

Breakfast Menus

Continental Breakfast

We serve a wonderful compilation of assorted fresh pastries and fresh fruit.

Breakfast Croissant

Eggs, cheese, and ham are served on a warm, flaky croissant with fresh fruit.

Breakfast Pizza

We start off with a crust, top it with salsa and then pile it high with scrambled eggs, cheddar cheese and breakfast sausage. The pizza is served with fresh fruit.

Breakfast Burrito

Say, “Olé!” with this tasty mixture of scrambled eggs, cheese, fresh peppers and diced ham wrapped in a flour tortilla served with fresh fruit.

Home-Style Egg Bake Casserole

Freshly baked egg and bread casserole topped with cheddar cheese and bacon crumbles. Breakfast is completed with fresh fruit.

Breakfast Buffet

Your choice of French toast, waffles or pancakes lead off a buffet of scrambled eggs, hash-browned potatoes, sausage or bacon, fresh fruit and freshly baked pastries.

Regular or decaffeinated coffee, ice water and fresh fruit juices are included with all breakfasts.

Lunch Menus



The Lighter Side

Greek Chicken Salad

Grilled seasoned chicken breast over mixed greens, tomato wedges, red onion, feta cheese, black olives, and sliced banana peppers served with your choice of dressings. A wedge of pita bread compliments this salad.

Southwestern Chicken Caesar Salad

Crisp romaine lettuce with chicken breast, roasted corn and red pepper, and shredded pepper jack cheese and topped with corn tortilla crisps is served with chili spiced Caesar dressing. Fresh fry bread is served on the side.

BLT Avocado Club Salad

Chopped romaine lettuce, fresh tomatoes wedges, avocado, and shredded jack cheese are topped with toasted croutons and crispy bacon then drizzled with red pepper ranch dressing. A warm garlic breadstick accents this salad.

Soup or Chili in a Bread Boule

Homemade chili, broccoli-cheddar or wild rice soup is served in a sour dough round and is accompanied nicely by fresh veggie sticks.

All light lunches include regular or decaffeinated coffee, ice water and dessert consisting of bars or cookies.

Lunch Menus



Sandwiches

Club Croissant

Lean sliced turkey breast, bacon, lettuce, tomato and Swiss cheese are served on a flaky croissant with pasta salad. Chips and a pickle spear are also served on the side.

Honey Mustard Chicken Wrap

A flavored flour tortilla filled with crispy chicken, lettuce, tomato, and honey mustard dressing. Chips and a pickle spear are also served on the side.

Chipotle Steak and Cheese PO' Boy

Philly style steak with caramelized and frizzled onions, provolone cheese, and roasted red peppers with chipotle mayonnaise on a French demi roll and served with kettle chips and deli pickle spear.

Marinated Chicken Breast Sandwich

Marinated grilled chicken is topped with a sun-dried tomato mayonnaise, lettuce, and tomato on a herbed foccacia round and served with your favorite pasta salad.

Design Your Own Sandwich Buffet

Generous portions of assorted sliced deli meats and cheeses with fresh toppings are presented for you to make your own sandwich on fresh baked breads. A pasta salad, condiments, potato chips and a dessert will round out the buffet. Add your favorite home-made soup for an additional charge.

All sandwich lunches include a serving of pasta salad, chips and a deli pickle, regular or decaffeinated coffee, ice water and dessert consisting of bars or cookies.

Lunch Menus



Hot Lunches

Italian Lasagna

Layered lasagna noodles smothered between meat and mozzarella cheese are served with a Caesar salad and bread stick.

Pacific Rim Stir Fry

Fresh cut vegetables stir fried in oriental sauce mixed with your choice of marinated chicken, pork, or beef served over fluffy white rice, and accompanied with egg rolls and a fortune cookie.

Cajun Chicken Ziti

Spicy seasoned chicken, broccoli, red and green peppers, tossed in a creamy sauce are ladled over a bed of Ziti pasta and finished off with a side Caesar salad and a warm garlic breadstick.

The *Wild Pizza* Buffet

Pizzas made from scratch with all your favorite toppings. A Caesar salad, bread sticks and pitchers of soda complete the meal.

