



Frederick Community College Catering Menu



Planning

ordering

Please place your order at least **1 week** prior to your event. We will make every effort to accommodate last minute requests, but this lead time is necessary to ensure that the freshest ingredients and adequate staff are available. Orders must be confirmed the day before your event.

custom menus

We are happy to create a custom menu including special dietary options (vegetarian, gluten-friendly, etc.).

cancellation

We realize that emergency cancellations do occur, and we'll do our best to avoid any cancellation charges. If an order is cancelled at **least 72 hours in advance**, we can usually avoid any charges except for specially ordered food products or prepared foods that cannot otherwise be utilized. Cancellations within 24 hours will incur charges for any food, labor and other costs already incurred.

pricing

Prices quoted are for services provided during our normal business hours of **7am to 2pm**. Arrangements can also be made for after hours catering functions at an additional charge.

extras

Catering orders are served with quality disposable-ware. China, linens, flowers, decorations, wait staff, chef services and other custom services are also available at an additional charge, which will be quoted separately. Any unreturned catering equipment will be billed at full cost.

cleanup

Cleanup is not included in the pricing for orders delivered on disposable-ware. If requested at the time of the order, cleanup services can be provided for an additional charge. Orders with specify service on china include cleanup in the pricing.

payment

We accept all major credit cards and check for payment.

Thank you for choosing Yes We Cater! It is our pleasure to serve you.

Contact us for more information!

Richard.Okeefe@compass-usa.com



Continental Breakfast

assorted bagels **\$3.09**
served with butter, cream cheese and jellies

fresh baked muffins **\$3.09**
blueberry, chocolate, banana nut,
and more

assorted danish **\$3.39**
an assortment of Danish

scones **\$3.39**
blueberry, apple cinnamon, and raspberry

croissants **\$3.39**
jumbo croissants served with butter, cream
cheese and jellies

sliced fruit tray **\$3.09**
cantaloupe, honeydew, pineapple, berries and
grapes

fruit & yogurt bar (min. 10) **\$3.09**
cantaloupe, honeydew, pineapple, berries and
grapes served with regular or Greek yogurt

overnight oat parfait **\$4.15**
oatmeal and yogurt parfaits topped with
blueberry, raspberry, strawberry or apple
cinnamon

yogurt parfaits **\$4.15**
regular or greek yogurt mixed with blueberries,
raspberries, strawberries or apple cinnamon and
topped with granola

deluxe continental **\$11.35**
a variety of bagels, muffins and danish with butter, jellies and cream cheese, served with a sliced fruit
tray & yogurt dip and coffee, decaf, hot tea and assorted bottled juices





Breakfast



good morning breakfast **\$10.29**

scrambled eggs, bacon or sausage, home fries, and buttermilk biscuits

grand brunch buffet **\$13.39**

scrambled eggs, French toast, bacon & sausage, home fries English muffins served with fruit and yogurt

breakfast sandwiches **\$8.25**

fried eggs, with bacon or sausage and cheese on bagels, English muffins and biscuits served with home fries

breakfast burritos **\$9.25**

scrambled eggs, bacon or sausage, sauteed onions & peppers, home fries and salsa rojo in a flour tortilla

individual frittatas **\$8.25**

eggs baked with cheese, vegetables, bacon or sausage served with home fries

French toast **\$8.25**

home style French toast with butter, syrup and powdered sugar served with sausage or bacon

biscuits with sausage gravy **\$9.25**

buttermilk biscuits with a rich sausage gravy served with fruit salad

Individual quiche **\$9.25**

broccoli & cheddar, bacon & swiss, and spinach & mozzarella served with home fries

toasts **\$8.25**

avocado toast & cinnamon ricotta toast with berries served with fruit salad

the oatmeal bar **\$6.19**

oatmeal with berries, bananas, raisins, brown sugar, toasted almonds, shredded coconut and cinnamon



