



FLAVOURS

by **sodexo**^{*}

CAMDEN COUNTY COLLEGE



FLAVOURS

TASTE : SUCCESS

In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

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 exceeds the expectations of everyone we serve. We accomplish this by focusing on service, performance and guest satisfaction throughout the entire Flavours experience.

Our team of catering professionals are specially trained to assist you with planning your event, focusing on every aspect to ensure quality and consistency. Our culinary team has created a variety of healthy and delicious menus to fit a wide range of budgets and tastes, including choices featuring organic and/or sustainable selections. They also take great pride in using the best possible local and seasonal ingredients, regional favorites and specialty items that will make your event a complete success.

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 us by phone at (856) 374-4965, email us at sodexo@camdencc.edu or visit our website at www.camdencc.edu to view our dining catering guide.

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

We can also accomodate Gluten Free requests.

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; both high quality plastic serveware and china are available, upon request. Freshly Brewed Wawa Coffee (8 fluid oz. | 0 cal), Wawa Decaffeinated Coffee (8 fluid oz. | 0 cal) and Bigelow Herbal and Non-Herbal Teas (8 fluid oz. | 0 cal) to include Decaffeinated Bigelow Tea (8 fluid oz. | 0 cal) with Hot Water are included. These menus are available for groups of 10 or more.

CONTINENTAL

CHOOSE TWO:

Assorted Breakfast Breads 	(1 slice 200 - 280 cal)	Coffee Cake 	(1 square 240-450 cal)
Mini Scones	(1 each 180-210 cal)	Danish	(1 each 270 cal)
Cinnamon Rolls 	(1 each 110 - 450 cal)	Assorted Bagels 	(1 bagel 200-280 cal)

Cream Cheese,

Low-Fat Cream Cheese, Flavored Cream Cheese, Butter, Margarine and Assorted Jellies

Chilled Bottles of Orange Juice	(10 fluid oz. 140 cal)
Cranberry Juice	(10 fluid oz. 170 cal)
Apple Juice	(10 fluid oz. 140 cal)

BREAKFAST BUFFET

CHOOSE TWO:

Mini Croissants 	(1 each 280 - 310 cal)
Assorted Muffins	(1 each 330 - 450 cal)
Low-Fat Muffins 	(1 each 160 - 210 cal)
Assorted Breakfast Breads 	(1 slice 370 - 400 cal)
Coffee Cake 	(1 square 240 - 450 cal)
Assorted Bagels 	(1 bagel 200 - 280 cal)

Cream Cheese, Low-Fat Cream Cheese, Flavored Cream Cheese, Margarine, Butter and Assorted Jellies

Home Fries  (4 oz. | 150 cal) or O'Brien Potatoes  (4 oz. | 190 cal)



CHOOSE TWO:

Crispy Bacon	(1 slice 50 cal)
Sausage	(2 links 100 cal)
Turkey Link Sausage	(2 links 70 cal)

CHOOSE ONE:

Cage-Free Scrambled Eggs 	(4 oz. 190 cal)
Western Scrambled Eggs	(4 oz. 160 cal)
Scrambled Eggs with Cheddar 	(4 oz. 240 cal)

ADD ON:

Pancakes   (2 each | 260 cal) or Traditional French Toast with Warm Maple Syrup and Melted Butter  (3 halves | 200 cal)

Chilled Bottles of Orange Juice	(10 fluid oz. 140 cal)
Cranberry Juice	(10 fluid oz. 170 cal)
Apple Juice	(10 fluid oz. 140 cal)

A FRESH NEW START



HEALTHY START

Seasonal Cubed Fresh Fruit  

(4 oz. | 50 cal)

Non-Fat Greek Yogurt Parfaits Made with Fresh Berries and Low-Fat Granola (1 each | 200 - 360 cal)

Multi-Grain Bars and Granola Bars  (1 each | 90 - 160 cal)

Whole Wheat Bagels, Low-Fat Cream Cheese and Assorted Jellies (1 each | 60 - 100 cal)

Chilled Bottles of Orange Juice (10 fluid oz. | 140 cal)

Cranberry Juice (10 fluid oz. | 170 cal)

Apple Juice (10 fluid oz. | 140 cal)

OMELET STATION

Upon request, the following items can be added to any of the breakfast menus. These menus are available for groups of 20 or more.


Cage-Free Eggs  (2 eggs | 140 cal)

Ham  (2 tbsp. | 20 cal)

Bacon  (2 tbsp. | 50 cal)

Feta Cheese  (1 oz. | 70 cal)

Diced Tomatoes (1 oz. | 5 cal)

Egg Whites   (4 oz. | 60 cal)

Turkey Sausage (2 tbsp. | 15 cal)

Shredded Cheddar (1 oz. | 110 cal)

Seasonal Garden Vegetables (varies by season)

All will be prepared by one of our talented culinarians.

