- Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF TWO:

- Muffins  (each | 160-230 cal)
- Croissants  (each | 200 cal)
- Coffee Cakes  (each | 110-430 cal)
- Mini Scones  (each | 190-200 cal)
- Breakfast Breads  (each | 250 cal)







Butter and Assorted Jam

HEALTHY WAY CONTINENTAL BREAKFAST








\$14.50 per guest

Seasonal fresh fruit, Greek yogurt, granola bars, hard-boiled eggs and oatmeal with toppings Includes coffee and hot tea service.

INCLUDES:

- Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)
- A platter of fresh sliced cantaloupe, honeydew melon, pineapple, and blueberries
- Coffee & Hot Tea Service  (12 oz. | 0-5 cal)
- Cage-Free Hard-Boiled Egg  (each | 80 cal)
- Chobani Non-Fat Vanilla Greek Yogurt  (4 oz. | 80 cal)
- Granola Bars  (each | 90 cal)
- Steel Cut Oatmeal  (8 oz. | 170 cal)

Served with:



- 2% Milk  (1 tbsp. | 10 cal)
- Unsweetened Almond Milk  (1 tbsp. | 0 cal)
- Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)
- Sweetened Dried Cranberries  (1 tbsp. | 30 cal)
- Pecan Pieces  (1 tbsp. | 50 cal)
- Fresh Whole Strawberries  (1 tbsp. | 5 cal)
- Fresh Blueberries  (1 tbsp. | 5 cal)

BREAKFAST BUFFET

\$16.00 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes coffee, hot tea and condiments.






INCLUDES:

- Seasonal Sliced Fresh Fruit Platter  (3 oz. | 35 cal)
- A platter of fresh sliced cantaloupe, honeydew melon, pineapple, and blueberries
- Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF TWO:

- Mini Butter Croissant  (each | 80 cal)
- Mini Danish  (each | 130-170 cal)
- Mini Scones  (each | 190-200 cal)
- Muffins  (each | 160-230 cal)





CHOICE OF ONE:

- Home Fried Potatoes  (1/2 cup | 90 cal)
- Classic Grits  (4 oz. | 70 cal)
- Potato Roesti with Chives & Parsley  (1 slice | 70 cal)
- Hash Browned Potato  (1/2 cup | 90 cal)
- Root Vegetable Hash  (1/2 cup | 80 cal)

CHOICE OF TWO:

- Bacon Slices (1 slice | 35 cal)
- Sausage Links (1 link | 110 cal)
- Turkey Sausage Link (1 link | 45 cal)
- Turkey Bacon (1 slice | 25 cal)

CHOICE OF ONE:

- Seasoned Scrambled Egg Whites  (1/2 cup | 90 cal)
- Seasoned Scrambled Eggs  (1/2 cup | 180 cal)
- Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal)
- Scrambled Tofu  (1/2 cup | 130 cal)

BREAKFAST: BOXES



Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items.

BAKERY BREAKFAST BOX

\$10.50 per guest

Each box includes selection of bakery items, granola bar and choice of yogurt or cage-free hard-boiled egg.

INCLUDES:

Mixed Fruit Cup 🍌🍇 (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple, and red grapes

CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant 🥐 (each | 80 cal)

Mini Chocolaté Croissant 🍩 (each | 100 cal)

Classic Blueberry Muffin 🍪 (each | 170 cal)

CHOICE OF ONE GRANOLA BAR:

Granola Bar 🍌 (each | 90 cal)

Peanut Butter Granola Bar 🍌 (each | 100 cal)

Oats & Honey Granola Bar 🍌 (each | 90 cal)

CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt 🥛 (4 oz. | 80 cal)

Cage-Free Hard-Boiled Eggs 🥚 (2 eggs | 160 cal)

ADD ON BEVERAGES

Bottled Water 🍷 \$2.25 each (20 oz. | 0 cal)

Orange Juice 🍊 \$3.00 each (12 oz. | 150 cal)

Apple Juice 🍏 \$3.00 each (12 oz. | 160 cal)

BREAKFAST: A LA CARTE



Upgrade your breakfast with la carte selections.

BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

- Muffins \$23.00 per dozen
- Mini Danish \$23.25 per dozen
- Breakfast Breads \$29.50 per dozen
- Glazed Cinnamon Roll \$23.25 per dozen

- (1 each | 160-230 cal)
- (1 each | 130-170 cal)
- (1 each | 250 cal)
- (1 each | 130 cal)

YOGURT \$3.50 each

- Chobani Non-Fat Blueberry Greek Yogurt
- Chobani Non-Fat Vanilla Greek Yogurt
- Chobani Non-Fat Strawberry Greek Yogurt
- Strawberry Banana Non-Fat Lite Yogurt
- Blueberry Non-Fat Lite Yogurt
- Vanilla Non-Fat Lite Yogurt

- (1 each | 90 cal)
- (1 each | 80 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)
- (1 each | 90 cal)

SEASONAL MINI GREEK YOGURT PARFAITS

\$4.25 each

- Banana, Nutella, & Granola Yogurt Parfait (1 mini parfait | 100 cal)
- Tropical Fruit & Granola Yogurt Parfait (1 mini parfait | 70 cal)
- Blueberry, Lemon & Granola Yogurt Parfait (1 mini parfait | 60 cal)

OATMEAL BAR

12 guest minimum | \$5.00 per guest

Warm oatmeal served with a variety of toppings and milk.

INCLUDES:

- Steel Cut Oatmeal (8 oz. | 170 cal)
- Brown Sugar (1 tbsp. | 45 cal)
- Cinnamon (1 tsp. | 5 cal)
- Walnut Pieces (1 tbsp. | 50 cal)
- Seedless Raisins (1 tbsp. | 25 cal)
- Fresh Blueberries (1 tbsp. | 5 cal)

CHOICE OF TWO:

- 2% Milk (1 tbsp. | 10 cal)
- Whole Milk (1 tbsp. | 10 cal)
- Unsweetened Almond Milk (1 tbsp. | 0 cal)

DONUT HOLES

\$18.50 per two dozen

- Glazed Donut Holes (6 donut holes | 280 cal)
- Cinnamon Sugar Donut Holes (6 donut holes | 290 cal)

BAGELS & SCHMEARS

\$4.50 per guest

Select two bagel flavors along with your choice of chef-prepared schmears.