Deli

build your own sandwich \$12.35

turkey, ham, roast beef, chicken salad, tuna salad, provolone cheese, american cheese, cheddar cheese and swiss cheese, served with a variety of breads, rolls and condiments. accompanied by a choice of side salad, chips & cookies.

deli sandwich tray \$12.35

turkey & cheese, ham & cheese, roast beef & cheese, tuna salad, chicken salad and roasted vegetable sandwiches with lettuce, tomatoes and condiments. accompanied by a choice of side salad, chips and cookies

deli salad trio \$11.35

chicken salad, tuna salad and egg salad served with croissants. accompanied by a choice of side salad and fruit salad.

club sandwich tray \$14.45

a variety turkey & cheese, ham & cheese, roast beef & cheese, and chicken salad club sandwiches. accompanied by a choice of side salad, chips and cookie

soup and half sandwich \$10.29

half sandwiches of turkey & cheese, ham & cheese, roast beef & cheese, tuna salad, chicken salad and roasted vegetables with lettuce, tomatoes and condiments. accompanied by a choice of side salad and cookies

salad and half sandwich \$10.29

half sandwiches of turkey & cheese, ham & cheese, roast beef & cheese, tuna salad, chicken salad and roasted vegetables with lettuce, tomatoes and condiments. accompanied by a choice of garden or caesar salad and cookies

side salad options:

garden salad
caesar salad
potato salad
macaroni salad
pasta salad
cole slaw
fruit salad

Basic Boxed Lunch

all boxed lunches contain one sandwich and a bag of chips
\$9.25

sandwiches – choose 3

if you would like something not listed here, please contact the café manager

- turkey and american cheese with lettuce and tomato on wheat bread
- ham and swiss cheese with lettuce and tomato on rye bread
- roast beef and provolone with lettuce and tomato on sourdough bread
- grilled chicken breast with cheddar cheese, lettuce and tomato on a kaiser roll
- chicken salad with lettuce and tomato on a flour tortilla wrap
- tuna salad with lettuce and tomato on a flour tortilla wrap
- marinated grilled vegetables with lettuce and tomato on a flour tortilla wrap



Boxed Lunch

all boxed lunches contain one sandwich, a bag of chips, a side salad and cookies - \$12.35

sandwiches – choose 3

if you would like something not listed here, please contact the café manager

- turkey and american cheese with lettuce and tomato on wheat bread
- ham and swiss cheese with lettuce and tomato on rye bread
- roast beef and provolone with lettuce and tomato on sourdough bread
- grilled chicken breast with cheddar cheese, lettuce and tomato on a kaiser roll
- chicken salad with lettuce and tomato on a flour tortilla wrap
- tuna salad with lettuce and tomato on a flour tortilla wrap
- marinated grilled vegetables with lettuce and tomato on a flour tortilla wrap

side salads – choose 1

potato salad
pasta salad
cole slaw
macaroni salad
fruit salad

cookies – choose 1

chocolate chip
oatmeal raisin
sugar
peanut butter



Executive Boxed Lunch

all boxed lunches contain one sandwich, a bag of chips, a side salad and cookies - \$15.45

artisan sandwiches – choose 3

If you would like something not listed here, please contact the café manager

- turkey with cranberry chutney, cheddar cheese, red onion, and lettuce on rye bread
- Buffalo chicken breast with lettuce, tomato & blue cheese on a baguette
- California chicken breast with avocado & bacon, lettuce, tomato on a whole wheat roll
- balsamic chicken caprese with mozzarella, tomato & basil on a baguette
- grilled chicken breast with lettuce, parmesan cheese, and caesar dressing on a whole wheat wrap
- cranberry almond chicken salad with lettuce and tomato on sour dough bread
- black forest ham, genoa salami, & capicola ham with provolone cheese on an Italian hoagie roll
- black forest ham, swiss cheese, sliced pickles, lettuce & tomato on rye bread
- grilled flank steak with cheddar cheese, caramelized onions, lettuce, tomato and horseradish on a brioche bun
- roast beef and pepper jack cheese with roasted peppers & spinach on Italian bread
- portobello, mozzarella, roasted peppers & spinach on a brioche bun
- hummus, grilled vegetables, feta cheese and a red wine vinaigrette on a spinach wrap