A LA CARTE SELECTIONS

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

FROM THE BAKERY *per dozen*

ASSORTED FRESHLY HOUSE-BAKED MUFFINS

Blueberry	(1 muffin 390 cal)
Corn 	(1 muffin 350 cal)
Lemon Poppy Seed	(1 muffin 400 cal)
Cappuccino Chocolate Chunk	(1 muffin 450 cal)
Banana Walnut 	(1 muffin 430 cal)

ASSORTED BREAKFAST BREADS & COFFEE CAKES

Banana Nut Bread 	(1 slice 370 - 400 cal)
Apple Streusel Coffee Cake 	(1 square 260 cal)
Blueberry Sour Cream Coffee Cake 	(1 square 310 cal)

ASSORTED DANISH

(1 each | 270 cal)

ASSORTED BAGELS with Whipped Flavored Cream Cheese and Jellies

(1 bagel | 210 - 310 cal)

HOUSE-BAKED COUNTRY BISCUITS with Butter, Margarine, Honey and Jellies

(1 each | 160 - 450 cal)

ASSORTED DOUGHNUTS

(1 each | 280 - 310 cal)

ASSORTED MINI SCONES

(1 each | 180 - 210 cal)

STICKY BUNS

(1 each | 790 cal)

STARTERS

INDIVIDUAL ASSORTED YOGURTS & LOW-FAT GREEK YOGURT

(1 each | 90 - 180 cal)

INDIVIDUAL FRUIT YOGURT PARFAITS WITH LOW-FAT GRANOLA

(1 each | 200 - 360 cal)

SEASONAL SLICED FRESH FRUIT

(4 oz. | 50 cal)

Small 15-25

Medium 25-50

Large 50-75

FIRST THINGS FIRST

GRILLED EXPRESS BREAKFAST SANDWICH

Choice of One:

- Bagels  (1 each | 280 cal)
Toasted English Muffins  (1 each | 110 cal)

Choice of One:

- Scrambled Eggs and Cheese  (4 oz. | 240 cal)
Scrambled Eggs  (4 oz. | 190 cal)

Choice of One:

- Pork Sausage Patty (1 patty | 140 cal)
Turkey Sausage Patty (1 slice | 30 cal)
Bacon (1 slice | 50 cal)
Ham  (1 slice | 30 cal)

GRILLED EXPRESS BREAKFAST TACO

Choice of One:

- Flour Tortilla  (1 each | 210 cal)

Choice of One:

- Scrambled Eggs and Cheese  (4 oz. | 240 cal)

Choice of One:

- Pork Sausage Patty (1 patty | 140 cal)
Bacon (1 slice | 50 cal)

Accompanied by

- Shredded Cheddar Cheese  (1 oz. | 110 cal)
Sour Cream  (1 tbsp. | 30 cal)

- Wheat Tortilla  (1 each | 180 cal)

- Scrambled Eggs  (4 oz. | 190 cal)

- Turkey Sausage Patty (1 slice | 30 cal)
Ham  (1 slice | 30 cal)

- Fresh Salsa  (2 oz. | 15 cal)



















FIRST
THINGS FIRST

A LA CARTE SELECTIONS

ADD ONS

The following items can be added onto any of the breakfast menus to create a custom menu for any occasion. These add ons are available for groups of 10 or more.

HOME FRIES WITH CARAMELIZED ONIONS 	(4 oz. 150 cal)
ROASTED SWEET POTATOES 	(4 oz. 170 cal)
HARD BOILED EGGS 	(1 each 70 cal)
INDIVIDUAL BISCUIT QUICHES	
Quiche Lorraine	(1 each 370 cal)
Western Quiche	(1 each 370 cal)
BREAD PUDDINGS	
Bacon and Cheddar	(1 square 560 cal)
WHEAT BERRY PECAN CRUNCH FRENCH TOAST  	(3 halves 380 cal)
OATMEAL BAR	
Steel Cut Oatmeal 	(8 oz. 170 cal)
Served with a Choice Of Four:	
Strawberries  	(2 oz. 15 cal)
Dark or Light Brown Sugar 	(1 oz. 110 cal)
Raisins  	(1 oz. 80 cal)
Dried Cranberries  	(1 oz. 90 cal)
Chocolate Chips 	(1 oz. 150 cal)
Choice of Milk:	
Whole	(3 fluid oz. 60 cal)
2%	(3 fluid oz. 45 cal)
Non-Fat	(3 fluid oz. 30 cal)

REFRESH AND
REJUVENATE



High quality plastic serveware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Appropriate accoutrements provided.

COFFEE AND TEA SERVICE

Coffee Service includes Freshly Brewed Wawa Coffee, Decaffeinated Coffee and Bigelow Herbal and Non-Herbal Teas to include Decaffeinated Bigelow Tea with Hot Water (8 oz. | 0 cal)

HOT BEVERAGES

16 servings per gallon

Freshly Brewed Wawa Coffee and Decaffeinated Coffee (8 oz. | 0 cal)
Freshly Brewed Flavoured Wawa Coffee and Decaffeinated Coffee (8 oz. | 0 cal)
Bigelow Herbal and Non Herbal Teas to include Decaffeinated Bigelow Tea with Hot Water (8 oz. | 0 cal)
Hot Chocolate (8 oz. | 200 cal)

COLD BEVERAGES

16 servings per gallon

Orange Juice (10 oz. | 140 cal)
Cranberry Juice (10 oz. | 170 cal)
Apple Juice (10 oz. | 140 cal)
Freshly Brewed Iced Sweet Tea (8 oz. | 20 cal)
Freshly Brewed Unsweetened Iced Tea (8 oz. | 0 cal)
Lemonade (8 oz. | 130 cal)

Bottled Water (8 oz. | 0 cal)
Sparkling Waters (12 oz. | 0 cal)
Bottled Fruit Juice: (10 oz. | 140-170 cal)
Orange, Cranberry, Apple
Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0 - 180 cal)



GREENS
TO GO

PREMIUM TAKEAWAY SALADS

All Salads are served with choice of a Crusty Roll and Butter, Pita Wedges or Toasted Flatbread, Large Cookie (1 each | 160 - 170 cal), Seasonal Fresh Fruit Cup 🍓🍌 (4 oz. | 45 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). High quality plastic serviceware is included; eco-friendly serviceware and china are also available, as is plated service, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

CAESAR SALAD (1 salad | 490 cal)

