Breaks

The Healthy Alternative
$7.49 per person
- Apples 60 Cal each
- Oranges 50 Cal each
- Banana 110 Cal each
- Pear 100 Cal each
- Individual Yogurt Cup 50-150 Cal each
- Trail Mix 200 Cal each
- Granola Bars 100 Cal each

Energy Break $3.99 per person
- Granola Bars 150 Cal each
- Fruit Filled Bars 160 Cal each
- Breakfast Bars 250 Cal each

Assorted Craveworthy Cookies
$15.49 per dozen
(250-310 Cal each)

Bakery-fresh Brownies
$15.49 per dozen
(250 Cal/2.25 oz. serving)

Beverages
- Includes appropriate condiments
- Hot Water with Assorted Tea Bags (0 Cal/serving) $10.99 per gallon
- Starbucks Regular Coffee (0 Cal/serving) $22.99 per gallon
- Starbucks Decaffeinated Coffee (0 Cal/serving) $22.99 per gallon
- Bottled Juice (OJ, Cranberry, Grapefruit) (110-170 Cal each) $2.29 each
- Assorted Sodas (Canned) (0-150 Cal each) $1.79 each

Contact Us Today
773.508.6035
catering@luc.edu
http://www.luc.edu/catering/

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

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Sunrise Starters

- Include appropriate condiments

**TOP PICK**

**Healthy Choice Breakfast**

- $8.49 per person
- Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day:
  - Individual Cereal Cups
  - 140-260 Cal each
  - Milk
  - 120 Cal each
  - Banana
  - 110 Cal each
  - Assorted Individual Yogurt Cups
  - 50-150 Cal each

**Basic Beginnings**

- $7.49 per person
- Choice of one (1) Breakfast Pastry served with Iced Water and Starbucks Coffee, Decaf and Hot Tea
  - 0 Cal/8 oz. serving

**A La Carte**

- Include appropriate condiments

**Meeting All Day**

**Full Day Classic**

- Start out with the Quick Start Breakfast, served with an assortment of breakfast baked goods, assorted spreads, salad, and gourmet coffee or tea.
- For Lunch, enjoy either the Main Event Sandwich Buffet or the Salad Affair Gourmet Salad Buffet served with accommodate and desserts.

**Quick Start Breakfast**

- $8.99 per person
- Choice of three (3) Breakfast Pastries served with Fresh Seasonal Sliced Fruit, Assorted Juices and Bottled Water and Starbucks Coffee, Decaf and Hot Tea
  - Assorted Muffins: 400-510 Cal each
  - Assorted Danish: 200-430 Cal each
  - Assorted Scones: 430-470 Cal each
  - Assorted Bagels: 170-360 Cal each
  - Fresh Seasonal Sliced Fruit: 40 Cal/2 oz. serving
  - Assorted Juice: 110-170 Cal each
  - Bottled Water: 0 Cal
  - Starbucks Coffee, Decaf and Hot Tea: 0 Cal/8 oz. serving

**Favorite Lunch Packages**

- Include appropriate condiments

**TOP PICK**

**The Main Event**

- $13.99 per person
- Your choice of three (3) selections from our choice of Classic Sandwiches served with Choice of Side Salads, Chips, Assorted Craveworthy Cookies, Iced Water and Iced Tea
  - Classic Sandwiches: 140-750 Cal each
  - Tossed Salad: 50 Cal/3.5 oz. serving
  - Side Salads: 25-330 Cal each
  - Individual Bag of Chips: 100-160 Cal each
  - Assorted Craveworthy Cookies: 350 Cal each
  - Iced Tea: 5 Cal/8 oz. serving
  - Iced Water: 0 Cal/8 oz. serving

**Deli Express**

- $10.49 per person
- Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads, Chips, Assorted Craveworthy Cookies and Beverages
  - Deli Platter (Turkey, Roast Beef, Ham, Tuna)
  - 25-30 Cal/4 oz. serving
  - Cheese Tray (Cheddar & Swiss)
  - 110 Cal/1 oz. serving
  - Relish Tray (Lettuce, Tomato, Onion, Pickles, Peppers, Celery)
  - 0-20 Cal/2 oz. serving
  - Assorted Baked Bread rolls & Rolls
  - 110-160 Cal each
  - Side Salads
  - 25-330 Cal each
  - Individual Bags of Chips
  - 100-160 Cal each
  - Assorted Craveworthy Cookies
  - 250-310 Cal each
  - Bottled Water
  - 0 Cal

**Classics**

- Includes appropriate condiments

**A Salad Affair**

- $12.39 per person
- Your choice of three (3) selections from our assortment of Classic Entree Salads served with Fresh Bread, Fresh Seasonal Fruit, Assorted Craveworthy Cookies, Bottled Water and Iced Tea
  - Classic Entree Salad: 240-350 Cal each
  - Bakery Fresh Roll: 160 Cal each
  - Fresh Seasonal Sliced Fruit: 40 Cal/2.5 oz. serving
  - Assorted Craveworthy Cookies: 250-310 Cal each
  - Iced Tea: 5 Cal/8 oz. serving
  - Iced Water: 0 Cal/8 oz. serving

**Classic Box Lunch - Sandwich**

- $10.99 per person
- Your choice of Classic Sandwich served with Potato Chips, Craveworthy Cookies and Bottled Water
  - Classic Selection Sandwich: 140-750 Cal each
  - Individual Bag of Chips: 100-160 Cal each
  - Assorted Craveworthy Cookies: 250-310 Cal each
  - Bottled Water: 0 Cal

**Side Salads**

- Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (38 Cal/4 oz. serving)
- Roasted Corn and Black Bean Salsa with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic (120 Cal/4 oz. serving)
- Roasted Sweet Potato Salad with Green Chiles, Scallions, Celery, Red Peppers and Fresh Cilantro tossed in spicy Caribbean Jerk Seasoning (120 Cal/4 oz. serving)
- White Bean Herb Salad with Bell Peppers, Green Onions, Fresh Basil & Paisley tossed in a Balsamic Vinaigrette (90 Cal/3.3 oz. serving)
- Red-skinned Potato Salad with Egg, Celery and Spanish Onions in a Seasoned Mayonnaise Dressing (240 Cal/4 oz. serving)

2000 calories a day is used for general nutrition advice, but calorie needs may 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.