FOOD TO GO

(Designed for last minute meetings and events and budget conscious people.

See the next page for other suggestions and ways to save money.)

Food To Go

What is Food To Go?

Food To Go is the most economical catering service that A Taste for All Seasons

Catering Provides to the College Campus Community.

No substitutions or changes - purchased as described.

Pickup at the Cougar Grille between the Hours of 7:00am - 5:00pm Monday - Thursday

and 7:00am - 1:00pm on Friday

(Note: Please check the operating calendar on www.frederick.edu for the Grille Operating schedule. Orders from this menu are not available on Saturday or Sunday or days where the grille is closed or after the hours listed above.)

Delivery Arrangements for Drop off to Your Location May be Made - $5.00

There is no set up, attendant or clean up provided and we do not request the tables needed for you to set up your food on.

All orders must be placed at least 48 hours in advance.

Orders do not include plates, napkins, flatware, table covers, etc. (Prices to purchase these items are on the last page of this brochure.)

Please supply the time you would like to pickup your items at the Cougar Grille and be prompt.

Check out our A Taste for All Seasons Catering Brochure

A number of the menus and items in the brochure are also available for pickup and do include everything you need for your event in the price.

Run a Tab at the Cougar Grille or Smooth Joe's

If you have a small group you can make arrangements to run a tab at the Cougar Grille or Smooth Joe's and we will bill you after your event. Either call Sandy Toms at 301-624-2738 or email stoms@frederick.edu or call Donna Sowers at 301-846-2466 or email dsowers@frederick.edu to make arrangements for this service.

DRINKS

Caribou Coffee or DeCaf Coffee

Comes with cups, creamers, sugar, Splenda & stirrers

96 oz (@ 14 cups)…$9.95

160 oz (@22 cups)…$14.95

Hot Water with Assorted Tea Bags

96 oz (@14 cups)…$7.95

160 oz@22 cups)...11.95

Comes with cups, assorted tea bags, sugar, Splenda & stirrers

12 oz Can Sodas…$.80

Pepsi, Diet Pepsi, Sierra Mist

20 oz Bottled Sodas…$1.50

Pepsi, Diet Pepsi, Sierra Mist

Aquafina Bottled Water

16.9 oz water…$1.25

Ocean Spray Juices…$1.75

Orange, Apple, Ruby Red,

Cran-Grape, Cranberry

PASTRIES AND DESSERTS

BY THE DOZEN ONLY

ICED CINNAMON ROLLS…$13.95

SCONES …$13.95

BLUEBERRY, APPLE, WHITE CHOCOLATE RASPBERRY

APPLE FRITTERS…$13.95

MUFFINS…$16.95

ASSORTED LARGE DANISH…$16.95

APPLE ENVELOPES, CHEESE POCKETS, RASPBERRY CURLS

ALMOND BEAR CLAWS

CHOCOLATE ECLAIRS…$13.95

CREAM FILLED PASTRY HORNS…$16.95

BAGELS - PLAIN, CINNAMON RAISIN & POPPY SEED WITH CREAM CHEESE…$13.95

MEAT & CHEESE PLATTERS

Includes Oven Roasted Turkey Breast, Virginia Baked Ham, Black Angus Roast Beef and your Choice of House Made Tuna Salad or House Made Chicken Salad, Sliced American & Swiss Cheese

SMALL (Serves 15 - 20) comes with 2 packs of hamburger rolls…$39.95

Large (Serves 35 - 40) - comes with 4 packs of hamburger rolls…$75.95

Extra Pack of Hamburger Rolls(12 to a pack)…$1.95

CONDIMENT PLATTER

Green Leaf Lettuce, Sliced Tomatoes,

Pickle Slices, Mayonnaise & Mustard

SMALL (Serves 15 - 20)…$18.95

LARGE (Serves 35 - 40)…$34.95

SALADS

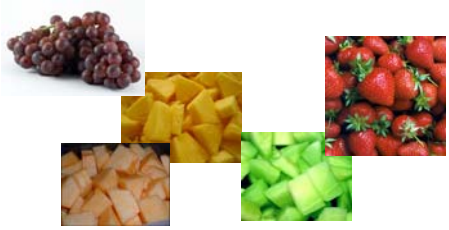
Redskin Potato Salad, Macaroni Salad or Homestyle Potato Salad