CHOICE OF TWO BAGELS:

- Plain Bagel (each | 290 cal)
- Sesame Bagel (each | 300 cal)
- Cinnamon Raisin Bagel (each | 290 cal)

INCLUDED:

- Cream Cheese (2 tbsp. | 70 cal)

CHOICE OF TWO SPECIALTY

SCHMEAR CHEESES:

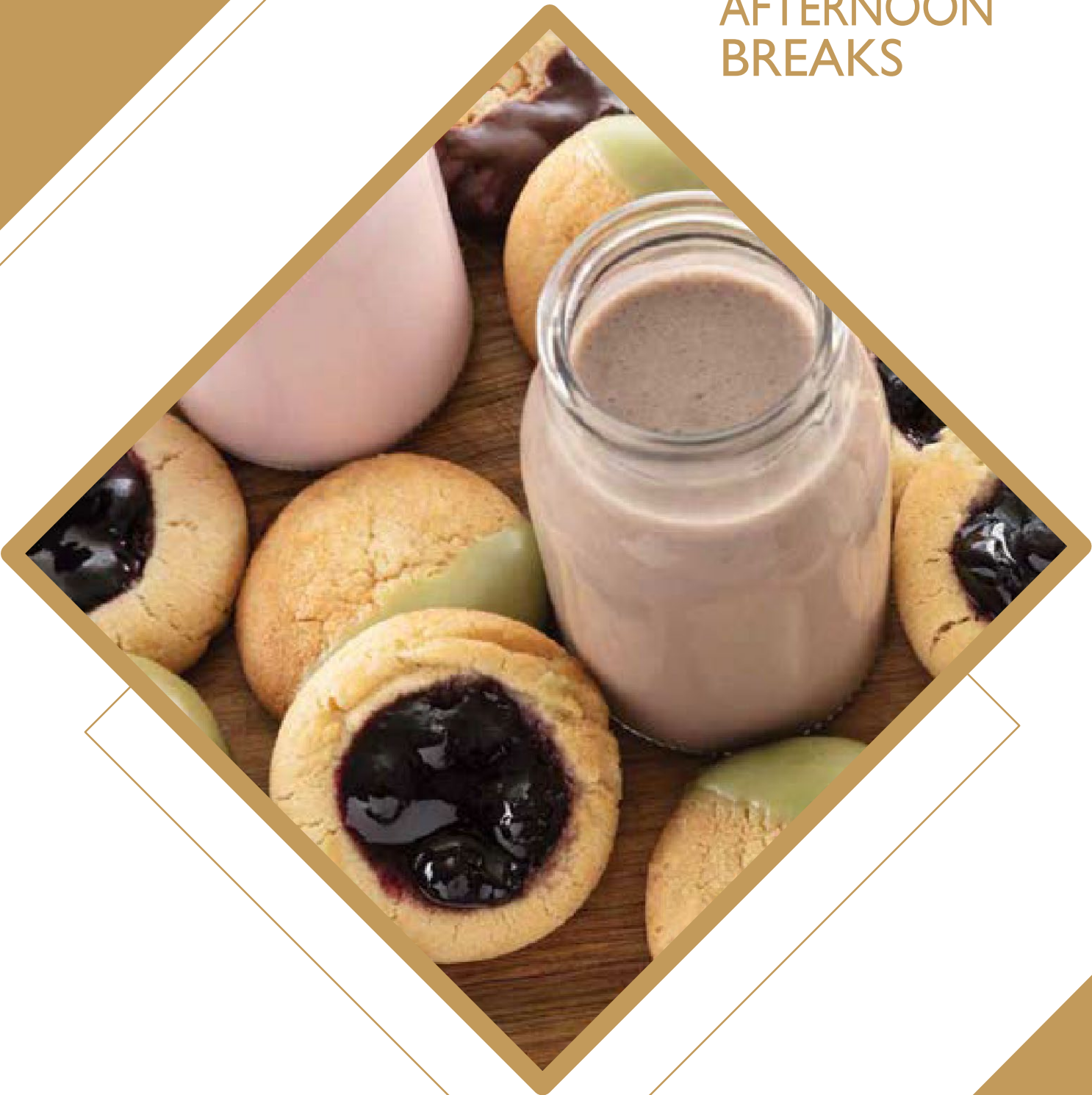
- Everything Schmeat (2 tbsp. | 70 cal)
- Lemon Dill Schmeat (2 tbsp. | 50 cal)
- Honey Walnut Schmeat (2 tbsp. | 80 cal)
- Blueberry Schmeat (2 tbsp. | 60 cal)
- Smoked Salmon & Caper Schmeat (2 tbsp. | 70 cal)
- Furikake Schmeat (2 tbsp. | 60 cal)

HOT BREAKFAST SANDWICHES

\$5.00 each

- Cage-Free Egg & Cheese Bagel (each | 200 cal)
- Bacon, Cage-Free Egg & Cheese Bagel (each | 240 cal)
- Ham, Cage-Free Egg & Cheese Bagel (each | 230 cal)
- Sausage, Cage-Free Egg & Cheese Bagel (each | 390 cal)
- Cage-Free Egg & Cheese Biscuit (each | 280 cal)
- Bacon, Cage-Free Egg & Cheese Biscuit (each | 310 cal)
- Ham, Cage-Free Egg & Cheese Biscuit (each | 310 cal)
- Sausage, Cage-Free Egg & Cheese Biscuit (each | 470 cal)

BREAKS: AFTERNOON BREAKS



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

TEA TIME

10 guest minimum | \$10.00 per guest

Teatime comes with grissini, candied pecans, brownie bites and a refreshing Arnold Palmer.

- Grissini (2 breadsticks | 45 cal)
A thin crispy breadstick brushed with olive oil and coarse salt
- Candied Cinnamon Pecans (2 oz. | 160 cal)
- Truffled Brownie Bites (2 each | 110 cal)
- Arnold Palmer (Iced Tea & Lemonade) (8 oz. | 130 cal)

DIPS AND CHIPS

10 guest minimum | \$7.00 per guest

Start with a crudité platter and add your choice of house-made chips and three dips.

- INCLUDES:**
- Crudité Platter (3 oz. | 20 cal)

- CHOICE OF THREE CHIPS:**
- House-made Tortilla Chips (12 chips | 90 cal)
 - Sea Salt Dusted Deli Chips (2 oz. | 90 cal)
 - BBQ Dusted Deli Chips (2 oz. | 90 cal)
 - Ranch Dusted Deli Chips (2 oz. | 100 cal)
 - Chipotle Dusted Deli Chips (2 oz. | 90 cal)

- CHOICE OF THREE DIPS**
- Dijon Ranch Dip (2 tbsp. | 190 cal)
 - Onion Cheese Dip (2 tbsp. | 70 cal)
 - Roasted Red Pepper Hummus (2 tbsp. | 60 cal)
 - Baba Ghanoush (2 tbsp. | 30 cal)

SNACK PACK

10 guest minimum | \$9.00 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.