side salads – choose 1

tomato mozzarella salad
vegetable pasta salad
broccoli slaw
tortellini salad
red skin potato salad
fruit salad

cookies – choose 1

chocolate chip
oatmeal raisin
sugar
peanut butter



Salads

Choice of one salad per event

caesar salad \$9.25

romaine lettuce, shredded parmesan cheese, croutons and caesar dressing

spinach salad \$9.25

baby spinach with red onion rings, diced tomatoes, chopped hard boiled egg and chopped bacon

garden salad \$9.25

romaine lettuce, shredded carrots, cucumbers, tomatoes, bell peppers and onions with a choice of dressing

garden cobb salad \$10.29

romaine & spring mix lettuces with diced tomatoes, diced avocado, diced red onion, chopped hard boiled egg, crumbled blue cheese and toasted slivered almonds.

add a protein to any salad:

add grilled chicken	+\$3.09
add grilled shrimp	+\$4.15
add grilled salmon	+\$3.09
add sliced flank steak	+\$4.15

Southwest fajita salad \$10.29

romaine lettuce with caramelized onions, sauteed peppers, corn, black beans, shredded cheddar cheese, salsa, sour cream & guacamole

Asian vegetable salad \$10.29

romaine & iceberg lettuces with shredded red cabbage, julienned bell pepper, chopped scallions, shredded carrots, broccoli florets, chopped cilantro and sesame seeds

Mediterranean kale salad \$10.29

chopped kale with cucumbers, tomatoes, roasted red peppers, black olives, red onions and feta cheese

green goddess salad \$10.29

chopped kale & baby spinach with beets, roasted sweet potatoes, shredded red cabbage, lentils, carrot, toasted slivered almonds & chickpeas

available dressings:

caesar	blue cheese
italian	balsamic vinaigrette
french	1000 island
ranch	honey mustard

Beef Entrees

side dish selections are available on page 14

sliced flank steak \$17.49

marinated sliced flank steak served with a choice of two sides

beef fajitas \$16.49

seasoned shredded beef with sauteed onions, & peppers served with flour tortillas, shredded cheddar cheese, sour cream, salsa, and guacamole. accompanied by a choice of two sides – substitute chicken

sliced roast beef in gravy \$16.49

sliced oven roasted beef in a rich gravy served with a choice of two sides

sliced beef tenderloin \$20.59

slow roasted beef tenderloin sliced thin and served with a red wine demi glace and a choice of two sides

Philly cheesesteaks \$13.39

seasoned cooked chip steak with caramelized onions, sauteed mushrooms, american cheese, six-inch steak rolls, condiments and a choice of one side – substitute chicken

beef stew \$13.39

tender pieces of beef with onions, carrots, celery and potatoes and a rich beef gravy. served with two sides

meatloaf \$13.39

homestyle sliced meatloaf with gravy and served with two sides

beef braciola \$17.49

thin slices of beef stuffed with a combination of spinach, breadcrumbs and mozzarella cheese in a rich red wine demi glace. served with a choice of two side





