



FUEL : PERFORMANCE

elements

by *sodexo*^{*}

trays, sweets, hot snacks & beverages

Menu items from this section are available for pick-up or delivery. High quality plastic serveware or eco-friendly serveware is available upon request.

TRAYS – 10 guest minimum

Seasonal Cubed Fresh Fruit & Dip (2 oz. + dip | 50 cal)
\$2.39 per guest

Crudit  & Dip (4 oz. + dip | 140 cal) **\$4.29 per guest**

Domestic Cheese & Crackers

(2 oz. cheese + 6 crackers | 340 cal) **\$2.59 per guest**

Hummus & Pita Chips (1 oz. dip + 2 oz. chips | 190 cal)

\$2.39 per guest

Sausage, Domestic Cheese & Crackers (1 serving | 380 cal)

\$3.29 per guest

Deli Meat, Cheeses, Assorted Breads & Condiments (1 serving | 930 cal) **\$8.39 per guest**

SWEETS

Assorted Donuts (1 donut | 280-310 cal) **\$14.69 per dozen**

Assorted Mini Danish (1 danish | 120 cal) **\$15.49 per dozen**

Assorted Bagels & Spreads (1 bagel | 210-310 cal)

\$22.59 per dozen

Assorted Cookies (1 cookie | 160-180 cal) **\$15.89 per dozen**

Assorted Muffins **\$17.39 per dozen**

Brownies (1 brownie | 80 - 190 cal) **\$14.29 per dozen**

Rice Krispy Treats (1 cut | 80 - 170 cal) **\$9.19 per dozen**

NIBBLES

Baked Chips (1 bag | 130 cal) **\$4.49 per bag**

Potato Chips / 1 lb. bag, 15 servings (1 oz. | 160 cal)

\$4.49 per bag

Pretzels / 1 lb. bag, 15 servings (1 oz. | 110 cal) **\$4.29 per bag**

Tortilla Chips & Salsa / 1 lb., 13-15 servings (2 oz chips + 2 oz.

salsa - 150-285) **\$6.29 per bag**

HOT SNACKS

Wings with Celery & Carrots Sticks (3 each | 15 cal)
with Ranch Dip (2 oz. | 190 cal)

Choose Two: Cajun (1 wing | 90 cal), Spicy (1 wing | 40 cal),
BBQ (1 wing | 100 cal), Boneless (1 wing | 120 cal) or Buffalo
(1 wing | 80 cal) **\$16.79 per dozen**

Chicken Fingers & Sauce (3 tenders + 4 oz. sauce | 740 cal)
\$14.39 per dozen

Cocktail Meatballs (1 meatball | 45 cal) **\$6.59 per dozen**

Choice of One Sauce: Marinara, BBQ or Thai Sauce

Egg Rolls & Sauce (1 roll | 120-150 cal) **\$17.39 per dozen**

HERO PARTY

2-Foot Sub (serves 10 guests) **\$40.19 per sub**

5-Foot Sub (serves 30 guests) **\$141.39 per sub**

American Sub

Ham, Turkey, American Cheese, with Lettuce, Tomato and
Mayonnaise or Mustard (1 cut | 500 cal)

Italian Sub

Ham, Salami, Pepperoni, Provolone, with Lettuce, Onions, Tomato,
Oil, Vinegar & Mayonnaise (1 cut | 740 cal)

Vegetable Sub

Hummus, Roasted Vegetables, Provolone, with Lettuce, Tomato
and Onions (1 cut | 310 cal)

PICNICS – 10 guest minimum

BBQ \$15.79 per guest

All Beef Hot Dogs (1 sandwich | 370-400 cal), Hamburgers
(1 sandwich | 290 cal), Veggie Burgers (1 sandwich | 260 cal),
Cheese (1 slice | 50 cal), Assorted Rolls (1 roll | 100 cal), Condiment
Tray (1 each | 0-200 cal) with Cole Slaw (3 oz. | 90 cal) and
Macaroni Salad (4 oz. | 120 cal)