- CHOICE OF TWO:**
- Apple (each | 90 cal)
 - Banana (each | 140 cal)
 - Orange (each | 70 cal)

- CHOICE OF FOUR:**
- Almonds (1.5 oz. | 250 cal)
 - Rold Gold Tiny Twist Pretzels (1 oz. | 110 cal)
 - Potato Chips (1.5 oz. | 240 cal)
 - Cheez-It Original (1.5 oz. | 220 cal)
 - Sunburst Trail Mix (1.5 oz. | 220 cal)
 - Grandma's Big Chocolate Chip Cookies (2.5 oz. | 340 cal)



- CHOICE OF TWO:**
- Granola Bar (1 bar | 90 cal)
 - Peanut Butter Granola Bar (1 bar | 100 cal)
 - Oats & Honey Granola Bar (1 bar | 90 cal)
 - Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

BOXED MEALS



Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & set up. Each option features a curated selection of the most popular salads or sandwich items.

CLASSIC SANDWICH LUNCH BOX \$16.50 per guest

The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips  (1 bag | 140-220 cal), an apple  (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

SELECT UP TO THREE:

ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)
Tuna salad with provolone, pickle chips, banana pepper rings, red onion, and Italian dressing

CLASSIC TURKEY CLUB (each | 550 cal)
Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread




GRILLED CHICKEN CAESAR WRAP (each | 560 cal)
Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH (each | 550 cal)
Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread

CURRIED CHICKEN SALAD & ALMOND SANDWICH (each | 510 cal)
Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

SMOKED HAM, BRIE AND APPLE ON SOURDOUGH (each | 520 cal)
Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough bread





CHOICE OF ONE:


Chocolate Brownie 
Two Cookies 
Blondie Bar 
Rice Krispies Bar


CHOICE OF ONE:


Bottled Water
Assorted Canned Soft Drinks, Regular and Diet


UPGRADE TO A SIGNATURE SIDE:

Quinoa Cucumber Salad  \$2.50 per guest
Wild Rice, Quinoa & Lentil Salad  \$2.25 per guest
Chickpea Chaat Salad  \$2.25 per guest
Super Bean Salad Mix  \$2.25 per guest

LEMON BASIL ROASTED VEGETABLE SANDWICH 
(each | 580 cal)
Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

VEGETABLE TARRAGON WRAP  (each | 400 cal)
Grilled zucchini, provolone, baby spinach and roasted red peppers with herb mayonnaise in a hearty grain tortilla

TANDOORI CAULIFLOWER AND PEPPER WRAP  (each | 300 cal)
Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

HUMMUS WRAP WITH ZUCCHINI & DUKKAH 
(each | 330 cal)
Non GMO tortilla with grilled zucchini, hummus, red pepper, baby spinach, red onion and dukkah seasoning

(each | 60 cal)
(2 cookies | 310-330 cal)
(each | 60 cal)
(each | 280 cal)

(each | 0 cal)
(12 oz. | 0-150 cal)

(1/2 cup | 140 cal)
(1/2 cup | 240 cal)
(1/2 cup | 60 cal)
(1/2 cup | 80 cal)

BOXED MEALS, continued



CLASSIC SALAD LUNCH BOXES \$16.50 per guest

The Salad Lunch Box includes choice of salad, dinner roll 🍞 (1 piece | 70 cal), an apple 🍏🥬 (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

CHOICE OF THREE:

CAESAR SALAD (each | 510 cal)
Romaine lettuce topped with homestyle croutons, shredded parmesan, served with Caesar dressing

CAESAR SALAD WITH GRILLED CHICKEN (each | 670 cal)
Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

CAESAR SALAD WITH PORTOBELLO (each | 660 cal)
Romaine lettuce topped with portobello, homestyle croutons, shredded parmesan, served with Caesar dressing

GARDEN SALAD WITH PORTOBELLO 🥬🍄 (each | 190 cal)
Romaine lettuce and spring mix topped with portobello, grape tomatoes, cucumbers, and shredded carrots

GREEK SALAD (each | 100 cal)
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers, shredded carrots, and feta cheese

MANDARIN ORANGE SPINACH SALAD 🍊🥬 (each | 150 cal)
Spinach, romaine, and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

MINDFUL QUINOA SALAD 🥬🌱 (each 190 cal)
Quinoa with tomato, red pepper, hominy, cilantro, and sherry vinaigrette over mixed greens



HOT BUFFET

10 guest minimum

Design the perfect buffet with your choice of salad, entrée, side dishes, dessert, rolls and beverages. Includes condiments.

INCLUDES:

Assorted House Baked Yeast Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

CHOICE OF ONE ENTRÉE:

POULTRY \$23.00 per guest
Cajun Chicken Breast 🍗 (1 breast | 230 cal)
Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)
Lemon & Thyme Seared Chicken Breast (1 breast | 260 cal)
Piri Piri Chicken (4 oz. | 250 cal)

VEGETARIAN & VEGAN \$20.00 per guest

Roasted Root Vegetable Tagine 🥕🌱 (1/2 cup | 90 cal)
Almond Butter, Spelt & Mushroom Risotto 🍝🌱 (1 bowl | 260 cal)
Crabless Crab Cake 🦀🌱 (1 cake | 350)

PORK \$23.25 per guest

Honey & Five Spice Pork Loin (4 oz. | 280 cal)
Spring Herb & Dijon Pork Tenderloin 🍖 (4 oz. | 160 cal)
Cuban Mojo Pork (4 oz. | 280 cal)

BEEF \$30.00 per guest

BBQ Spiced Flank Steak (4 oz. | 240 cal)
Smoked Beef Brisket (4 oz. | 240 cal)
Braised Beef Short Ribs (4 oz. | 330 cal)

SEAFOOD \$30.25 per guest

Parmesan Tilapia with Red Pepper Sauce (1 fillet | 230 cal)
Citrus & Herb Crusted Wild Salmon (1 fillet | 170 cal)
Shrimp & Grits (1 entrée | 590 cal)

CHOICE OF ONE SALAD:

Herbed Salad Greens 🥬 (1 cup | 10 cal)
Classic Caesar Salad (1 cup | 180 cal)
Garden Salad 🥗🌱 (1 cup | 10 cal)
Greek Salad 🥗🍷 (1 cup | 20 cal)

CHOICE OF ONE SIDE:

Simply Steamed Brown Rice 🍚🌱 (1/2 cup | 180 cal)
Steamed Basmati Rice 🍚🌱 (1/2 cup | 120 cal)
Herbed Roasted Potato Wedges 🥔🌱 (4 oz. | 100 cal)
Simply Roasted Red Bliss Potatoes 🥔🌱 (1/2 cup | 130 cal)
Whipped Fresh Potatoes with Butter 🥔🍷 (1/2 cup | 80 cal)

CHOICE OF ONE VEGETABLE:

Grilled Zucchini with Coriander 🥒🌱 (4 oz. | 20 cal)
Simply Sautéed Kale 🥬🌱 (1/2 cup | 60 cal)
Grilled Broccolini 🥦🌱 (4 oz. | 110 cal)
Charred Tri Color Baby Carrots 🥕🍷 (1/2 cup | 70 cal)
Grilled Fresh Asparagus 🍷🌱 (5 spears | 20 cal)
Braised Collard Greens 🥬🍷 (1/2 cup | 90 cal)
Charred Brussels Sprouts 🥬🌱 (1/2 cup | 25 cal)
Sautéed Green Beans 🍷🌱 (4 oz. | 60 cal)

BUFFETS:
HOT BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

CHOICE OF TWO DESSERTS:

Seasonal Sliced Fresh Fruit Platter 🍓🌱 (3 oz. | 35 cal)
Pecan Pie (1 slice | 540 cal)
Chocolate Cream Pie 🍷 (1 slice | 300 cal)
Double Chocolate Layer Cake (1 slice | 410 cal)
Carrot Cake 🍷 (1 piece | 230 cal)
Devil’s Food Cake 🍷 (1 piece | 70 cal)
Carrot Cupcake 🍷 (1 cupcake | 260 cal)
Confetti Cupcake 🍷 (1 cupcake | 280 cal)
Strawberry Brioche Bread Pudding 🍷 (1 pudding | 150 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🥤🌱 (8 oz. | 0 cal)
Sweet Tea 🍷🌱 (8 oz. | 20 cal)
Lemonade 🍷🌱 (8 oz. | 70 cal)
Orange Infused Water 🥤🌱 (8 oz. | 0 cal)
Cucumber Mint Infused Water 🥤🌱 (8 oz. | 0 cal)



BUFFET ADD ONS

ADDITIONAL ENTREE (per guest attendance)

Poultry Entree \$7.00 per guest
Vegetarian Entree \$7.00 per guest
Pork Entree \$7.00 per guest
Beef/Lamb Entree \$7.00 per guest
Seafood Entree \$10.50 per guest

BUFFET TRADITIONS



Traditions buffet features comfort-style entrée paired with your choice of vegetable, side dish, salad, and dessert. Includes dinner rolls with butter, cold beverages, and appropriate condiments. **10 guest minimum | \$23.50 per guest**

INCLUDES:

Yeast Rolls with Butter 🍞 (1 roll | 110 cal)

CHOICE OF ONE ENTRÉE:

POULTRY

Rotisserie Seasoned Chicken Quarter (each | 430 cal)
Grilled Jerk Chicken Breast 🍷 (each | 170 cal)
Buttermilk Fried Chicken Thigh (each | 610 cal)
Mesquite Grilled Chicken (each | 600 cal)

BEEF

Beef Meatloaf (4 oz. | 280 cal)
Braised Pot Roast (4 oz. | 450 cal)
Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)
Homestyle Meat Lasagna (each | 350 cal)

PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)
Chicken & Andouille Sausage Gumbo (4 oz. | 170 cal)
Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)

SEAFOOD

Beer Battered Fresh Pollock (1 fillet | 290 cal)
Grilled Salmon (1 fillet | 180 cal)
Crispy Baked Catfish 🍷 (1 fillet | 220 cal)

VEGETARIAN/VEGAN

Mushroom & Okra Stew with Brown Rice 🍷🌱 (serving | 270 cal)
Vegetarian Lentil Shepherd's Pie 🍷🌱 (serving | 310 cal)

Add an additional entree for \$5.25 per guest.

CHOICE OF ONE VEGETABLE:

Sliced Roasted Carrots 🍷🌱 (4 oz. | 70 cal)
Sautéed Broccoli & Garlic 🍷🌱 (4 oz. | 45 cal)
Roasted Cauliflower 🍷🌱 (4 oz. | 70 cal)
Braised Collard Greens 🍷🌱 (4 oz. | 90 cal)
Charred Brussels Sprouts 🍷🌱 (4 oz. | 25 cal)
Roasted Garlic Green Beans 🍷🌱 (4 oz. | 60 cal)

CHOICE OF ONE SIDE:

Roasted Rosemary Red Bliss Potatoes 🍷🌱 (4 oz. | 120 cal)
Garlic Mashed Potatoes 🍷 (4 oz. | 170 cal)
Macaroni & Cheese 🍷 (4 oz. | 140 cal)
Au Gratin Potato 🍷 (4 oz. | 200 cal)
Grits with Cheese 🍷 (4 oz. | 200 cal)
Steamed Brown Rice 🍷🌱 (4 oz. | 100 cal)

CHOICE OF ONE SALAD:

Mandarin Orange Spinach Salad 🍷🌱 (1 cup | 70 cal)
Classic Caesar Salad (1 cup | 180 cal)
Garden Salad 🍷🌱 (1 cup | 10 cal)
Greek Salad 🍷🌱 (1 cup | 20 cal)
BLT Green Goddess Salad (1 cup | 130 cal)

CHOICE OF ONE COLD SIDE:

German Potato Salad 🍷 (4 oz. | 140 cal)
Loaded Baked Potato Salad 🍷 (4 oz. | 180 cal)
Classic Carolina Cole Slaw 🍷🌱 (4 oz. | 160 cal)
Classic Macaroni Salad 🍷 (4 oz. | 280 cal)

CHOICE OF ONE DESSERT:

Dutch Apple Pie 🍷 (1 slice | 430 cal)
Pecan Pie (1 slice | 540 cal)
Chocolate Cream Pie 🍷 (1 slice | 300 cal)
Lemon Meringue Pie 🍷 (1 slice | 340 cal)
Double Chocolate Layer Cake (1 slice | 410 cal)
Maple, Cinnamon, Chocolate Bread Pudding 🍷 (1 pudding | 360 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🍷🌱 (8 oz. | 0 cal)
Sweet Tea 🍷🌱 (8 oz. | 15 cal)
Lemonade 🍷🌱 (8 oz. | 15 cal)
Orange Infused Water 🍷🌱 (8 oz. | 0 cal)
Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)
Honeydew Cucumber Mint Infused Water 🍷🌱 (8 oz. | 0 cal)

BUFFETS: THEMED BUFFETS



Take a culinary journey around the world with Flavours’ themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea	(8 oz. 0 cal)	Orange Infused Water	(8 oz. 0 cal)
Sweet Tea	(8 oz. 15 cal)	Cucumber Mint Infused Water	(8 oz. 0 cal)
Lemonade	(8 oz. 15 cal)		

SOUTHERN BBQ

30 guest minimum | \$25.00 per guest

Celebrate the south with BBQ, comforting sides, salad, entree, dessert, and condiments.

Smoked Pulled Pork	(3 oz. 312 cal)
House made BBQ Sauce	(2 tbsp. 50 cal)
Baked Beans	(1/2 cup 160 cal)
Creamy Cole Slaw	(1/2 cup 30 cal)
Loaded Baked Potato Salad	(1/2 cup 190 cal)
Cornbread	(1 piece 200 cal)
Chocolate Brownie	(1 piece 60 cal)

ASIAN

30 guest minimum | \$25.00 per guest

Selection of Asian sides, entrée, dessert, condiments and beverages.