Add Grilled Breast of Chicken

Add Grilled Portobello

COBB SALAD (1 salad | 770 cal)

Mounds of Smoked Turkey, Avocado, Cage-Free Hard-Boiled Egg and Crispy Bacon on Mixed Greens with Focaccia Croutons and Chunky Bleu Cheese Dressing

CHEF SALAD (1 salad | 600 cal)

Ham, Smoked Turkey, Cheddar, Cage-Free Hard-Boiled Egg and Sweet Potato Hay on a Bed of Mixed Field Greens

SOUTHWESTERN GRILLED CHICKEN SALAD 🍓 (1 salad | 290 cal)

Crisp Romaine, Grilled Chicken, Black Bean Salsa, Cheddar Jack and Baked Tortilla Strips with Avocado Chipotle Dressing



MOVABLE
FEAST

PREMIUM TAKEAWAY SANDWICHES

All Box Lunches include a Bag of Chips and a choice of one (1 serving | 15-380 cal): Pasta Salad (3 oz. | 120 cal), Country-Style Potato Salad (3 oz. | 140 cal), Italian Cucumber Salad (4 oz. | 90 cal), Large Cookie (1 each | 160 - 170 cal) and Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-180 cal), or Bottled Water (20 oz. | 0 cal). High quality plastic serveware is included; china is also available, upon request. Services include delivery, linen-draped service tables, set up and clean up. 10 guest minimum per menu selection.

THE DELI (1 sandwich | 280 cal)

Craft Your Own Deli Sandwich with Choice of Artisan Breads of White or Whole Wheat, Multigrain Sandwich Flat or Croissant, Deli Meats of Oven Roasted Turkey Breast, Low-Sodium Turkey, Roast Beef, Ham, Tuna Salad, a Selection of Cheeses of Provolone, American or Swiss and an Assortment of Fresh Toppings of Lettuce and Sliced Tomato or Grilled Provençal Vegetable Sandwich

TWISTED BEEF AND HORSE RADISH WRAP 🥗 (1 sandwich | 320 cal)

Herb Crusted Roast Beef with Bistro Sauce, Caramelized Red Onions, Lettuce and Tomato Wrapped in a Whole Grain Tortilla

ROASTED VEGETABLE MULTIGRAIN SANDWICH 🥗 (1 sandwich | 410 cal)

Roasted Squash, Peppers and Red Onion Complimented by Hand-Mixed Herbed Goat Cheese with Field Greens on a Multigrain Roll

SPICY ITALIAN BAGUETTE (1 sandwich | 600 cal)

Artisan Baguette Stacked High with Slices of Genoa Salami, Capicola Ham and Pepperoni Spiced with Chef's Hot Pepper Mayonnaise

BUFFALO CHICKEN WRAP (1 sandwich | 370 cal)

Tangy Buffalo Chicken, Bleu Cheese, Tomato, Romaine, Chopped Celery and Fat-Free Ranch in a Carb-Friendly Whole Wheat Wrap

THE LIGHTER CHICKEN CAESAR WRAP (1 sandwich | 350 cal)

Grilled Chicken Breast, Romaine, Whole Wheat Croutons, Parmesan and Low-Fat Caesar Dressing in a Tortilla

TWISTED TURKEY WRAP 🥗 (1 sandwich | 300 cal)

Roast Turkey, Cranberry Sauce, Bistro Sauce, Spinach and Tomato Rolled in a Flax Seed and Herb Encrusted Whole Grain Tortilla



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

All Luncheons and Dinners include a choice of Salad or Starter, Two Accompaniments, Freshly Baked Dinner Rolls (1 roll | 30 cal) and Butter, choice of Dessert, Freshly Brewed Wawa Coffee, Decaffeinated Coffee, Herbal and Non-Herbal Bigelow Teas with Hot Water and Freshly Brewed Iced Tea (8 oz. | 0 cal). China service is also available. Services include delivery, linen-draped service tables, set up and clean up. All entrées are available buffet style, upon request.

CHICKEN

ROASTED CHICKEN FLORENTINE (1 plate | 410 cal)

Butterflied Chicken Breast Prepared with a Florentine Filling of Ricotta, Provolone and Tender Baby Spinach

GRILLED CHICKEN WITH BRUSCHETTA TOPPING (1 plate | 360 cal)

Balsamic-Glazed Chicken Breast Grilled, then Topped with a Colorful, Classic Tomato Basil Bruschetta Salad

TRADITIONAL CHICKEN PICCATA (1 plate | 380 cal)

Lightly Dredged Chicken Breast Sautéed with Tangy Capers and Fresh Parsley in a Sauterne Lemon Butter Sauce

BEEF AND PORK

BALSAMIC GRILLED FLANK STEAK WITH ROASTED ROSEMARY MUSHROOM SAUCE (1 plate | 360 cal)

Chef-Selected Flank Steak Tenderized in Classic Balsamic Vinaigrette Marinade Served with Mushrooms Sautéed with Olive Oil, Fresh Rosemary and Garlic Added to a Simmering Plum Tomato Base

BRAISED SHORT RIBS (1 plate | 390 cal)

Boneless Beef Short Ribs Marinated with Shallots, Carrots, Leeks and a Splash of Orange Juice Braised to Perfection

PAN-SEARED PORK TENDERLOIN WITH APPLES & ONIONS (1 plate | 530 cal)

Pan-Seared Pork Tenderloin Covered in a Savory Apple and Onion Sauce with a Hint of Lemon Zest, Brown Sugar and Nutmeg



