

catering idea book



Metz
CULINARY MANAGEMENT



welcome

We are excited to provide you with our catering menus to assist in planning your event. All menus are only a suggestion and represent some of our popular selections. We continually develop menus and events incorporating regional preferences and cutting-edge culinary trends. Our commitment is to customize menus for your occasion. From a formal dinner to meeting break refreshments, we will offer creative menus, elegant presentations and thoughtful service to provide your guest with a memorable dining experience.



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BREAKFAST MENU *suggestions*

continental breakfast

- ❖ Assorted fresh baked pastries, bagels & cream cheese
- ❖ Orange, apple or cranberry juice
- ❖ Special house blend and decaffeinated coffees
- ❖ Hot tea

hot breakfast with the works

- ❖ Scrambled eggs
- ❖ Bacon and sausage
- ❖ Hash browns
- ❖ Assorted fresh baked pastries
- ❖ Fresh fruit tray, yogurt and granola
- ❖ Orange, apple or cranberry juice
- ❖ Special house blend and decaffeinated coffees
- ❖ Hot tea

deluxe continental breakfast

- ❖ Assorted fresh baked pastries
- ❖ Bagels and cream cheese
- ❖ Fresh fruit tray, yogurt and granola
- ❖ Orange, apple or cranberry juice
- ❖ Special house blend and decaffeinated coffees
- ❖ Hot tea



LUNCH MENU

suggestions

fast track lunch

- ❖ Choose your sandwich, select two sides and a dessert
- ❖ Each "Fast Track" lunch will be plated on disposable ware or on china (with flatware and cloth napkin) with accompaniments, lettuce, tomato slices, pickle spear, bottled water or soda

sandwich selections

- ❖ Italian herb breast of chicken
- ❖ Turkey club
- ❖ Crilled veggie with sun-dried tomato olive spread
- ❖ Roast beef and cheddar
- ❖ Veggie club
- ❖ Albacore tuna salad
- ❖ Gourmet chicken salad

salads & side item selections

- ❖ Cole slaw
- ❖ Classic potato salad
- ❖ Pasta salad
- ❖ Wheat berry & quinoa
- ❖ Potato chips
- ❖ Fresh fruit salad
- ❖ Cup of the soup of the day
- ❖ Mediterranean toasted cous cous salad

dessert selections

- ❖ Fresh baked cookies
- ❖ Lemon bars
- ❖ Double chocolate brownies
- ❖ Low fat granola yogurt parfait



LUNCH

buffets

build your own sandwich

- ❖ Assorted deli meats featuring ham, roast beef and breast of turkey
- ❖ Variety breads
- ❖ Cheddar, pepper jack and swiss cheeses
- ❖ Sliced tomatoes, lettuce, onion, pickles
- ❖ Potato chips
- ❖ Assorted cookies, brownies or lemon bars
- ❖ Iced tea, water, coffee

soup & salad

Choice of two soup selections

- ❖ Featuring minestrone, chicken noodle, cream of broccoli, chili and italian wedding
- ❖ Caesar or chef salad
- ❖ Assorted crackers
- ❖ Fresh vegetable tray with dip
- ❖ Assorted cookies, brownies or lemon bars
- ❖ Iced tea, water, coffee

it's a wrap

- ❖ Flour tortilla wraps stuffed with variety of filling: Caesar chicken, Italian, buffalo chicken, tomato basil, tuna salad, turkey club
- ❖ Fresh vegetable tray with dip
- ❖ Assorted cookies, brownies or lemon bars
- ❖ Iced tea, water, coffee



SERVED & BUFFET *menu*



Select a menu from our most popular options listed below or a Metz representative can help design a menu. For buffet meals, an additional charge will be added to the most expensive entrée desired.

entrée selections

HERB ROASTED CHICKEN

Marinated chicken roasted with fresh herbs, garlic and lemon

WILD MUSHROOM VEGETABLE LASAGNA

Between layers of pasta lie wild mushrooms and vegetables; with alfredo sauce and mozzarella cheese

FILLET OF TILAPIA WITH TOMATO BRUSCHETTA

A tilapia fillet topped with tomato, capers and herbs

NY STRIP STEAK WITH ROASTED SHALLOT SAUCE

Hand cut beef strip loin; grilled and served with fire-roasted shallot sauce

CHICKEN MARSALA

Lightly breaded chicken breast with marsala sauce

FILET MIGNON

Hand cut beef tenderloin wrapped in smokehouse bacon; grilled and served with tarragon butter

PORK LOIN - HONEY & ROSEMARY GLAZED

Pork loin seasoned with our special rub and fresh rosemary; slow roasted to perfection

SMOKED COUDA CHICKEN BREAST

Breast of chicken stuffed with caramelized onion and smoked gouda cheese; lightly breaded and pan-fried