Sweet & Sour Chicken	(8 oz. 470 cal)
Cantonese Stir-Fry with Snow Peas	(8 oz. 110 cal)
Jasmine Steamed Rice	(1/2 cup 100 cal)
Tangy Asian Slaw	(1/2 cup 250 cal)
Sesame Ginger Green Beans	(1/2 cup 70 cal)
Vegetable Egg Roll	(1 egg roll 180 cal)
Soy Sauce	(2 tbsp. 20 cal)
Sweet Thai Chili Sauce	(2 tbsp. 80 cal)
Chinese Hot Mustard	(2 tsp. 15 cal)
Mango Mint Mousse Sweet Shot	(each 220 cal)

BACKYARD COOK OUT

30 guest minimum | \$19.25 per guest

Grilled Hamburgers	(1 sandwich 330 cal)
Grilled Hot Dogs	(1 sandwich 320 cal)
Veggie Burgers (on request)	(1 sandwich 320 cal)
Leaf Lettuce	(1 slice 0 cal)
Sliced Tomato	(1 slice 5 cal)
Dill Pickles	(5 chips 0 cal)
Onions	(2 rings 0 cal)
Loaded Baked Potato Salad	(4 oz. 160 cal)
Creamy Cole Slaw	(4 oz. 120 cal)
House made Potato Chips	(1 bag 160 cal)
Ketchup, Mustard, Mayonnaise and Relish	(1 tbsp. 20 cal)
Assorted Cookies	(1 cookie 160-180 cal)
Brownies	(1 cut 190-220 cal)

LITTLE ITALY

30 guest minimum | \$25.00 per guest

Bon appetite of Southern Italian sides, salads, entrée, dessert and condiments.

Caesar Salad with Homemade Croutons	(1 salad 460 cal)
Garlic Butter Breadsticks	(1 roll 90 cal)
Pasta Bar with Spaghetti	(4 oz. 200 cal)
Bowtie Pasta	(4 oz. 200 cal)
Marinara Sauce	(2 oz. 20 cal)
Pesto Cream Sauce	(2 oz. 150 cal)
Home-Style Meatballs in Marinara Sauce	(2 meatballs + 1 oz. sauce 190 cal)
Traditional Chicken Cacciatore	(1 quarter 400 cal)
Sautéed Fresh Zucchini	(4 oz. 50 cal)
Shredded Parmesan Cheese	(1 oz. 120 cal)
Tiramisu	(1 slice 490 cal)

TEX MEX

30 guest minimum | \$25.00 per guest

Tex Mex tacos with sides, dessert and condiments.

6” Pressed Flour Tortillas	(2 tortillas 180 cal)
6” White Corn Table Tortillas	(2 tortillas 110 cal)
Beef Taco Meat	(3 oz. 160 cal)
Cumin Grilled Chicken	(3 oz. 150 cal)
Spanish Rice	(1/4 cup 90 cal)
Tex Mex Veggies	(1/2 cup 80 cal)
Shredded Lettuce	(1/4 cup 0 cal)
Fresh White Onions	(1 tbsp. 15 cal)
Pico De Gallo	(2 tbsp. 5 cal)
Sour Cream	(2 tbsp. 60 cal)
Shredded Cheddar Cheese	(2 tbsp. 60 cal)
Western Style Guacamole	(2 tbsp. 50 cal)
Sliced Jalapeno Peppers	(2 tbsp. 0 cal)
Tres Leche Cake	(1 slice 620 cal)

PLATED MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides, chef-selected sauces and beverages. Select the perfect soup or salad and dessert for your guests. Selections are presented on china and pricing includes linen cloths and napkins for guest seating. Includes condiments.

INCLUDES

- House made Baked Yeast Rolls with Butter (1 roll | 150 cal)
- Coffee & Hot Tea Service (12 oz. | 0-5 cal)

CHOICE OF

- Brewed Iced Tea (8 oz. | 0 cal)
- Sweet Tea (8 oz. | 15 cal)

CHOICE OF ONE SOUP OR SALAD:

SOUP

- Amaranth & Chickpea Soup with Pesto (6 oz. | 300 cal)
- Tuscan Chickpea & Tomato Stew (6 oz. | 70 cal)
- Curry Cauliflower Soup (6 oz. | 45 cal)
- New England Clam Chowder (6 oz. | 170 cal)
- Old Fashioned Chicken Noodle Soup (6 oz. | 100 cal)
- Chicken Posole (6 oz. | 130 cal)

SALAD SERVED WITH A CHOICE OF DRESSING

- Traditional Caesar Salad (1 salad | 350 cal)
- Traditional Garden Salad (1 salad | 25 cal)
- Romaine Wedge Salad (1 salad | 270 cal)
- Baby Kale Salad (1 cup | 70 cal)
- Mixed Italian Salad (1 salad | 300 cal)

CHOICE OF ONE DESSERT:

- Southern Pecan Pie (1 slice | 520 cal)
- Iced Carrot Layer Cake (1 slice | 460 cal)
- Double Chocolate Layer Cake (1 slice | 410 cal)
- Tiramisu (1 slice | 540 cal)
- Toasted Angel Food Cake with Strawberries (1 dessert cup | 350 cal)
- Layered Red Velvet Cake (1 slice | 760 cal)
- Apple Crisp w/ Streusel Topping (1 serving | 150 cal)
- Assorted Pies: Dutch Apple, Blueberry, Lemon Meringue (1 slice | 320 - 520 cal)

PLATED MEALS, continued



POULTRY

CREAMY DIJON ROASTED CHICKEN <i>\$23.00 per guest</i> Roasted chicken breast with a lemon and mustard crème sauce served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan	(1 entrée 380 cal)
HOISIN GLAZED CHICKEN <i>\$23.00 per guest</i> Seared airline chicken breast coated with a spicy hoisin and soy sauce, ginger glaze	(1 entrée 370 cal)
TRADITIONAL CHICKEN PICCATA <i>\$23.00 per guest</i> Lightly Dredged Chicken Breast Sautéed with tangy capers and fresh parsley in a Sauterne Lemon Butter Sauce	(1 entrée 380 cal)

PORK

HONEY & FIVE SPICE PORK LOIN <i>\$25.25 per guest</i> Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake Bok choy and jasmine steamed rice	(1 entrée 280 cal)
APPLE CIDER GLAZED PORK TENDERLOIN <i>\$25.25 per guest</i> Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes	(1 entrée 220 cal)
COFFEE CRUSTED PORK CHOP <i>\$25.00 per guest</i> Coffee crusted pork chop served with grilled broccolini and butter whipped potatoes. Served with choice of sauce. (Chef recommendation is a Bacon Dijon Crème Sauce)	(1 entrée 290 cal)