Poultry Entrees

side dish selections are available on page 14

chicken parmesan **\$14.99**

breaded, fried chicken breast with marinara sauce and melted mozzarella cheese. served with a choice of two sides

chicken marsala **\$13.39**

pan seared chicken breast in a mushroom marsala wine sauce. served with two sides

chicken piccata **\$13.99**

pan seared chicken breast served with a lemon, caper butter sauce and a choice of two sides

cordon bleu style chicken **\$14.99**

breaded fried chicken breast topped with thinly sliced ham and melted swiss cheese. served with a Dijon cream sauce and a choice of two sides

pesto chicken bruschetta **\$15.99**

boneless chicken breast coated with a basil pesto and served with a tomato bruschetta and a choice of two sides

fried chicken **\$15.45**

eight-piece cut, seasoned, breaded chicken served with a choice of two sides

bbq chicken quarters **\$13.39**

roasted chicken quarters basted with a seasoned bbq sauce and served with a choice of two sides

turkey stuffed peppers **\$13.99**

bell peppers stuffed with seasoned ground turkey and rice. served in a marinara sauce and with a choice of two sides

roasted turkey **\$16.49**

oven roasted turkey breast with turkey gravy. served with a choice of two sides

chicken tikka masala **\$15.45**

seasoned boneless chicken thighs cooked with a blend of Indian spices, tomato, yogurt & cilantro. served with a choice of two sides

Pork Entrees

side dish selections are available on page 14

bbq pulled pork \$13.39

slow roasted pulled bbq pork shoulder served with a choice of two sides

Caribbean jerk pork \$15.45

Caribbean jerk seasoned slow roasted shredded pork shoulder served with a choice of two sides

roasted pork tenderloin \$16.49

seasoned pork tenderloin oven roasted and served with a choice of two sides

herb pork loin \$16.49

herb rubbed slow roasted sliced pork loin with a pork jus served with a choice of two sides

Mongolian pork \$16.49

seared pork pieces in a sweet soy sauce, ginger & garlic sauce served with chopped scallions and a choice of two sides

Italian sausage sandwiches \$13.39

Italian sausage links with caramelized onions, sauteed peppers and a marinara sauce served with rolls, parmesan cheese and a choice of one side

kielbasa & sauerkraut \$13.39

pork kielbasa pieces with sauerkraut, sliced steak rolls and mustard. served with a choice of one side

pulled pork tacos \$14.99

seasoned shredded pork with sauteed onions, & peppers served with flour tortillas, cabbage slaw, sour cream, salsa, and guacamole. accompanied by a choice of two sides – substitute chicken

boneless pork chops \$16.49

breaded pan-fried boneless pork chops with a pan gravy and served with a choice of two sides

oven baby back ribs \$16.49

bbq basted baby back ribs slow roasted and served with a choice of two sides



Pasta Entrees

side dish selections are available on page 14

lasagna

\$14.45

layers of pasta, marinara sauce and ricotta & mozzarella cheeses baked to a golden brown and served with a choice of one side selection

baked ziti

\$14.45

penne pasta with marinara, ricotta and mozzarella cheeses baked to a golden brown and served with a choice of one side selection

basil pesto manicotti

\$14.45

cheese stuffed manicotti topped with marinara basil pesto and mozzarella cheese. served with a choice of one side selection

stuffed shells

\$13.39

pasta shells stuffed with ricotta & parmesan cheeses topped with marinara and mozzarella. served with a choice of one side selection

add a protein to any pasta:

Italian sausage	\$3.09
meatballs	\$3.09
grilled chicken	\$3.09

tortellini pesto alfredo

\$14.45

cheese tortellini tossed with a rich alfredo sauce and topped with parmesan cheese. served with a choice of one side selection

spaghetti bolognese

\$13.99

spaghetti topped with a beef and tomato Bolognese sauce. served with a choice of one side selection

fettuccini alfredo

\$13.39

fettuccini pasta tossed in a rich black pepper alfredo sauce and topped with parmesan cheese. served with a choice of one side selection

cheese ravioli

\$13.39

ricotta & parmesan filled pasta topped with a choice of marinara or a rich alfredo sauce. served with a choice of one side selection

add a bread selection to any pasta:

garlic bread	\$2.05
bread sticks	\$2.05
dinner roll	\$2.05





Seafood & Vegetarian Options

side dish selections are available on page 14

salmon filet **\$17.49**

seared salmon filets with a lemon, dill cream sauce. served with a choice of two sides