CARVED ROAST BEEF

Carved or sliced herb crusted USDA Grade A beef; slow roasted with fresh herbs

GRILLED VEGETABLE RATATOUILLE

Served in portabello mushroom cap with tomato coulis

GRILLED SALMON

Served with tomato leek sauce

BAKED PENNE BOLOCNESE

Pasta baked with slow cooked meat sauce and topped with three cheeses

FRIED CHICKEN

Marinated and battered chicken, deep-fried until golden brown

CARVED SUN-DRIED TOMATO ROASTED TURKEY

Breast of turkey rubbed and roasted with sun-dried tomatoes and fresh herbs



starch selections

- ❖ Baked potato
- ❖ Wild rice
- ❖ Escalloped potatoes
- ❖ Oven roasted sweet potatoes
- ❖ Herbed brown rice
- ❖ Rice pilaf
- ❖ Herbed new potatoes
- ❖ Red skin mashed potatoes
- ❖ Twice baked potato
- ❖ Candied sweet potatoes

vegetable selections

- ❖ Whole green beans
- ❖ Honey glazed baby carrots
- ❖ Buttered corn
- ❖ Steamed fresh broccoli florets
- ❖ Crilled asparagus
- ❖ Crilled fresh vegetables
- ❖ Steamed fresh cauliflower florets
- ❖ Roasted squash

salad selections

- ❖ Mixed field greens salad
- ❖ Cole slaw
- ❖ Spinach salad with strawberries
- ❖ Pasta salad
- ❖ Fruit salad with poppy seed dressing
- ❖ Bacon and ranch potato salad
- ❖ Crilled asparagus and lemon salad
- ❖ Portobello mushroom and pepper salad
- ❖ Caesar salad

DESSERT

selections

The following dessert selections are subject to change depending on seasonality.

- ❖ Peanut butter silk pie
- ❖ Apple pie
- ❖ Carrot cake with cream cheese frosting
- ❖ French silk pie
- ❖ Crème brûlée
- ❖ Fruit cobbler
- ❖ Chocolate mousse
- ❖ New York style cheesecake
- ❖ Strawberry shortcake



THEMED BUFFET MENU *suggestions*

italian

- ❖ Choice of meat lasagna or meat ravioli
- ❖ Vegetable lasagna
- ❖ Two pastas {choice of penne, spaghetti, rotini or ziti}
- ❖ Two sauces {choice of marinara, alfredo, roasted garlic, pesto or prima rosa}
- ❖ Tuscan vegetables
- ❖ Bread {choice of bread sticks or French bread}
- ❖ Italian or Caesar salad
- ❖ Choice of dessert

caribbean

- ❖ Jerk chicken
- ❖ Maui ribs
- ❖ Hawaiian rice
- ❖ Caribbean vegetables
- ❖ Fresh fruit or vegetable tray
- ❖ Mixed green salad assorted dressings and toppings
- ❖ Pineapple cake
- ❖ Sweet rolls and butter

barbecue cookout

- ❖ Grilled chicken or bbq ribs
- ❖ Hot dogs, hamburgers or brats {with peppers and onions}
- ❖ Baked beans
- ❖ Mini corn on the cob
- ❖ Homemade chips
- ❖ Pasta salad
- ❖ Potato salad
- ❖ Appropriate condiments
{Lettuce, tomato, mustard, mayo, ketchup and pickles}
- ❖ Cookies and brownies



asian

- ❖ Stir fried rice or pasta
- ❖ Spicy glazed chicken
- ❖ Korean style beef
- ❖ Vegetable egg rolls
- ❖ Assorted sauces condiments
{sweet & sour, soy, thai sweet hot, cashew, teriyaki, sesame oil, wasabi, red pepper flakes}
- ❖ Oriental noodle salad
- ❖ Fortune cookies

mexican

- ❖ Build your own tacos
{hard and soft taco shells with taco meat, shredded lettuce, diced tomatoes, shredded cheese, diced onions, sliced olives, salsa and sour cream}
- ❖ Tortilla chips
- ❖ Cheese enchilada casserole
- ❖ Spanish rice
- ❖ Mexican corn
- ❖ Refried beans
- ❖ Mexican layer salad
- ❖ Choice of dessert

RECEPTION HORS D'OEUVRE MENU *suggestions*

The following suggestions represent our most popular items. Items are priced per person. Please consult your Metz representative to help plan your reception menu and quantity of each menu item.

assorted cold

CHEESE & CRACKER TRAY

Assorted domestic and imported cheese with crackers

FRESH FRUIT TRAY

Cut seasonal fruit with yogurt dip

FRESH VEGETABLE TRAY

Seasonal vegetables with dip

ASSORTED SLIDER SANDWICHES

Roast beef, turkey and ham, sliced thinly and served on fresh baked rolls with lettuce leaf and tomato; condiments can be served on the sandwiches or on the side

ANTIPASTO SKEWERS

Marinated Italian vegetables and fresh mozzarella on skewer

SMOKED SALMON AND DILL ROULADE

Cream cheese, chopped capers, fresh dill and thinly sliced smoked salmon wrapped in herbed flour tortilla