BEEF

MONTREAL GRILLED FLANK STEAK <i>\$30.00 per guest</i> Char-grilled flank steak marinated in lime juice, garlic and onions, then lightly seasoned and served with coconut jasmine rice and grilled corn succotash	(1 entrée 250 cal)
BRAISED BEEF SHORT RIBS <i>\$38.50 per guest</i> Boneless beef short-ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables	(1 entrée 330 cal)
PEPPERY BEEF TENDERLOIN <i>\$42.50 per guest</i> Beef tenderloin oven roasted with a coating of cracked black pepper & salt	(1 entrée 330 cal)

SEAFOOD

SIMPLY GRILLED SALMON <i>\$32.00 per guest</i> Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake Bok choy	(1 entrée 270 cal)
PARMESAN PANKO CRUSTED TILAPIA <i>\$26.25 per guest</i> Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries	(1 entrée 170 cal)
GRILLED MAHI MAHI <i>\$35.25 per guest</i> Grilled mahi mahi seasoned with kosher salt, black pepper, and parsley	(1 entrée 100 cal)

VEGETARIAN/VEGAN


PENNE PASTA WITH ASPARAGUS & FONTINA <i>\$25.00 per guest</i> Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce	(1 entrée 630 cal)
SMOKED GOUDA FARFALLE <i>\$25.00 per guest</i> A casserole of Farfalle Pasta Hand-prepared with Fresh Spinach, Savory Smoked Gouda and Grated Parmesan Cheese	(1 entrée 510 cal)
ALMOND BUTTER, SPELT & MUSHROOM RISOTTO <i>\$25.00 per guest</i> Wild mushrooms, creamy almond butter and spelt risotto	(1 entrée 260 cal)


PLATTERS, DESSERTS & SNACKS

A perfect addition to a reception, meeting, or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

PLATTERS

FRESH FRUIT CATERING PLATTER  (3 oz. | 35 cal)
12 guest minimum | \$5.00 per guest
A seasonal array of sweet melon, pineapple, oranges, grapes, and berries

CRUDITÉ PLATTER  (3 oz. | 20-160 cal)
12 guest minimum | \$4.50 per guest
Seasonal vegetable crudité served with dip

FRUIT & CHEESE PLATTER 
(3 oz. fruit + 1 oz. cheese | 140-190 cal)
12 guest minimum | \$5.50 per guest
Platter heaped with cubed cheeses, cheddar, swiss and provolone, & an arrangement of fresh sliced melon, berries, and grapes. Served with crisp bread




IMPORTED & DOMESTIC CHEESE PLATTER  (3 oz. | 280 cal)
20 guest minimum | \$7.00 per guest
Wedges of imported & domestic cheeses with clusters of grapes and whole wheat crackers




CHEESE & CHARCUTERIE PLATTER (1 serving | 5-180 cal)
20 guest minimum | \$14.25 per guest
Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread, grissini and crostini

WARM PARMESAN ARTICHOKE DIP WITH BAGEL OR PITA CHIPS
(1 oz. + 2 oz. chips | 250 cal)
\$5.25 per guest


DESSERTS

COOKIES *\$12.25 per dozen*
Peanut Butter Cookie  (1 cookie | 150 cal)
Oatmeal Raisin Cookie  (1 cookie | 150 cal)
Butter Sugar Cookies  (1 cookie | 160 cal)
Carnival Cookie  (1 cookie | 170 cal)
Chocolate Chip Cookies  (1 cookie | 160 cal)
Double Chocolate Chip Cookies  (1 cookie | 160 cal)




PETITE BROWNIES AND BARS *\$17.00 per dozen*
Blondie Bar  (1 piece | 60 cal)
Chocolate Brownie Bar  (1 piece | 60 cal)
Rice Krispie Bar (1 piece | 70 cal)
Lemon Bar  (1 piece | 80 cal)

CUPCAKES *\$27.50 per dozen (minimum 1 dozen per flavor)*
Chocolate Cupcake  (1 cupcake | 260 cal)
Yellow Cupcake with Fudge Icing  (1 cupcake | 300 cal)
Red Velvet Cupcake  (1 cupcake | 310 cal)

SNACKS



TRAIL MIX  (1 oz. | 150 cal)
\$13.50 per pound

MIXED NUTS  (1 oz. | 170 cal)
\$18.25 per pound

GRANOLA BARS *\$16.00 per dozen*
Granola Bar  (1 bar | 90 cal)
Peanut Butter Granola Bar  (1 bar | 100 cal)
Oats & Honey Granola Bar  (1 bar | 90 cal)

FRUIT *12 guest minimum*
Mixed Fruit Cup  *\$5.00 per guest* (each | 35 cal)
Seasonal Sliced Fresh Fruit Platter  *\$5.00 per guest* (3 oz. | 35 cal)

Apples  *\$1.50 each* (each | 90 cal)
Bananas  *\$1.50 each* (each | 140 cal)
Orange  *\$1.50 each* (each | 70 cal)
Grapes  *\$1.50 per guest* (3 oz. | 60 cal)

CHIPS & PRETZELS *\$22.25 per dozen*
Assorted Bagged Chips  (1 bag | 190-230 cal)
Rold Gold Tiny Twist Pretzels  (1 bag | 110 cal)
Baked Potato Chips  (1 bag | 140 cal)
Assorted Sun chips  (1 bag | 210 cal)







CHEF ATTENDED CARVING STATIONS



Chef Attended stations give your guests something extra special to enjoy at your event. These stations require an attendant; our team will reach out to you to discuss. Carving Stations are prepared for a minimum of 30 guests.

THE CARVERY: BEEF CARVING STATION

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.

Roasted Rosemary Red Bliss Potatoes	 (4 oz. 120 cal)
Garlic Roasted Green Beans	 (5 oz. 60 cal)
Classic Caesar Salad	(1/2 cup 90 cal)
Yeast Dinner Rolls	 (1 roll 80 cal)
Au Jus	(2 tbsp. 0 cal)
Horseradish Mayonnaise	(1 tbsp. 80 cal)
Whole Grain Mustard	 (1 tbsp. 20 cal)

Choice of One Beef Selection:

Beef Tenderloin with Herb Crust	(3 oz. 240 cal)	\$34.25 per person + chef attendant fee
Roasted Strip Loin	(3 oz. 220 cal)	\$28.00 per person + chef attendant fee

THE CARVERY: PORK CARVING STATION \$24.00 per person + chef attendant fee

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and dinner rolls with butter.