crab cakes **\$20.59**

sauteed lump crab cakes with a Dijon cream sauce. served with a choice of two sides

blackened tilapia **\$16.99**

Cajun seared tilapia in a tomato puttanesca sauce. served with a choice of two sides

fried flounder filet **\$17.49**

herb seasoned breaded fried flounder filets with lemon wedges, tartar & cocktail sauces. Served with a choice of two sides

quinoa eggplant rollatini **\$15.45**

breaded eggplant rolled with goat cheese, arugula and quinoa in a marinara sauce. served with a choice of two sides

vegetable stuffed pepper **\$14.99**

roasted poblano peppers stuffed with corn, black beans, brown rice, onions, and tomatoes. served with a choice of two sides

stuffed portabella mushroom **\$16.49**

grilled portobello mushrooms filled with roasted eggplant, spinach and cous cous served with a choice of one side

curried cauliflower **\$15.45**

roasted cauliflower and chickpeas in a tomato curry sauce served with rice and a choice of one side selection



Side Dishes



additional side selections per person - \$4.15

baked potato
baked sweet potato
mashed potato
mashed sweet potatoes
roasted red potatoes
baked beans
macaroni and cheese
rice pilaf
basmati rice
Spanish rice
quinoa
cous cous
buttered noodles
baked ziti

steamed broccoli
buttered corn
corn on the cob
roasted vegetables
glazed carrots
cauliflower
sauteed spinach
roasted Brussel sprouts
green beans
roasted asparagus
peas
braised red cabbage
broccoli rabe
roasted cauliflower

mixed greens salad
caesar salad
spinach salad
potato salad
macaroni salad
pasta salad
cole slaw
street corn salad
tomato cucumber salad
caprese salad
watermelon feta mint
fruit salad
quinoa salad
cous cous salad



Themed Buffets

minimum of 12 people

southern bbq **\$18.99**

pulled bbq pork & bbq chicken legs with baked beans, corn on the cob, cole slaw and corn bread

backyard cookout **\$14.99**

grilled hot dogs and hamburgers with cheese, lettuce, tomato, onions and all the condiments. served with potato salad, pasta salad, and fruit salad

Italian pasta bake **\$14.45**

cheese tortellini alfredo and baked ziti served with parmesan cheese, a caesar salad, meatballs, and garlic bread – substitute Italian sausage

Southwestern **\$12.35**

beef or turkey chili with rice, cheese, jalapenos and onion. Served with street corn salad and corn bread

baked potato bar **\$10.99**

baked Idaho potatoes with chopped bacon, broccoli, tomatoes, onions, cheese, scallions, sour cream and salsa served with a garden salad and dressing

street taco buffet **\$14.45**

chicken & ground beef with flour tortillas, corn tortillas, corn taco shells, cilantro rice, refried beans, salsa, sour cream, lettuce, cheddar cheese and guacamole

Asian buffet **\$17.49**

General Tso's chicken with fried rice, spicy broccoli, a Thai noodle salad and egg rolls

Latin style buffet **\$17.49**

Ropa Viejas with cilantro lime rice, cuban black beans and fried plantains

Mediterranean **\$17.49**

Moroccan chicken with lemon herb cous cous, cucumber, tomato & feta salad and pita wedges with hummus

Pizza & Calzones



pizzas – 16 inch

plain cheese	\$14.45
pepperoni	\$16.49
sausage	\$16.49
vegetable	\$15.45
meatball	\$16.49
meat lover's	\$17.49
mushroom	\$15.45
white	\$14.45
chicken bacon ranch	\$16.49
Buffalo chicken	\$16.49
Hawaiian	\$16.49
margherita	\$16.49

calzones

ham & cheese	\$7.19
pepperoni	\$8.25
meatball	\$8.25
sausage	\$8.25
Italian hoagie	\$8.25
vegetable	\$8.25
meat lover's	\$8.25
chicken bacon ranch	\$8.25
Buffalo chicken	\$8.25
caprese	\$8.25