AT YOUR
SERVICE

SERVED LUNCHEONS AND DINNERS

COMBINATION PLATE

GRILLED BEEF TENDERLOIN & CRAB CAKE WITH A DEMI DIJON MUSTARD SAUCE (1 plate | 560 cal)

Tenderloin of Beef Dusted with Salt, Pepper, Rosemary and Parsley, then Charred for a Light Smoky Flavor and Light, Crispy Crab Cakes with a Crunchy Crust Served with a Stone Ground Mustard Sauce

SEAFOOD

BROILED SALMON WITH TWO SALSAS 🌱 (1 plate | 310 cal)

Broiled Skin-On Salmon with a Zesty Zucchini Salsa with Mint and a Bi-Color Cherry Tomato Salsa with Chives

PARMESAN-CRUSTED TILAPIA WITH CHIVE BUTTER SAUCE (1 plate | 560 cal)

Roasted Tilapia Fillets with a Parmesan Bread Crumb Crust, Served with a Generous Dollop of Chive Butter

GARLIC SHRIMP SKEWERS (1 plate | 350 cal)

Succulent Shrimp Skewer Basted with Zesty Garlic Butter and Fresh Italian Parsley

VEGETARIAN

VEGETABLE WHOLE WHEAT PASTA PRIMAVERA 🌱 (1 plate | 340 cal)

Al Dente Whole Wheat Pasta Tossed with Sautéed Zucchini, Broccolini, Heirloom Tomatoes and Onions in a Creamy Béchamel

EGGPLANT ROULADE WITH WILD MUSHROOMS AND TOFU 🌱🌱 (1 plate | 580 cal)

Eggplant Roulade with a Peppery Wild Mushroom and Tofu Medley, a Roasted Plum Tomato Sauce and Caramelized Onion Polenta

SMOKED GOUDA FARFALLE 🌱 (1 plate | 510 cal)

A Casserole of Farfalle Pasta Hand-Prepared with Fresh Spinach, Savory Smoked Gouda and Grated Parmesan Cheeses

ENTRÉE ACCOMPANIMENTS

SALADS AND STARTERS

Market House Salad with Homemade Croutons and Balsamic Vinaigrette	✓	(1 salad 110 cal)
Iceberg Wedge with Maytag Bleu Cheese	✓	(1 salad 130 cal)
Caesar Salad with Anchovies and Homemade Croutons	✓	(1 salad 160 cal)
Fresh Mozzarella and Tomato Stack with Fresh Basil	✓	(1 salad 430 cal)
Greek Salad with Feta Cheese and Balsamic Vinaigrette	🌱 ✓	(1 salad 190 cal)

SIDES

Choice of One:

Grilled Balsamic Zucchini	🌱 ✓	(4 oz. 60 cal)
Roasted Root Vegetables	🌱 ✓	(4 oz. 60 cal)
Chef's Choice of Seasonal Vegetable		(4 oz. 30 - 130 cal)

Choice of One:

Roasted Fingerling Potatoes	✓	(4 oz. 180 cal)
Horseradish Mashed Yukon Potatoes	✓	(4 oz. 120 cal)
Vegetable Risotto	✓	(4 oz. 210 cal)
Lemon Rice	🌱 ✓	(4 oz. 140 cal)

IN GOOD COMPANY



DESSERTS

Chocolate Fudge Cake
Lemon Meringue Pie
Dutch Apple Pie
Lattice Top Blueberry Pie

(1 slice | 590 cal)
(1 slice | 300 cal)
(1 slice | 450 cal)
(1 slice | 320 cal)

ADDITIONAL OPTIONS:

Apple Caramel Bread Pudding
Cookies and Cream Cheesecake

(1 each | 210 cal)
(1 slice | 520 cal)

BOUNTIFUL BUFFETS

Design your Platters from these menus that are presented buffet style. Assorted Bottled Coca-Cola Soft Drinks, Regular and Diet (20 oz. | 0-250 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal) are included. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; china is also available, upon request. Add Soup du Jour with Crackers for an additional charge. These menus are available for groups of 10 or more.

SIGNATURE SALADS

These Delicious Salad Creations Have Been Proven to be Most Popular with Our Customers and Come Complete with:

Fresh Baked Crusty Rolls	(1 roll 100 cal)
Crispy Pita Wedges	(2 oz. 190 cal)
Flatbreads	(1/4 flatbread 70 cal)
Assorted Crackers	(1 package 25 cal)
Butter	(2 chips 110 cal)
A Selection of Oversized Cookies	(1 cookie 160-180 cal)
Scrumptious Brownies	(1 bar 190-510 cal)
or Assorted Bars	(1 bar 60-380 cal)

CHOOSE ONE SALAD:

Classique Niçoise Salad 🍽️	(1 salad 200 cal)
Napa Valley Chicken Salad 🍽️	(1 salad 290 cal)
Grilled Chicken Tabbouleh Salad 🍽️	(1 salad 240 cal)
Greek Salad 🍽️	(1 salad 190 cal)
Cobb Salad	(1 salad 770 cal)
Italian House Wedge Salad	(1 salad 180 cal)
Caesar Salad 🍽️	(1 salad 490 cal)
with Grilled Chicken	(3 oz. 110 cal)

CHOOSE TWO ADDITIONAL SALADS:

Market Salad with Balsamic Vinaigrette 🍽️	(1 salad 110 cal)
Italian Cucumber Salad 🌱	(4 oz. 90 cal)
Seasonal Fresh Fruit Salad 🍽️	(4 oz. 45 cal)
Apple Fennel Slaw 🍽️	(4 oz. 90 cal)
Minted Cucumber Salad 🍽️	(4 oz. 20 cal)
Orzo and Pepper Salad 🍽️	(4 oz. 170 cal)
Artichoke Hearts with Italian Parsley 🍽️ 🌱	(4 oz. 60 cal)
Broccoli & Cavatelli Salad 🍽️	(4 oz. 120 cal)
Farmhouse Potato Salad 🍽️	(4 oz. 220 cal)
Antipasto Platter 🍽️	(1 serving 340 cal)
Vegetarian Antipasto Platter 🍽️	(1 serving 190 cal)
Seasonal Crudité with	(2 oz. 15 cal)
Hummus 🌱	(1 oz. 50 cal)
Ranch Dip 🌱	(2 oz. 110-190 cal)

HANDCRAFTED SANDWICHES

Your Choice of Three Delicious Sandwich Creations are Skillfully Arranged and Accompanied by:

One Salads

Assorted Bags of Chips

Oversized Cookies

Scrumptious Brownies

Assorted Bars

A Selection of Oversized Cookies

or Fresh In-Season Fruit Cups

Sandwiches are Cut Diagonally Enabling Guests to Mix & Match their Choices.

(1 bag | 130-320 cal)

(1 cookie | 60-380 cal)

(1 bar | 190-510 cal)

(1 bar | 60-380 cal)

(1 cookie | 160-180 cal)

(4 oz. | 45 cal)

CHOOSE THREE HANDCRAFTED SANDWICHES:

Turkey and Sharp Cheddar on Kaiser

Roast Beef and Cheddar on Ciabatta

Twisted Beef & Horseradish Wrapped in Whole Grain 🍞

Tuscan Grilled Chicken Breast on Multigrain Roll 🍞

Picnic Grilled Chicken Sandwich on Parisian Roll

Southwestern BBQ on Ciabatta

Roasted Vegetables on Multigrain Roll 🍷

Tabbouleh Hummus Pita 🍷

Dijon Cage-Free Egg Salad on Pumpernickel Bread 🍷

(1/2 sandwich | 180 cal)

(1/2 sandwich | 250 cal)

(1/2 wrap | 160 cal)

(1/2 sandwich | 260 cal)

(1/2 sandwich | 220 cal)

(1/2 sandwich | 310 cal)

(1/2 sandwich | 200 cal)

(1/2 sandwich | 280 cal)

(1/2 sandwich | 180 cal)

CHOOSE ONE SIDE SALADS:

Market Salad with Balsamic Vinaigrette 🍷

Seasonal Fresh Fruit Salad 🍞

Apple Fennel Slaw 🍞

Minted Cucumber Salad 🍞

Orzo and Pepper Salad 🍞

Artichoke Hearts with Italian Parsley 🍷🌱

Farmhouse Potato Salad 🍷

Seasonal Crudit  with

Hummus 🌱

Ranch Dip 🌱

(1 salad | 110 cal)

(4 oz. | 45 cal)

(4 oz. | 90 cal)

(4 oz. | 20 cal)

(4 oz. | 170 cal)

(4 oz. | 60 cal)

(4 oz. | 220 cal)

(2 oz. | 15 cal)

(1 oz. | 50 cal)

(2 oz. | 110-190 cal)

MAGNIFICENT
MORSELS



SPECIALTY BUFFETS

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; china is also available, upon request. These menus are available for groups of 10 or more.

DELI BUFFET

Choice of Two Salads:

Creamy Cole Slaw with Apples	(4 oz. 100 cal)
Potato Salad	(4 oz. 190 cal)
Balsamic Vinaigrette	(2 oz. 90 cal)
Assorted Breads and Rolls	(2 slices 140-200 cal) (1 roll 160-180 cal)
Sliced Roasted Turkey	(3 oz. 90 cal)
Buffet Ham	(3 oz. 90 cal)
Salami	(3 oz. 200 cal)
American Cheese	(1 slice 50 cal)
Sliced Swiss Cheese	(1 slice 50 cal)
Leaf Lettuce	(1 slice 0 cal)
Sliced Onions	(2 rings 0 cal)
Mayonnaise	Dijon Mustard

Assorted Individual Bags of Chips (1 bag | 130-320 cal)

Assorted Cookies (1 cookie | 160-180 cal)

Freshly Brewed Iced Tea and Sweet Tea

*Add Soup du Jour with Crackers (1 package | 25 cal)

Seasonal Fresh Fruit Salad 🍓	(4 oz. 45 cal)
Market Salad with Homemade Croutons 🍷	(1 salad 110 cal)
Low-Fat Ranch Dressing	(2 oz. 110 cal)
Multigrain Sandwich Wrap	(1 wrap 180 cal)
Low-Sodium Turkey	(3 oz. 90 cal)
Roast Beef	(3 oz. 140 cal)
Provolone Cheese	(1 slice 70 cal)
Sliced Tomato	(1 slice 0 cal)
Dill Pickles	(1 spear 5 cal)

OLD FASHIONED BBQ

Baked Barbecued Chicken	(1 quarter 290 cal)
Barbecued Beef Brisket	(4 oz. 310 cal)
Country Potato Salad 🍓 🍷	(4 oz. 120 cal)
Ranch Style Baked Beans	(4 oz. 160 cal)
Cornbread 🍓 🍷	(4 oz. 120 cal)
Brownies	(1 brownie 200 cal)
Seasonal Fresh Fruit Salad 🍓 🍷	(4 oz. 45 cal)
Freshly Brewed Iced Tea, Sweet Tea or Lemonade	