BBQ Pork Loin	(3 oz. 230 cal)
Baked Beans	(1/2 cup 160 cal)
Country-Style Potato Salad	 (1/2 cup 190 cal)
Classic Carolina Cole Slaw	 (1/2 cup 160 cal)
Greek Salad	 (1/2 cup 10 cal)
White Dinner Rolls	 (1 roll 80 cal)
Texas Smokehouse BBQ Sauce	(2 tbsp. 20 cal)

THE CARVERY: TURKEY CARVING STATION \$22.25 per person + chef attendant fee

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls.

Roasted Turkey Breast	 (3 oz. 90 cal)
Whipped Sweet Potatoes	 (1/2 cup 150 cal)
Braised Collard Greens	 (1/2 cup 90 cal)
Cranberry Chutney	(1 tbsp. 20 cal)
White Dinner Rolls	 (1 roll 80 cal)
Whole Grain Mustard	 (1 tbsp. 20 cal)
Turkey Gravy	(2 tbsp. 10 cal)



A selection of hors d’oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate. Pricing is based on a minimum of 3 dozen per selection.

POULTRY

- CHIPOTLE MAPLE BACON-WRAPPED CHICKEN(1 each | 50 cal)
\$30.50 per dozen
- COCONUT CHICKEN SATAY (each | 30 cal)
\$26.50 per dozen
- TERIYAKI CHICKEN POTSTICKER 🍷 (1 each | 90 cal)
\$23.00 per dozen
- LEMON PEPPER CHICKEN SKEWERS (1 each | 45 cal)
\$37.50 per dozen

PORK

- “ABSOLUETLY NOT”
BACON WRAPPED BREADSTICKS (each | 245 cal)
\$30.25 per dozen/maximum 15 dozen per order
- BACON, FIG & SMOKED GOUDA TARTLET (each | 60 cal)
\$20.25 per dozen
- PULLED PORK SLIDERS (each | 180 cal)
\$23.25 per dozen
- ASIAN STYLE PORK MEATBALL (1 canape | 45 cal)
\$11.50 per dozen

SEAFOOD

- CRISPY COCONUT SHRIMP (each | 80 cal)
\$29.00 per dozen
- CRAB, ARTICHOKE & SPINACH TARTLET (each | 50 cal)
\$25.00 per dozen

BEEF

- CENTER CUT FILET OF BEEF CANAPE (1 canape | 50 cal)
\$26.00 per dozen
- CHEESEBURGER SLIDERS (each | 190 cal)
\$28.50 per dozen
- BURGER SLIDER (each | 180 cal)
\$27.00 per dozen
- BARBEQUE MEATBALLS (1 meatball + sauce | 70 cal)
\$12.00 per dozen

VEGETARIAN/VEGAN

- SPANAKOPITA (1 each | 45 cal)
\$24.00 per dozen
- VEGETABLE SAMOSAS 🍷🌱 (1 samosa | 130 cal)
\$27.25 per dozen
- VEGETABLE EGG ROLL 🍷 (1/2 egg roll | 180 cal)
\$24.00 per dozen
- FRIED RAVIOLI 🍷 (1 ravioli | 90 cal)
\$21.25 per dozen

HORS D’OEUVRES:
A LA CARTE



COLD HORS D’OEUVRES

- COOL SALMON CANAPES (1 canapé | 60 cal)
\$25.00 per dozen
- CURRIED CHICKEN & GOLDEN RAISIN
TARTLETS (1 phyllo cup | 140 cal)
\$28.50 per dozen
- CUCUMBER ROUNDS WITH FETA
& TOMATO 🍷 (1 piece | 40 cal)
\$23.25 per dozen
- CARAMELIZED ONION & WHITE BEAN
CROSTINI 🍷 (1 slice | 120 cal)
\$20.25 per dozen
- GOAT CHEESE & HONEY
PHYLLO CUPS 🍷 (1 phyllo cup | 90 cal)
\$27.25 per dozen
- SHRIMP COCKTAIL WITH CAJUN
REMOULADE (shrimp + sauce | 190 cal)
\$29.00 per dozen



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BEVERAGES

HOT BEVERAGES - PER GALLON

Served with appropriate condiments.

Coffee and Hot Tea Service	(12 oz. 0-5 cal)
\$4.00 per guest	
Brewed Regular Coffee	(12 oz. 0-5 cal)
\$19.00 per gallon	
Brewed Decaffeinated Coffee	(12 oz. 0-5 cal)
\$19.00 per gallon	
Tea Bags with Hot Water	(12 oz. 0-5 cal)
\$17.25 per gallon	
Hot Cocoa Mix with Hot Water	(1 pack 80 cal)
\$17.50 per gallon	
Hot Chocolate Supreme	(8 oz. 190 cal)
\$22.25 per gallon	
Hot Apple Cider	(8 oz. 120 cal)
\$26.50 per gallon	

JUICE

Orange Juice	(8 oz. 15 cal)
\$18.00 per gallon	
Apple Juice	(8 oz. 110 cal)
\$18.00 per gallon	
Cranberry Juice	(8 oz. 25 cal)
\$18.25 per gallon	
Cranberry Juice Cocktail	(8 oz. 100 cal)
\$18.00 per gallon	
Fresh Orange Juice	(8 oz. 110 cal)
\$18.50 per gallon	
Chilled Apple Cider	(8 oz. 110 cal)
\$26.00 per gallon	

PUNCH

Orange Blossom Punch	(8 oz. 170 cal)
\$21.00 per gallon	
White Grape Sparkling Punch	(8 oz. 100 cal)
\$22.00 per gallon	
Fruit Punch	(8 oz. 120 cal)
\$21.50 per gallon	

TEA & LEMONADE

Brewed Iced Tea	(8 oz. 0 cal)
\$18.00 per gallon	
Sweet Iced Tea	(8 oz. 15 cal)
\$18.00 per gallon	
Country Time Lemonade	(8 oz. 5 cal)
\$16.50 per gallon	
Strawberry Lemonade	(8 oz. 90 cal)
\$22.00 per gallon	

WATER STATION

Ice Water with Lemons, Limes & Oranges	(8 oz. 0 cal)
\$7.00 per gallon	
Orange Infused Water	(8 oz. 0 cal)
\$7.50 per gallon	
Cucumber Mint Infused Water	(8 oz. 0 cal)
\$7.50 per gallon	

INDIVIDUAL BEVERAGES

Assorted Juice	(each 80-170 cal)
\$3.50 each	
Bottled Water	(each 0 cal)
\$3.00 each	
Sparkling Water	(each 0 cal)
\$3.50 each	
Assorted Canned Soda, Regular and Diet	(each 5-160 cal)
\$2.00 each	

PLANNING YOUR EVENT



Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. Use this information to understand processes, procedures, and expectations as we work together to achieve a smoothly executed and memorable catered event. Our experienced event planning specialists are very consultative and are happy to answer your questions and assist you in planning every detail. We look forward to serving you!