Appetizers

cheese & charcuterie (min. 10 ppl) \$6.99

a variety of imported and domestic cheeses, salamis, and cured meats with berries, dried fruits, nuts and artisan breads and crackers

Mediterranean display (min 20 ppl) \$6.99

pesto hummus, black bean hummus, tatziki dip with pita wedges, flatbreads, artichoke hearts, roasted peppers, roasted cauliflower, baba ghanoush, falafel, feta cheese, and olives

smoked salmon (min 20 ppl) \$7.99

sliced smoked salmon served with a dill crème fresh, capers, minced red onions, pumpernickel toast points and sliced baguettes

vegetable crudité \$3.99

a variety of sliced raw vegetables served with a ranch dipping sauce

sliced fruit tray \$3.99

a selection of seasonal sliced fruits, berries and grapes

chips & salsa display \$3.99

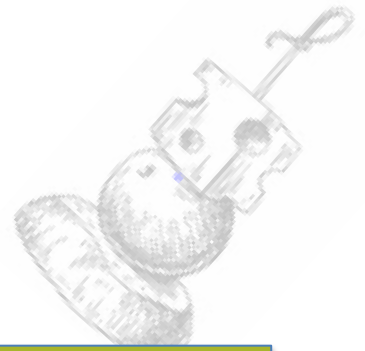
tortilla chips served with guacamole, salsa rojo and salsa verde

spinach & artichoke dip \$4.15

a creamy dip with garlic, artichokes parmesan cheese and spinach served with bagel chips



Hors d'oeuvres



Horsd'oeuvres - 6 per person

select any 4 varieties \$10.29

caesar bites

Belgian endive with shaved romaine, parmesan, breadcrumbs, and caesar vinaigrette

onion soup-wich

Gruyere cheese, caramelized onion jam on a toasted baguette

mini crab cakes

lump crab cakes with a roasted red pepper remoulade

caprese bruschetta

grilled crostini topped with a blend of tomatoes, basil, red onions, and fresh mozzarella

vegetable spring rolls

sliced vegetables in a fried rice wrapper served with a soy dipping sauce

spanakopita

baked spinach and feta cheese wrapped in phyllo dough triangles

fried mac & cheese

macaroni and cheese in a tempura batter and fried golden brown

Steamed pork potsticker

pork filled dumplings steamed and served with a soy dipping sauce

chicken tostadas

corn tostada with shredded chicken thighs, cotija cheese, pickled red onion and micro cilantro

vegetable samosas

baked pastry dough filled with seasoned potatoes and peas

Santa Fe chicken eggrolls

chicken, corn, black beans and peppers in a fried flour tortilla wrap

broccoli & cheddar bites

broccoli, cheddar cheese, and bacon in a potato breading fried to a golden brown

breaded mozzarella half moons

breaded mozzarella cheese fried and served with marinara

vegetarian falafel balls

bites of mashed seasoned chickpeas served with a tahini dipping sauce

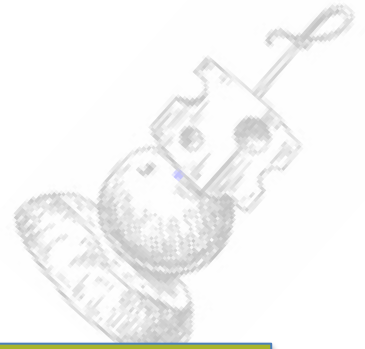
mini quiche Lorraine

mini baked quiches filled with sauteed onions, bacon and Swiss cheese

Jalapeno & cheddar poppers

jalapeno peppers stuffed with cheddar cheese, breaded and fried. served with sweet chili sauce