FESTIVE FLAIR

LITTLE ITALY

Caesar Salad with Homemade Croutons
Assorted Rolls and Butter
Sautéed Fresh Zucchini
Pasta Bar with Spaghetti (4 oz. | 200 cal) and Penne Pasta (4 oz. | 200 cal)
Marinara Sauce (2 oz. | 20 cal) and Pesto Cream Sauce (2 oz. | 150 cal)
Home-Style Meatballs in Marinara Sauce
Traditional Chicken Cacciatore
Parmesan Cheese
Cannoli
Assorted Canned Soft Drinks, Regular and Diet or Freshly Brewed Iced Tea

(1 salad | 460 cal)
(1 roll | 90 cal)
(4 oz. | 50 cal)

(2 meatballs + 1 oz. sauce | 190 cal)
(1 quarter | 400 cal)
(1 oz. | 120 cal)
(1 cannoli | 320 cal)

BUILD YOUR OWN BUFFET

Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, set up and clean up. High quality plastic serveware is included; china is also available, upon request. Build Your Own Buffet by selecting - One Salad, Two Entrées, Two Sides, Two Desserts and Two Beverages. Add an additional Entrée for \$5.00 per guest. Waited service is available upon request. These menus are available for groups of 15 or more.

SALADS

CHOOSE ONE:

Market House Salad with a Choice of Two Dressings: Ranch, Italian, Honey Mustard and Low-Fat Ranch Dressing 
(1 salad | 110-370 cal)


Greek Salad   (1 salad | 190 cal)

Caesar Salad  (1 salad | 460 cal)

Includes Assorted Dinner Rolls with Butter (1 roll | 90 cal)

ENTRÉES

POULTRY

Chicken Marsala  (1 entrée | 280 cal)

Fried Chicken Breast Parmesan (1 entrée | 470 cal)

Apricot Glazed Roasted Turkey (1 entrée | 140 cal)

BEEF

Braised Beef Sicilian (1 entrée | 310 cal)

Caramelized Onion Meatloaf (1 entrée | 210 cal)

PORK

Roast Pork Loin with Mustard Herb Crust (1 entrée | 300 cal)

SEAFOOD

Citrus Baked Tilapia  (1 entrée | 180 cal)

Broiled Salmon with Dill Butter (1 entrée | 270 cal)

VEGETARIAN

Vegetarian Lasagna (1 entrée | 290 cal)






Vegetable Whole Wheat Pasta Primavera (1 entrée | 340 cal)

CUSTOMIZED CREATIONS











SIDES

CHOOSE ONE (4 oz. serving):

Oven-Roasted Herbed Red Potatoes 	(4 oz. 130 cal)
Garlic-Mashed New Potatoes 	(4 oz. 120 cal)
Rice Pilaf 	(4 oz. 150 cal)
White Rice 	(4 oz. 140 cal)
Olive Oil and Garlic Spaghetti 	(4 oz. 380 cal)

CHOOSE ONE (4 oz. serving):

Balsamic Herb Roasted Vegetables 	(4 oz. 110 cal)
Lemon Garlic Broccoli 	(4 oz. 60 cal)
Sautéed Zucchini  	(1 each 50 cal)
Glazed Carrots  	(4 oz. 120 cal)
Variety of Seasonal Vegetables 	(4 oz. 40-120 cal)
Fresh Green Beans 	(4 oz. 40 cal)

DESSERTS

CHOOSE TWO:

Double Chocolate Layer Cake	(1 slice 350 cal)
Chocolate Mousse	(1 scoop 90 cal)
Cora's Red Velvet Cake	(1 slice 760 cal)
Assorted Cookies and Brownies	(1 serving 160-510 cal)
Assorted Pies	(1 slice 350-520 cal)

BEVERAGES

Freshly Brewed Wawa Coffee	(8 fluid oz. 0 cal)
Decaffeinated Coffee	(8 fluid oz. 0 cal)
Bigelow Herbal and Non-Herbal Teas	(1 tea bag 0 cal)
Decaffeinated Bigelow Tea with Hot Water	(1 tea bag 0 cal)

CHOOSE TWO:

Assorted Canned Soft Drinks, Regular and Diet
Iced Water Station
Freshly Brewed Iced Tea

HOT HORS D'OEUVRES

FROM PLATTERS TO PASSED

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

CHICKEN

Grilled Jerk Chicken Skewers	(1 each 45 cal)
Coconut Chicken with Orange Dipping Sauce	(1 each 60 cal)
Chipotle Maple Bacon-Wrapped Chicken	(1 each 50 cal)

PORK

Pork Pot Stickers with Garlic Soy Sauce	(1 each + 3 oz. sauce 50 cal)
Sausage-Stuffed Mushrooms	(1 each 20 cal)
Sausage Bites with Dijon Mustard	(1 each 300 cal)

SEAFOOD

Crab and Risotto Balls	(1 each 80 cal)
Seafood Stuffed Mushrooms	(1 each 15 cal)
Tuxedo Shrimp with Diablo Sauce	(2 each 150 cal)



SAVORY SELECTIONS

BEEF

Chimichurri Beef Skewer

Mini Cocktail Meatballs Choice of: Swedish, Barbecue or Sweet & Sour

Chipotle Beef on Tortillas with Avocado Crème

(1 each | 110 cal)

(1 each + 3 oz. sauce | 45-130 cal)

(1 each | 120 cal)

VEGETARIAN

Fried or Baked Mini Egg Rolls with Spicy Dipping Sauce

Bleu Cheese Stuffed Mushroom Caps *Contains Nuts

Artichoke Parmesan with Roasted Tomato Sauce

(1 each + 3 oz. sauce | 120-150 cal)

(1 each | 110 cal)

(1 each | 110 cal)



MAGNIFICENT
MORSELS

COLD HORS D'OEUVRES

High quality plastic serveware is included; both eco-friendly serveware and china are available, upon request. Services include delivery, linen-draped service tables, set up and clean up. Minimum of 3 dozen.