MEDITERRANEAN HUMMUS AND OLIVES

Traditional hummus with marinated olives

SHRIMP COCKTAIL

Shrimp served with fresh cocktail sauce

assorted hot

BRUSCHETTA

Toasted baguette with fresh tomato, garlic and olive oil

HOT SPINACH ARTICHOKE DIP WITH GRILLED PITA CHIPS

Spinach artichoke dip with grilled pita chips

BUFFALO CHICKEN DIP

Spicy layered dip served with tortilla chips

STUFFED MUSHROOMS

Choice of meatless herbed filling or sausage spinach filling

ASSORTED BRUSCHETTA

Slices of toasted baguette topped with assorted fresh herbs and veggies

CHICKEN SATAY WITH THAI PEANUT SAUCE

Strips of chicken breast in a peanut ginger marinade, then broiled

COAT CHEESE TARTLETS

Mini phyllo tart shells baked with goat cheese, sun-dried tomato and chive filling

BBO MEATBALLS

Traditional meatballs lightly coated with our custom BBO sauce

MINI CHICKEN CORDON BLEU

Fresh chicken wrapped with ham and swiss

PHILLY CHEESESTEAK EMPANADAS

Shaved steak and cheese in a baked pastry pocket

MINI BEEF WELLINGTON

Filet mignon with sautéed mushrooms wrapped in puff pastry

MARINATED SCALLOPS

Marinated sea scallops wrapped in bacon and broiled

SPRING ROLLS

Homemade spring rolls made with chicken, vegetable, pork or shrimp filling

SPINACH SAUSAGE CHEESE PHYLLO TARTLETS

Mini phyllo tart shells baked with spinach Italian sausage cheese filling

MINI CRAB CAKES

Spiced with old bay and rémoulade sauce

BRIE AND RASPBERRY IN PHYLLO

Fresh raspberries with melted brie wrapped in flaky-phylllo dough

SPANAKOPITA

A classic and delectable spinach pie with feta cheese and onions wrapped in phyllo





RECEPTION HORS D'OEUVRE MENU *suggestions*

bake shop

CHEESE STRAWS

Delicate pastry straws with asiago

CHOCOLATE DIPPED STRAWBERRIES

Plump strawberries dipped in chocolate (white or dark)

PETITE COURMET COOKIES

Assorted petite cookies made with only the finest ingredients

{chocolate chunk, rocky road, oatmeal raisin and macadamia nut}

PETIT FOURS AND MINI ITALIAN CAKES

The finest mini Italian cakes and French petit fours made

FRESH BAKED COOKIES

Chocolate chip, sugar and peanut butter

LEMON BARS

The perfect blend of sweet and tart

DOUBLE CHOCOLATE BROWNIES

Rich chocolate brownies with toasted walnuts

CAKE DECORATED 1/2 OR FULL SHEET

Decorated 1/2 sheet cake or full sheet cake

OLD FASHIONED OATMEAL RAISIN BARS

Special recipe of an old favorite

LEMON COCONUT BARS

Thin, crisp bar with a delicate taste of lemon and coconut

PECAN BARS

If you like pecan pie, you will love these gems

beverages

ICED TEA

Iced tea with sugar and sweet-n-low
on the side

BOTTLED WATER

20 oz bottled water

SPECIAL HOUSE BLEND COFFEE- DECAFFEINATED

Fresh brewed decaffeinated coffee with
cream, sugar and sweet-n-low on the side

SPECIAL HOUSE BLEND COFFEE

Fresh brewed coffee with cream, sugar and
sweet-n-low on the side

PUNCH

Red tropical punch

ASSORTED SODAS

Assorted 12 oz canned sodas

LEMONADE

APPLE JUICE

ORANGE JUICE

CRAPE JUICE

CITRUS ICED TEA

HOT CHOCOLATE

METZ FLAVORED WATERS



B R E A K M E N U

suggestions

hot spot

- ❖ Fresh brewed coffee
- ❖ Decaffeinated coffee
- ❖ Herbal tea selection

more than a meeting

- ❖ Assorted fresh baked cookies
- ❖ Brownies
- ❖ Lemon bars
- ❖ Seasonal fresh fruit tray
- ❖ Tortilla chips and salsa
- ❖ Assorted juices
- ❖ Bottled water
- ❖ Sodas



little nibble

- ❖ Dried fruits
- ❖ Cranberry chocolate popcorn
- ❖ Trail mix
- ❖ Pretzels

afternoon refresher

- ❖ Assorted fresh baked cookies
- ❖ Assortment of bar cookies
- ❖ Assorted sodas
- ❖ Hot tea

on the go

- ❖ Assorted candy bars
- ❖ Nutrigrain fruit bars
- ❖ Granola bars
- ❖ Basket of whole fruit

sweet spot

- ❖ Assorted mousse (with toppings)
- ❖ Fresh baked cookies
- ❖ Lemonade

notes:

executive
dinners



employee
appreciation
luncheons



business
meetings



receptions



group
gatherings



welcome
celebrations



fresh

delicious

food