All hot lunches include regular or decaffeinated coffee, ice water and dessert consisting of bars or cookies.

Box Lunches

Budget Box Lunch

A freshly baked sub roll sandwich with sliced turkey or ham, American cheese and lettuce packed with condiments, chips, cookies and a soda.

Sub Box Lunch

A freshly baked sub roll with sliced ham, turkey, salami or roast beef, American cheese and lettuce sandwich and condiments packed with chips, baby carrots, fresh fruit, cookies and a soda.

Croissant Box Lunch

A flaky croissant sandwich of sliced ham, turkey, salami or roast beef, American cheese and lettuce packaged with chips, pasta salad, fresh fruit, brownie, a soda and condiments.

Dinner Menus



Buffets

Home-Style Buffet

You may select two choices of roast beef, ham, turkey or baked chicken which are offered with your choice of whipped, baked or au gratin potatoes. The menu is rounded out by two of our specialty salads, steamed vegetables and freshly baked dinner rolls, regular and decaffeinated coffee and ice water.

Mexican Buffet

You may select two choices of chimichangas, enchiladas, taco salad or chicken fajitas. The buffet is served with Spanish rice, refried beans, tortilla chips and all the toppings as well as regular and decaffeinated coffee and ice water.

Italian Buffet

Italian lasagna is served with pasta and your choice of two of our homemade topping sauces. Caesar salad, fresh garlic breadsticks, steamed vegetables, regular and decaffeinated coffee and ice water are also offered with this buffet.

Oriental Buffet

Beef or chicken stir fry, teriyaki chicken breast, egg rolls, steamed white rice, fried rice, and oriental vegetable blend are presented for you to enjoy. Top your meal off with regular and decaffeinated coffee, ice water and a fortune cookie.

Country Cook-Out

We feature a quarter-pound hamburger, bratwurst, baked beans, potato chips, two of our specialty salads, fresh baked brownies, regular and decaffeinated coffee and lemonade.

Old-Fashioned Picnic

This picnic features a quarter-pound hamburger, BBQ chicken breast, baked beans, potato chips, two of our specialty salads, fresh baked brownies, regular and decaffeinated coffee and lemonade.

Dinner Menus



Classics

Chicken Breast Mornay

Tender breast of chicken is served with a mornay sauce, a blend of wild rice and glazed baby carrots.

Stuffed Pork Chops

Loin chops are stuffed with herb dressing and baked to perfection are served with steamed vegetables and baked potato.

Roast Turkey

Roasted breast of turkey is served with herb dressing, whipped potatoes and gravy and steamed corn.

Virginia Baked Ham

Virginia pit ham is roasted to perfection and served with rosemary potatoes and green beans.

Roast Beef

Succulent roast beef is served with whipped potatoes and gravy and steamed corn.

Fettuccini Alfredo (vegetarian)

Alfredo sauce is ladled over fettuccini pasta and presented with steamed broccoli and carrot blend with a garlic breadstick. For those who do not choose the vegetarian option, grilled chicken or shrimp could also be added to this dinner for an additional charge.

Dinner salad and a choice of dressings, freshly baked dinner rolls with regular and decaffeinated coffee and ice water complete your classic dinner. Your choice of our dessert options may also be added.

Dinner Menus



Fine Dining

Basil and Bacon Wrapped Chicken

A chicken breast is wrapped with bacon and fresh basil and baked to perfection. This dinner is served with rosemary roasted potatoes and tarragon green beans with red peppers.

Chicken Cordon Bleu

This chicken is stuffed with ham and Swiss cheese then lightly breaded and baked. The entrée is served with a blend of wild rice and glazed baby carrots.

Grilled Halibut

Our white fish is seasoned and grilled until it flakes, then served with a blend of wild rice and California vegetables.

Stuffed Pork Tenderloin

The tenderloin is stuffed with either wild rice blend or herb dressing and slow roasted. The meat is served with julienne vegetable medley.

London Broil

A seasoned and grilled flank steak is topped with bordelaise sauce and served with oven-browned baby potatoes and steamed vegetables.

Prime Rib

Succulent beef is seasoned and baked to your preference and served with twice baked potatoes and California blend vegetables.