Small Bowl (Serves @ 12)…$9.95

Large Bowl (Serves@ 35)…$25.95

PLATTERS

FRUIT



Includes cut seasonal fruit (may include: honeydew, cantaloupe, pineapple, grapes, & strawberries)

SMALL (Serves 15 – 20)…$21.95

LARGE (Serves 25 - 40)…$42.95

VEGETABLE & DIP

Includes assorted seasonal vegetables (may include: Celery, Carrots, Broccoli, Cauliflower, Cucumbers, Grape Tomatoes)

Includes Ranch Dip

SMALL (Serves 15—20)….$18.95

LARGE (Serves 25 - 40)…$37.95

CHEESE TRAY & CRACKERS

Cheddar, Swiss and Gouda Cheese

SMALL (Serves 15 - 20)…$19.95

LARGE (Serves 35-40)…$39.95

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TWO BERRY CAKE…$23.95

CREAM CAKE TOPPED WITH CRANBERRIES AND BLUEBERRIES, WITH CINNAMON STREUSEL TOPPING.

COOKIES…$6.59

CHOCOLATE CHIP, SUGAR, OATMEAL RAISIN

RED, WHITE & BLUE (Cranberries, Blueberries & White Chocolate)

WHITE CHOCOLATE MACADAMIA

BROWNIES…$19.95 per tray

Please specify if you would like

the tray cut into 12 or 24.

DOUBLE CHOCOLATE CHIP

CREAM CHEESE SWIRL

BLONDIES

OTHER ITEMS

INDIVIDUAL BAGS OF CHIPS (DOZEN)…$9.00

INDIVIDUAL BAGS OF PRETZELS (DOZEN)…$9.00

FRESH CUT FRUIT SALAD

INDIVIDUAL

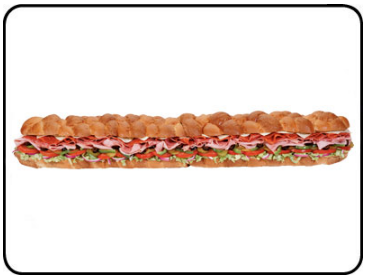
SMALL…$1.49

LARGE…$2.70

SMALL BOWL (SERVES @ 12)…$15.95

LARGE BOWL (SERVES @ 35)…$39.95

SANDWICHES, SUBS & WRAPS



3 FOOT SUBS: Serves 20 - 25…$59.95

Choose From:

Turkey, Provolone Cheese, Lettuce, Tomato, Italian Seasoning with Oil & Vinegar

Ham, Swiss Cheese, Lettuce, Tomato, Italian Seasoning with Oil & Vinegar

Roast Beef, Lettuce, Tomato, Italian Seasoning with Oil & Vinegar

Vegetarian - Fresh Mozzarella, Fresh Basil, Lettuce, Tomato & Balsamic Vinaigrette

SUBS - wrapped in deli pepper

Turkey - Oven Roasted Turkey Breast, Provolone Cheese, Lettuce, Tomato & Mayo Pack…$4.95

Ham - Virginia Baked Ham, Swiss Cheese, Lettuce, Tomato & Mayo Pack…$4.95

Roast Beef - Black Angus Roast Beef, Cheddar Cheese, Lettuce, Tomato & Mayo Pack…$4.95

The Caprese (Vegetarian) - Fresh Mozzarella, Fresh Basil, Lettuce, Tomato & Balsamic Vinaigrette…$4.95

WRAPS - wrapped in deli pepper

Parmesan Pepper Turkey with Bacon…$4.95

Oven Roasted Turkey Breast, Bacon, Provolone cheese, Green Leaf Lettuce, Sliced Tomato & Parmesan Pepper Dressing Wrapped up in a Jalapeno Cheese Tortilla

The Bavarian…$4.95

Virginia Baked Ham, Swiss Cheese, Green Leaf Lettuce, Sliced Tomato, Red Onion Rings and Honey Mustard Dressing Wrapped up in a Tomato Basil Tortilla

Philly Cheese Steak…$4.95

Black Angus Roast Beef, Provolone Cheese, Green Leaf Lettuce, Sliced Tomatoes, Red Onion Rings, Green Pepper Strips and Mayonnaise Wrapped up in a Tomato Basil Tortilla