ARRANGING AND RESERVING A DATE AND LOCATION

When you have a catered event in mind, please contact us as soon as possible. Even if you are not yet sure of such details like the exact event, date, event location and number of guests that will be in attendance, it's a good idea to touch base with us as early in the process as possible. Contact our catering manager at least 14 days before the event. You can reach Susan Hammons by phone at (918) 343-6868 or by email at Susan.Hammons@sodexo.com.

Some catering arrangements through Flavours by Sodexo can be made by phone, or by email; other catering arrangements require an in-person appointment with our Catering Team. It's easy to get in touch with Flavours by Sodexo about your catering needs.

Here are the options:

Visit Our Office: You may visit us in person at the Sodexo Food Services Office in the Dr. Carolyn Taylor Center at Rogers State University. Our office hours are Monday through Friday, from 8:00 AM - 4:00 PM. Please be aware that we are closed on some holidays.

Give us a Call: You may speak with Catering Manager by calling (918) 343-6868.

Send us an Email: You may email our Catering Manager at Susan.Hammons@sodexo.com.

MENU PLANNING AND PRICING

Our menus feature offerings to meet a wide range of preferences and dietary needs including Sodexo's healthy, award-winning Mindful menus. Please advise the catering coordinator of all dietary restrictions that require accommodation.

Note: *Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to accommodate all dietary issues while maintaining seamless service.*

List pricing includes eco-friendly service ware; a quote can be provided for alternate service ware. Prices are subject to change based on meeting guest minimums and product availability. Prices reflect services available during normal business days in accordance with the university calendar. Please contact the catering office for pricing for events held on campus holidays and breaks.

We are proud of our stewardship in providing fresh sustainable offerings and purchasing seasonal regionally sourced ingredients whenever possible. Please discuss your menu preferences with our event specialists; a quote will be provided upon request for a chef-designed menu focusing on local, seasonal ingredients.

CONFIRMATIONS, REVISIONS & CANCELLATIONS

Confirmations: No less than 14 days from the scheduled catered event, you must sign a Banquet Event Order. You will also be asked to provide us with a "final" number of guests that will attend your event no later than 72 hours out from the event; the "estimated" number will be used if you don't know the "final" number. This document will outline the terms of your agreement with our Catering Office and include all event details and requirements, including time, date, location, menu selections, number of attendees, professional services, equipment, and staffing. You will be billed for the final guaranteed headcount unless the headcount increases on the day of the event. An 18% service charge is added to all contracts, covering tables, chairs, setup, teardown, and any required waitstaff for the event. This charge does not include additional staff, bartenders, or banquet chefs.

Cancellations: No less than 5 days from the scheduled catered event, please make us aware of any event changes or if your event needs to be canceled. If you do not contact us with a final guest count within 3 business days, we will prepare for the estimated number and charge accordingly. Please be advised that if we are notified of your changes or cancellation after this deadline, you will be responsible for expenses already incurred by the Catering Office.

PAYMENT

All catered functions for non-university groups must be secured with payment before they can occur. A non-refundable deposit equal to 50% of the total cost of the catered event is due 2 weeks prior to your scheduled event. The final balance is due no later than one week after the final bill is created or no more than 5 business days after the event has ended, whichever comes first. Accepted forms of payment include Visa, Master Card, American Express, cash, check, department accounts and foundation accounts.

DELIVERY FEES

There is no delivery fee for catering services held within the RSU Dr. Carolyn Taylor Center. Deliveries outside the building will be subject to a \$25.00 or 10% delivery fee, whichever is greater, not to exceed \$150.00. Off campus delivery fees will be based on distance.

SERVICE STAFF & ATTENDANTS

To ensure that your event is a success, catering staff will be provided with all meals served and some buffets. If additional time is needed, a fee of \$35.00 per hour, per attendant, will apply. If additional attendants are needed, additional charges of \$35.00 per hour, per server, with a minimum of four hours. Continental breakfasts, breaks, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guests and are included in the per person price. All waited meal servers are included. Served meals are priced on an individual basis.

THE CHARGE FOR EACH STAFF MEMBER IS:

Attendants/Waitstaff \$35.00 per staff member/per hour (minimum 4 hours)
Station Chefs \$35.00 per chef/per hour (minimum 4 hours)
Bartenders \$35.00 per bartender/per hour (minimum 4 hours)
Special Request Attendants \$25.00 (cake cutters) (minimum 1 hour)

CATERING EQUIPMENT

We offer a full range of catering equipment to provide a professional image while serving your event. As the host of the catered event, you are responsible for the equipment we have provided for the service of your catered event. The cost to replace any missing or damaged catering equipment or supplies will be charged to your account. For very large events, specialty equipment may need to be rented at an additional charge.

CHINA SERVICEWARE

We provide China service for all buffets and plated meals located inside the RSU Dr. Carolyn Taylor Center, unless otherwise requested or noted. We provide high quality plastic products by request.

LINENS

We provide all linens and skirting for your catered event. There will be an additional charge for special request linens; special requests linens are ones that we cannot get through our linen provider and will have to go outside of our provider to attain. Please speak with our catering manager about such requests no later than 2 weeks before your catered event. At that time, we will review what you require for your catered event and give up-to-date pricing on requested special linen.

BAR SERVICES

Alcohol Policy

Bars are provided following university/college policies and state law.

All alcoholic beverages must be provided and served by Flavours Serv-Safe and TIPS trained personnel and consumed in designated areas. Guest proof of age will be required. Flavours reserves the right to refuse service of alcoholic beverages to any person. Shots or pitchers of alcohol are not available for events hosted on campus.

Alcohol Policy

A full bar setup (if liquor is planned) at a dinner or reception is \$100.00 per full bar set-up. All necessary bar items, except alcohol, are provided with this charge, including nonalcoholic beverages, ice mixers, napkins and/or appropriate glassware. We recommend at least one bartender for every 75 guests for Beer and Wine service. The charge for a bartender is \$30.00 per hour with a 4-hour minimum.

GUEST ACCOMMODATION

Flavours is not an allergen free facility; guests with severe allergies should be alerted to maintain safety. Every effort will be made to meet all dietary requests while maintaining seamless service. Dietary restrictions are requested a minimum of one (1) week in advance. Questions about dietary accommodation should be directed to Susan Hammons in advance of the event by calling (918) 343-6868 or by email at Susan.Hammons@sodexo.com.

Please advise of any guests requiring mobility accommodation for proper set up for their safety and comfort.

FLOWERS AND DÉCOR

Apart from the flowers and décor we have available for rent, the customer will need to arrange and source their own flowers and décor for the event.

We look forward to collaborating with you to create a memorable event and welcome your guests.

FLAVOURS

TASTE : SUCCESS

Susan Hammons - Sodexo

Catering Coordinator

(918) 343-6868

Susan.Hammons@sodexo.com

<https://rsu.sodexomyway.com/catering>