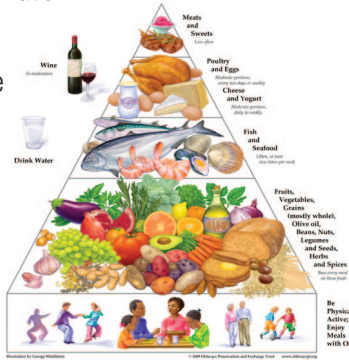


healthy eating the mediterranean way

Research has shown that the people living in the Mediterranean region are among the healthiest in the world, with low rates of chronic diseases and cancer. The diet and activity of the people in the region plays a vital role in their overall health and well being.

Fletcher Allen is proud to be a national leader in hospital-supported agriculture. We were one of the first hospitals in the nation to sign the Healthy Food in Health Care Pledge. This pledge includes working with local farmers to increase the amount of fresh, healthy, locally produced foods available to our patients and other customers.



Consume most of your foods from plant sources and include fruits, vegetables, potatoes, whole grains and breads, beans, nuts and seeds. Whenever possible, choose seasonally fresh and locally grown whole foods with minimal processing.

Replace saturated fats (butter, margarine, whole milk and cheese, and tropical oils) with monounsaturated fats (olive and canola oil) and low fat or fat-free dairy products.

Consume moderate amounts of fish and poultry and fewer than 4 eggs per week (including those used in cooking and baking). Choose red meat only a few times per month, limiting intake to 16 ounces per month.

Choose fresh fruit as your daily dessert. Save sweets with a significant amount of sugar and saturated fat for a special treat no more than a few times per week.

Include activity and exercise in your daily routine.

Consult with your doctor and health care team regarding wine or alcohol intake.

about us

Let us take care of your catering needs, bringing that special touch to the table. We can assist you with coordinating your event, offering simple guidance, or organizing all of the details. From four to 400, we can take care of menu planning, ordering flowers and linens, as well as full-service bar catering and rentals, if needed.

Our Executive Chef and Line Chefs have the expertise to provide you with a variety of hand-crafted foods. As a member of the Vermont Fresh network, we have established relationships with many local farmers in order to obtain the freshest and most sustainable ingredients. In addition to the catering menu we also can customize your menu to meet your needs. We strive to accommodate and exceed all of your expectations.



FLETCHER ALLEN catering menu



Contact Catering

Phone: 802.847.0797

Fax: 802.847.5953

Website:

www.fletcherallen.org/services/administrative/nutrition_services/catering_service

Email:

nutritionservices2@vtmednet.org

All prices are per person, unless otherwise stated.

Availability and prices subject to change.

Please try to give at least 48 hours notice.



Appetizers

Cheese and Cracker Platter	\$1.75/person
Local Artisan Cheese and Cracker Platter	\$2.50/person
Seasonal Vegetable and Dip Platter	\$1.75/person
Sliced Fresh Fruit Platter	\$1.75/person
Assorted Cold Dip Platter	\$1.50/person
Roasted red pepper hummus and black bean dip served with tortilla chips	
Chicken Satay Skewers	\$2.00/person
Spanikopita	\$2.00/person
Smoked Salmon or Trout Platter	\$3.00/person
Shrimp Cocktail (3)	\$3.75/person
Fresh Mozzarella Marinated in Sun-Dried Tomato Pesto	
	\$1.75/person
Pesto and Cheese Brushetta	
	\$1.75/person
Served with basil, garlic, and balsamic marinated tomatoes	
Stuffed Mushrooms	\$2.50/person



Entrées

Chicken Marsala with Mushrooms	\$3.50/person
Chicken with a Tarragon Sauce	\$3.50/person
Salmon with a Balsamic Mustard Glaze	\$3.75/person
Herb Crusted Trout	\$3.75/person
Tortellini Primavera	\$3.50/person
Lasagna	½ pan (12) \$39.00
	full pan (24) \$78.00
Meat, 6 cheese with marinara sauce, or assorted vegetables with alfredo sauce	
Pizza	\$15.00 - Serves 8
Whole wheat flatbread dough topped with marinara sauce or olive oil and garlic	
Toppings Available:	
Turkey Ham, fajita chicken, tempeh, red onions, peppers, sun-dried tomatoes, black olives, mushrooms, pineapple, broccoli, spinach, mozzarella, cheddar, feta or goat cheese	