Tuna or Chicken Salad Club…$4.95

House Made Tuna Salad or Chicken Salad, Bacon, Cheddar Cheese, Green Leaf Lettuce, and Sliced Tomato Wrapped up in a Tomato Basil Tortilla

The Greek Wrap (Vegetarian)…$4.95

Spring Greens, Sliced Cucumbers, Diced Tomatoes, Feta Cheese, Black Olives, Red Onion Rings & Greek Feta Dressing Wrapped up in a Jalapeno Cheese Tortilla

INDIVIDUAL SALADS

Please select a dressing - Ranch, Fat Free Ranch, Golden Italian, Fat Free Golden Italian or French

CHEF SALAD

Salad greens with shredded Monterey Jack and Cheddar cheeses, tomatoes, cucumbers, strips of Virginia baked ham and oven roasted turkey breast and a sliced hard boiled egg…$5.49

CHICKEN FAJITA SALAD

Salad greens, tomatoes, shredded cheddar cheese, black beans, corn, chicken fajita strips and tortilla strips…$5.49

SOUTHERN CHICKEN SALAD

Salad greens, cucumbers, tomatoes, red onion rings, sliced chicken tenders, pepper strips and shredded parmesan cheese…$5.49

GREEK SHRIMP SALAD

Salad greens, tomatoes, pepper strips, cucumbers, red onion rings, feta cheese and grilled shrimp…$6.49

GREEK SALAD (VEGETARIAN)

Salad greens, tomatoes, pepper strips, cucumbers, black olives, red onion rings, and feta cheese…$4.59

PIZZA

WHOLE CHEESE PIZZA…10.99

WHOLE PEPPERONI PIZZA…$1199

WHOLE VEGETARIAN PIZZA…$1199

(PLEASE SPECIFY IF YOU WOULD LIKE

THEM CUT IN 8 OR 12 SLICES PER PIZZA)

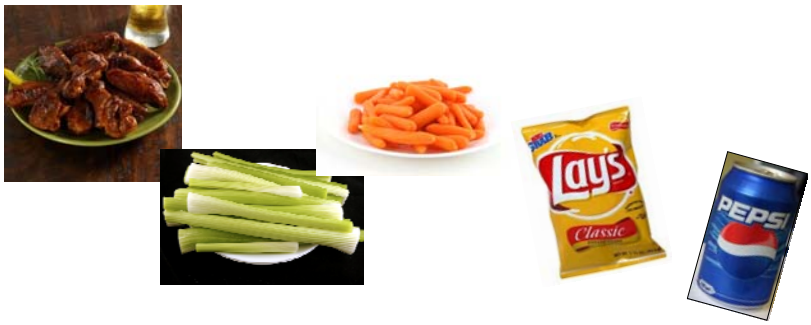
PIZZA PARTY

INCLUDES FRESH BAKED PIZZA(2 SLICES PER PERSON), BAGS OF CHIPS AND ASSORTED SODAS(PEPSI, DIET PEPSI, SIERRA MIST)… $4.75 PER PERSON

WINGS

HONEY BBQ OR SPICY BUFFALO WINGS - BLUE CHEESE DRESSING WITH THE BUFFALO WINGS...$30.00 (50 PIECES)

WING PARTY - HONEY BBQ OR SPICY BUFFALO WINGS(BLUE CHEESE DRESSING WITH THE BUFFALO WIGS) BABY CARROTS & CELERY STICKS WITH RANCH DRESSING, BAGS OF CHIPS AND ASSORTED SODAS (COKE, DIET COKE & SPRITE)…5.95 PER PERSON (INCLUDES 6 WINGS PER PERSON)



MISC ITEMS

DISPOSABLE TABLE COVERS…$1.95 (FITS UP TO A SIX FOOT TABLE)

3 COMPARTMENT PLATES…10 cents each

6” PLATES…5 cents each

CUPS…5 cents each

KNIVES…5 cents each

FORKS…5 cents each

TEASPOONS…5 cents each

CUTLERY PACK (NAPKIN, KNIFE, FORK, SPOON, SALT & PEPPER PACK)…10 cents each

DINNER NAPKINS…5 cents each

COCKTAIL NAPKINS…5 cents each

DISPOSABLE TONGS…35 cents each

DISPOSABLE TABLESPOONS...35 cents each