Deluxe BBQ \$23.29 per guest

BBQ Chicken Quarters (2 eighths | 560 cal), BBQ Ribs (5 ribs + 3oz.
sauce | 670 cal), Grilled Portobello Mushrooms (1 cap | 30 cal) with
Country Potato Salad (4 oz. | 160 cal) and Pasta Salad (4 oz. | 120
cal)

BEVERAGES

Assorted Canned Coca-Cola Soda (12 oz. | 0-270 cal) **\$1.69 each**

Bottled Water **\$0.89 each**

Assorted Bottled Juice **\$1.99 each**

BULK BEVERAGES – gallon serves 16 guests

Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) or Hot
Water for Tea (8 oz. | 0 cal) & Condiments **\$24.99 per gallon**

Orange (8 oz. | 140 cal), Cranberry (8 oz. | 210 cal)

or Apple Juice (10 oz. | 140 cal) **\$16.99 per gallon**

Lemonade (8 oz. | 75 cal) **\$12.99 per gallon**

Freshly Brewed Iced Tea (8 oz. | 0 cal) **\$11.99 per gallon**

Hot Chocolate (128 oz. | 3130 cal) **\$17.59 per gallon**

BIRTHDAY PACKAGE **\$69.19 package**

1/2 Sheet Cake - serves 32 (1 cut | 140 - 150 cal), Balloons, Candles, Card,
Plates, Napkins & Utensils

breaktime

High quality plastic serviceware is included. Offered to groups of 10 or more guests.

HEALTH BREAK

\$4.99 per guest

Granola Bars  (1 bar | 100-110 cal), Whole Seasonal Fresh Fruit  (1 serving | 50-110 cal), Carrot and Celery Sticks  (3 each | 15 cal), Bottled Water and Assorted Bottled Juices

SWEETS

\$4.99 per guest

Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Assorted Mini Chocolate Bars (3 pieces | 130 cal), Assorted Individual Bags of Chips & Baked Chips (1 bag | 130-320 cal) and Chocolate Milk

AFTERNOON WAKE-UP CALL

\$5.29 per guest

Seasonal Cubed Fresh Fruit (2 oz. | 25 cal) and Assorted Cookies (1 cookie | 150-180 cal), Freshly Brewed Seattle's Best Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) and Bigelow and Celestial Seasonings Herbal and Non-herbal Bigelow and Celestial Seasonings Teas (8 oz. | 0 cal) to Include Decaffeinated with Hot Water (8 oz. | 0 cal) and Freshly Brewed Iced Tea (8 oz. | 0 cal)

NY BREAK

\$3.79 per guest

Pretzel Bar (1 pretzel + topping | 210 cal), Popcorn (1 cup | 40 cal), White Chocolate Macadamia (1 cookie | 170 cal) & Double Chocolate Chip Cookies (1 cookie | 170 cal), Linzer Bars (1 cut | 210 cal) and Lemonade (8 oz. | 70 cal) or Freshly Brewed Iced Tea (8 oz. | 0 cal)

 = Vegetarian

 = Vegan

 = Mindful

We can also accommodate
Gluten Free requests.

themed buffets

All themed buffets include assorted canned Coca-Cola soft drinks, regular and diet (12 oz. | 0-270 cal). Choose One Entrée and Two Sides. High quality plastic serviceware is included. Offered to groups of 10 or more guests.

MEDITERRANEAN BUFFET \$17.19 per guest

Choose One Entrée:

Basil Lemon Chicken Breast and Couscous  (1 plate | 340 cal)
Broiled Pork Chop with Rosemary (1 chop | 280 cal)
Turkey Bolognese with Whole Wheat Spaghetti  (8 oz. | 350 cal)
Fettuccine Alfredo  (1 serving | 390 cal)
Mediterranean Vegetable Paella  (8 oz. | 260 cal)

Choose Two Sides:

Cucumber Tomato Salad  (4 oz. | 60 cal), Garden Caesar and Chicken Salad  (1 salad | 310 cal), Grilled Spiced Shrimp and Vegetable Salad  (1 salad | 260 cal), Orecchiette with Broccoli  (4 oz. | 120 cal), Roasted Vegetables  (4 oz. | 50 cal), Fresh Green Bean Almondine  (4 oz. | 45 cal), Olive Couscous  (4 oz. | 170 cal)