Assorted Finger Sandwiches	(1 each 40 cal)
Shrimp Cocktail with Cajun Rémolade and Cocktail Sauce	(shrimp + sauce 150 cal)
Prosciutto-Wrapped Melon with Dijon Dipping Sauce	(1 wedge + 1 tsp. sauce 100 cal)
Cool Salmon Canapés	(1 each 60 cal)
Sun-Dried Tomato and Gorgonzola Bruschetta	(1 slice 100 cal)
Cucumber Rounds with Feta and Tomatoes	(1 each 30 cal)
Roasted Garlic Hummus and Smoked Salmon Bruschetta	(1 each 110 cal)
Fresh Mozzarella and Shrimp Skewers	(1 each 230 cal)
Broccoli Rabe & Fresh Mozzarella Crostini	(1 each 200 cal)
Mini Curried Chicken Tart	(1 each 140 cal)
White Bean Crostini	(1 slice 120 cal)



DELECTABLE
DELIGHTS

GOURMET DIPS AND MORE

Services include delivery, linen-draped service tables, set up and clean up.

HOT DIPS

Sold per guest

Warm Parmesan Artichoke Dip with Bagel or Pita Chips

(1 oz. + 2 oz. chips | 250 cal)

Spinach and Crab Dip with Baguette Rounds

(1 oz. + 1 chip | 120 cal)

COLD DIPS

Sold per guest

Pico de Gallo (1 oz. | 20 cal), Fire Roasted Tomato Salsa (1oz. | 20 cal), Guacamole (1 oz. | 35 cal) and Chile con Queso (2 oz. | 60 cal) accompanied by Tortilla Chips (2 oz. | 260 cal)

COLD DISPLAYS

Small (15-25), Medium (25-50) and Large (50-75)

Fresh Farm Crudités with Ranch Dip  

(2 oz. + 2 oz. dressing | 15-190 cal)

Seasonal Cubed Fresh Fruit 

(4 oz. | 50 cal)

Domestic Cheeses with Crackers 

(2 oz. + 6 crackers | 340 cal)

Artisan Cheeses with Crackers and Baguette Rounds 

(2 oz. + 6 crackers | 280 cal)

Antipasto Platter with Crackers and Baguette Rounds

(1 serving + 1 cracker | 390 cal)

SAVORY CHEESECAKES

Please order by the Cheesecake and Torte. Served with Baguette Rounds.

(1 cracker | 25-70 cal)

Roasted Vegetable Cheesecake (serves 15-20 guests)

(1 slice | 360 cal)

HEALTHY SNACK BAR

CHOOSE TWO HEALTHY SNACKS:

Seasonal Whole Fruit

(1 piece | 70 cal)

Popcorn with Assorted Seasonings

(3 oz. | 350 cal)

Celery and Carrot Sticks

(6 sticks, 3 each | 15 cal)

Assorted Granola Bars

(1 bar | 90-160 cal)



CHEF'S
FARE

SPECIALTY AND CARVING STATIONS

Create a delightful culinary experience for your guests by adding an interactive flair. Add one or more of these chef – attended action or bar stations and watch your event come alive! Services include delivery, linen-draped service tables, set up and clean up.

SLIDER STATION

CHOOSE THREE:

Pork BBQ (1 sandwich | 330 cal), Cheeseburger (1 sandwich | 180 cal), Buffalo Chicken (1 sandwich | 290 cal)
Served with Pickles (1 chip | 0 cal), Chipotle Mayonnaise (1 tbsp. | 40 cal), Ketchup (1 tbsp. | 15 cal), Lettuce (1 leaf | 0 cal), Tomato (1 slice | 0 cal), Relish (1 tbsp. | 20 cal), Grainy Mustard (1 tbsp. | 20 cal), Honey Mustard (2 oz. | 310 cal) and Potato Chips (2 oz. | 110 cal) with Ranch Dip (1 oz. | 50-90 cal).

MASHED POTATO BAR

Yukon Gold (4 oz. | 120 cal) and Sweet Potatoes (4 oz. | 210 cal) Served with Whipped Margarine and Sour Cream.

CHOOSE FIVE:

Chopped Scallions (1 tbsp. | 0 cal) Crumbled Bacon (1 oz. | 160-170 cal), Shredded Cheddar Cheese (1 oz. | 110 cal), Country Brown Gravy (1 oz. | 10 cal), Caramelized Onions (1 oz. | 30 cal), Fried Onion Crisps (1 oz. | 50 cal), Grated Parmesan Cheese (1 oz. | 120 cal), Crumbled Gorgonzola Cheese (1 oz. | 100 cal), Toasted Pecans (1 oz. | 200 cal) or Horseradish Sauce (1 tbsp. | 20 cal).

CARVING STATIONS

Our Beef, Poultry, and Pork selections are cooked to perfection and carved by an experienced uniformed Chef. Served with wonderful sauces and condiments, as well as assorted Mini Rolls (1 roll | 70-160 cal).

Roast Breast of Turkey (3 oz. | 100 cal) with Cranberry and Orange Mayonnaise (1 oz. | 30 cal) and Creamy Dijon Mustard (2 tbsp. | 180 cal)

Roasted Beef Tenderloin (3 oz. | 220 cal) with Horseradish Aioli (1 oz. | 50 cal) and Stone Ground Mustard Sauce (1 oz. | 20 cal)



GRAND
FINALE

SWEET AND SALTY

Services include linen-draped service tables, set up and clean up.