Dinner salad and a choice of dressings, freshly baked dinner rolls with regular and decaffeinated coffee and ice water complete your fine dining meal. Please see the dessert menu for those options. Some special alternatives are:

Spring salad featuring oranges and almonds

Spinach salad with walnuts

Raspberry vinaigrette dressing

Hot bacon dressing

French petit rolls

Desserts

Home-Style Desserts

Cherry Cheesecake
Freshly Baked Fruit Pies
Assorted Cream Pies
Apple Crisp

Gourmet Desserts

Black Forest Cake
New York Cheesecake
Raspberry Cheesecake
Carrot Cake
Chocolate Mousse

Ala Carte Menus

Reception Menus

Fresh Fruit Tray
Small or Large
Fresh Vegetable Tray
Small or Large
Meat, Cheese and Cracker Tray
Small or Large
Cheese and Cracker Tray
Small or Large
Deli Meat Tray
Small or Large
Deli Meat and Cheese Tray
Small or Large
Baby Croissant Sandwiches
Party Bun Sandwiches

Specialty Salads

Snicker Salad
Potato Salad
Fresh Fruit Salad
Cookie Salad
Macaroni Salad
Crab Salad
Italian Pasta Salad
Coleslaw
Honey Mustard Pasta Salad
California Pasta Salad

Snacks

Pretzels
Popcorn
Snack Mix
Tortilla Chips and Salsa
Potato Chips and Dip
Cookies
Traditional Bars
Gourmet Bars
Mixed Nuts
Mints

By the Dozen

Muffins—jumbo, regular, mini
Caramel or Cinnamon Rolls
Raised or Cake Donuts
Coffee Cake
Breakfast Breads
Turnovers
Mini Bagel Bites
Bagels

Beverages by the Gallon

Coffee—regular or decaffeinated
Hot Tea
Ice Water with Lemon
Raspberry Iced Tea
Apple Cider or Apple Juice
Orange Juice
Grape Juice
Punch
Lemonade
Milk—2% or skim

Bottled Beverages

Coca-Cola products
Water
Assorted Juices
Milk—2% or skim



General Information

for off-campus groups

Sodexo Campus Services at Valley City State University has a catering staff that is capable of creating the right menu and atmosphere for your special event. This brochure contains information that will assist you in that planning. The menus we have listed are the ones most frequently requested. If you have special requests, our catering staff will be happy to work with you to provide further selections tailored to your individual tastes and preferences.

Reservations

We have found that early coordination and advanced planning can only enhance your special event. For receptions and banquets we ask that you make reservations at least 10 working days in advance of the event. For smaller events please allow no less than three working days. A credit card number will be needed to secure your booking. Your reservations may be made by contacting Sodexo Campus Food Services at 845-7130.

Billing

Please be prepared to give a final attendance count 24 hours prior to your event. This count is your guarantee number. We will prepare and set for 10% over that amount to help be ready for those who fail to confirm their attendance. On the final billing, you will be charged for NOT LESS THAN 100% of the guaranteed number or actual attendance, whichever is greater.

Other Charges

Delivery
Extra Table Linens
Flowers

Cancellations

There is no charge for cancellations made at least 24 hours before the event. Cancellations made within the 24 hours before your event are subject to a service charge according to the nature of the event.

Payment

Payment is due at the time of the completion of your event. Accepted forms of payment are credit card (Visa, MasterCard, American Express and Discover), check or cash.

Locations

Room reservations are made with the VCSU Student Center Information Desk at 845-7122. Fees may apply for room rentals.



General Information

for on campus VCSU groups

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If your campus department is sponsoring an on-campus event AND you book 10 Days in advance you will receive a 10% reduction in your food cost. By booking early you will help us ensure that we have the necessary products and staffing to help make your event a success.

Billing

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Other Charges

Delivery outside of the Student Center
Extra Table Linens
Flowers

Cancellations

There is no charge for cancellations made at least 24 hours before the event. Cancellations made within the 24 hours before your event are subject to a service charge according to the nature of the event.

Locations

Room reservations are made with the VCSU Student Center Information Desk at 845-7122. Fees may apply for room rentals.