Hors d'oeuvres



Horsd'oeuvres - 6 per person

select any 4 varieties \$17.49

goat cheese & salami stuffed dates

Medjool dates filled with a creamy goat cheese and Calabrese salami

citrus watermelon bites

lime infused watermelon cubes with feta cheese, micro basil & ancho chili salt

caesar bites

Belgian endive with shaved romaine, parmesan, breadcrumbs, and caesar vinaigrette

artisan vegetable sushi

thin sliced pickled beets, butternut squash, and cucumber on sesame quinoa sushi rice

Brussels waldorf

shaved charred Brussel sprouts with yogurt, toasted pecans and apples on parmesan crisps

onion soup-wich

Gruyere cheese, caramelized onion jam on a toasted baguette

mini crab cakes

lump crab cakes with a roasted red pepper remoulade

caprese bruschetta

grilled crostini topped with a blend of tomatoes, basil, red onions, and fresh mozzarella

ginger seared tuna

Ahi tuna with a pineapple soy glaze and wasabi powder

blackberry brie gougere

savory choux filled with brie cheese, blackberry puree and drizzled with honey

chicken tostadas

corn tostada with shredded chicken thighs, cotija cheese, pickled red onion and micro cilantro

seared scallop sate

scallops, shitake mushrooms, snow peas with a miso glaze and toasted sesame seeds

gochujang BBQ duck

sliced bbq duck breast on a scallion pancake with an apricot chili sauce

aloo chaat in phyllo cups

potato chaat with tamarind chutney, mint cilantro chutney, and pomegranate arils in phyllo dough cups

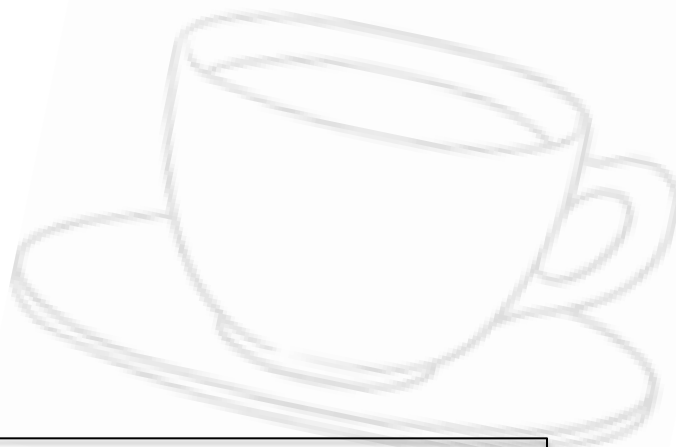
twice baked new potatoes

baby new potatoes stuffed with truffled potatoes pancetta and asiago cheese

braised short rib polenta

grilled polenta cakes topped with shredded braised bbq short ribs

Beverages



fresh brewed coffee	\$2.05
assorted juice	\$2.69
bottled water	\$2.05
canned soda	\$2.39
iced tea	\$2.05
lemonade	\$2.05
punch	\$2.05
flavored water towers	\$1.15
hot chocolate	\$1.65





Desserts

brownies & bars **\$4.15**
chocolate chunk brownies, toffee, lemon & berry bars

cookies (2 PP) **\$2.05**
chocolate chip, white chocolate macadamia, sugar, peanut butter and oatmeal raisin

slice of cake **\$4.15**
chocolate layer, German chocolate, red velvet, vanilla layer, and carrot

slice of cheesecake **\$4.15**
topped with strawberries, blueberries, cherries or raspberries with whipped cream

cup cakes **\$3.09**
chocolate, vanilla or red velvet

strawberry shortcake **\$3.09**
sponge cake topped with whipped cream, sliced strawberries and strawberry sauce

pudding parfaits **\$2.05**
chocolate, vanilla, and banana pudding with whipped cream and a choice of cookie crumbles

house made bread pudding **\$2.05**
crumbled bread baked in a sweet custard and served warm with a crème anglaise

chocolate mousse **\$3.09**
a rich chocolate mousse topped with whipped cream and shaved chocolate

specialty desserts are available upon request. please call your event coordinator to discuss available selections