ASSORTED HOME-STYLE COOKIES (2 cookies per serving)

Chocolate Chip	(180 cal)	Oatmeal Raisin	(160 cal)
Sugar	(170 cal)	White Chocolate Macadamia Nut	(170 cal)

BROWNIES (1 cut per serving)

Fudge	(350 cal)
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GOURMET DESSERT BARS (1 cut per serving)

Luscious Lemon Bar	(70 cal)	Chocolate Chess Bar	(260 cal)
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MULTI-GRAIN BARS AND GRANOLA BARS	(1 bar 90-160 cal)
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INDIVIDUAL BAGS OF PRETZELS AND POTATO CHIPS	(1 bag 110-230 cal)
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ASSORTED POPCORN	(1 bag 120 cal)
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MIXED NUTS WITH OR WITHOUT PEANUTS	(1 oz. 120-170 cal)
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TRAIL MIX	(1 oz. 150 cal)
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CHEESECAKE STATION

N.Y. Style Cheesecake (1 slice | 450 cal) Topped with Your Choice of Fresh Strawberries (2 oz. | 15 cal), Caramelized Apples (2 oz. | 140 cal), Fresh Blueberries (2 oz. | 30 cal) Peppermint Crunch (1 oz. | 120 cal) and Your Favorite Sauces (2 oz. | 140-200 cal)



PLAN FOR
SUCCESS

PLANNING YOUR EVENT

Flavours by Sodexo has exceptional culinary skills and extensive capabilities to satisfy a wide range of catering needs. We are passionate about food and dedicated to making sure things are as perfect as possible for your special occasion! Please use this guide 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 will be happy to answer all of your questions and concerns and assist you in planning every detail. We look forward to serving you!

HOW TO CONTACT FLAVOURS BY SODEXO

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 as 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 on in the process as possible. Some catering arrangements through Flavours by Sodexo can be made by phone or email; other catering arrangements require an in-person appointment with one of our event planning specialists. It's easy to get in touch with Flavours by Sodexo about your catering needs.

Send us an Email: Send your catering questions or order to Sodexo@camdencc.edu. We will then provide you with a quote and contract.

Visit Our Office: You may visit us in person at Camden County College, Community Center, 2nd Floor, Blackwood Location. Our office hours are Monday through Friday, 7:30 a.m.- 5 p.m. Please be aware that we are closed on some holidays.

Give us a Call: You may speak with an event planning specialist by calling (856) 374-4965.

EVENT LOCATION RESERVATION

You must make arrangements to secure a location for your event. Whether your event will be taking place on or off Camden County College campus, you will need to officially "reserve" the space in order for us to be permitted to serve you in this location. To reserve a room for an event, call (856) 374-4623 for the Camden Conference Center or (856) 374-4626 for all other locations.

EVENT TABLES, CHAIRS & OTHER EQUIPMENT

You must make arrangements to secure tables, chairs and other equipment you may need for your event. Please provide this information as you reserve your room.

EVENT CONFIRMATIONS & GUARANTEES

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; 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. If you do not provide us with a final number, we use the estimated number.

EVENT CHANGES AND CANCELLATIONS

No less than 7 days from the scheduled catered event, please make us aware of any event changes (including increases or decreases in the number of attendees) or if your event needs to be canceled. 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.

EVENT PAYMENT

Payment must be received prior to the execution of your catered event. Accepted forms of payment include Visa, Master Card, American Express, cash, check, purchase order, department accounts and foundation accounts.

If your group is not a university, college or school:

- A deposit of 75% is required two weeks prior to your scheduled event with the balance due on the day of the event.
- Standard New Jersey sales tax will be added to your bill.

If you are a tax-exempt organization:

- You must submit a copy of your tax-exemption certificate prior to the date of your scheduled event.

A person wearing a white button-down shirt is holding a tablet computer with both hands. The person is standing outdoors, with a blurred background showing a railing and some greenery. The entire image is overlaid with a complex geometric pattern of thick, light-brown lines that intersect to form various angles and shapes, creating a modern, architectural feel.

PLAN FOR
SUCCESS

DELIVERY FEES

There is no delivery fee for catering services.

SERVICE STAFF AND ATTENDANTS

All catering, continental breakfasts, breaks, lunch, dinners, and receptions are priced for self-service. Buffet style functions are staffed with one attendant for every 25 guest. Served meals and additional staff for carving/omelet stations are priced on an individual basis. Off hours event charges may apply.

CATERING EQUIPMENT

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 CHARGES

We provide high quality plastic products unless otherwise requested. There may be an additional charge for china.

FLORAL CHARGES

We will be happy to order, receive, and handle floral arrangements for you. For decorative requests, an additional fee will be determined in accordance with your specific needs.

LINENS AND SKIRTING

We provide linens and skirting for food and beverage tables at no charge. If you would like linen to be placed on guest tables for receptions, breaks, meeting tables and boxed lunches, there is an additional charge. The same applies to registration tables, name tags, head tables, and any additional table that will not be directly used for setup. We can also provide napkins to meet your color scheme for an additional charge. Specialty linens are available upon request for an additional charge.

FOOD REMOVAL POLICY

Due to health regulations, it is the policy of Flavours by Sodexo at Camden County College that excess food items from events cannot be removed from the event site. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

ALCOHOL POLICY

All alcoholic beverages must be served by our personnel and consumed in designated areas. Proof of age will be required. Flavours by Sodexo at Camden County College reserves the right to refuse service of alcoholic beverages to any person. All personnel have completed the Serve Safe Training Program for Service.

NOTES

NOTES



FLAVOURS

by *sodexo**