Sides

Mashed Potatoes	\$1.00/person
Roasted Red Potatoes	\$1.00/person
Hearty Grains with Wild Mushrooms	\$1.00/person
Vegetables-seasonal	\$1.00/person
Side Salads served in a bowl (min 10)	\$2.00/person
Tossed green salad, caesar salad, pasta salad and cole slaw	

Plated Salad Entrées

Caesar	\$3.75
Caesar with Chicken	\$5.50
VT Cobb with Chicken	\$5.50
Greek	\$3.75

Pasta Bar

Minimum 25 persons

Whole Wheat Penne Pasta, Cheese-Filled Tortellini, Marinara, Meat, Pesto and Alfredo Sauces and a Dinner Roll	
	\$4.00/person
Add Garlic Bread	\$1.00
Add Meatballs	\$1.00

Barbeques

Available June-Sept, minimum 50 persons

Hamburger, Chicken, and Santa Fe Black Bean Burger with Condiments: Lettuce, Tomato, Red Onion and Cheddar Cheese	
	\$3.00/person
Potato, Pasta, Tossed Salad, or Cole Slaw	\$2.00 /person
Watermelon	(if available, price varies)

Sandwiches & Wraps

Monkton Madness	\$3.50
Garlic hummus, black olives, cucumbers, carrots, mushrooms and romaine lettuce in a spinach wrap	
Chicken Caesar	\$3.75
Grilled chicken, romaine lettuce, parmesan cheese and classic caesar dressing in a garlic and herb wrap	
New England	\$3.75
Turkey, romaine lettuce, tomato, cheddar cheese and cranberry mayonnaise in a garlic and herb wrap	
Buffalo Chicken	\$3.75
Buffalo chicken, guacamole, lettuce and cheddar cheese in a chili wrap	

Deli Board

Served on whole wheat bread with lettuce and your choice of cheddar, swiss or provolone cheese

Roast Turkey, Sliced Buffalo Chicken, Corned Beef, Regular or Curry Chicken Salad	\$3.75
Egg or Tuna Salad	\$3.50
Assorted Chips	\$.75
Madhouse Chips	\$1.25



Desserts

House-made Cookies	\$.75
House-made Bars	\$.90
Seasonal Fruit Crisp (serves 24)	\$ 40.00/pan
House-made Cupcakes (min 12)	\$ 1.75/person
Assorted Mini Desserts or Cheesecake (min 25)	
	\$2.00/person
House-made Sheet Cakes with Butter Cream Frosting	
Yellow or Chocolate Cake	
Half (serves 50)	\$38.00
Whole (serves 100)	\$76.00
Carrot Cake	
Half (serves 50)	\$52.00
Whole (serves 100)	\$104.00

Beverages

Sparkling Apple Cider	\$1.25
Bottled Water or Soda	\$1.00
Poland Springs Sparkling Water	\$1.50
Bottled Iced Tea	\$1.50
Bottled Small Juice	\$1.00
Coffee and Tea Service	\$1.50



Breakfast

A la Carte

Muffins	\$1.00
Scones	\$1.25
Banana Bread	\$1.25
Cinnamon Apple Cake	\$1.00
Bruegger's Bagels	\$.85
Scrambled Eggs (min 10)	\$1.00
Pumpkin French Toast (1 slice)	\$1.25
Veggie or Meat Quiche (serves 8)	\$16.00
Cream Cheese	\$.45
Peanut Butter	\$.45
Jellies	\$.20
The Continental	\$4.00/person
Bruegger's bagels and/or muffins with cream cheese and butter, bottled juices, and coffee and tea set-up	
Healthy Vermont Start-up	\$6.25/person
Bruegger's bagels, light cream cheese, fruit salad, granola, yogurt cups, bottled juices, and coffee and tea set-up	