ITALIAN BUFFET \$15.99 per guest

Choose One Entrée:

Chicken Parmesan Over Linguine  (1 serving | 420 cal)
Chicken Marsala (1 breast | 200 cal)
Italian Sausage Halves, Onions & Peppers  (1/2 sausage + 2 oz. vegetables | 160 cal)
Eggplant Parmesan  (1 cut | 280 cal)
Polenta "Lasagna" with Eggplant Caponata  (1 cut | 580 cal)

Choose Two Sides:

Garlic Bread  (1 slice | 140 cal), Italian Meatballs (2 meatballs | 110 cal), Broccoli with Garlic & Lemon  (4 oz. | 60 cal), Baked Ziti with Marinara  (1 cut | 470 cal), Cheese Ravioli with Marinara (6 each + 2 oz. sauce | 230 cal), Penna Pasta with Marinara Sauce  (4 oz. | 200 cal)

HEALTHY LIFESTYLE BUFFET \$22.39 per guest

Choose One Entrée:

Thai Citrus Beef Stir Fry with Rice  (1 serving | 370 cal)
Turkey Snap Peas and Sweet Potatoes  (1 serving | 310 cal)
Pork Tenderloin Stir Fry with Soba Noodles  (1 serving | 470 cal)
Vegetarian Paella with Edamame  (8 oz. | 250 cal)
Ricotta, Leek and Olive Pizzetta  (1 pizza | 250 cal)

Choose Two Sides:

Strawberry Salad with Chocolate Vinaigrette   (1 salad | 350 cal), Garden Salad with Tomatoes and Cucumbers  (1 salad | 20 cal), Buffalo Shrimp Salad  (1 salad | 170 cal), Broccoli and Carrot Medley  (4 oz. | 35 cal), Eggplant, Tomatoes and Onions   (4 oz. | 70 cal), Roasted Vegetables  (4 oz. | 90 cal), Basmati Cilantro Rice  (4 oz. | 150 cal)

Add Dessert: Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Cookies (1 cookie | 170-250 cal) or Fresh Fruit (3 oz. | 30-45 cal) **\$1.99 per guest**

Prices are good through July 2019.

ez party packages

High quality plastic serviceware is included. Offered to groups of 10 or more guests.

Add Dessert: Brownies (1 cut | 190 cal), Blondies (1 cut | 220 cal), Cookies (1 cookie | 170-250 cal) or Seasonal Fresh Fruit (3 oz. | 30-45 cal)

\$1.99 per guest

BREAKFAST CLUB \$6.19 per guest

Seasonal Cubed Fresh Fruit (2 oz. | 25 cal), Individual Fruit Low-Fat Greek Yogurt Parfaits (6 oz. | 60-180 cal), Low-Fat Muffins (1 muffin | 160-210 cal) and Freshly Brewed Seattle's Best Coffee (8 oz. | 0 cal), Decaffeinated Coffee (8 oz. | 0 cal) and Bigelow and Celestial Seasonings Herbal and Non-Herbal Bigelow and Celestial Seasonings Teas (8 oz. | 0 cal) to Include Decaffeinated (8 oz. | 0 cal) with Hot Water, Bottles of Orange (10 oz. | 140 cal) and Cranberry Juice (10 oz. | 170 cal).

PIZZA PARTY \$8.79 per guest

Fresh Baked Pizza with Choice of One Topping (1 cut | 240-660 cal): Pepperoni, Sausage, Mushrooms, Onions, Vegetarian or Broccoli. Served with Tossed Salad (1 salad + 2 oz. dressing | 15 cal + 190-260 cal) and Two Dressings and Assorted Canned Coca-Cola Soft Drinks, Regular or Diet (12 oz. | 0-270 cal).

ICE CREAM SUNDAE BAR \$4.79 per guest

Choice of One Ice Cream Flavour (One per 45 guests): Chocolate (1 scoop | 90 cal), Vanilla (1 scoop | 90 cal) or Strawberry (1 scoop | 80 cal)

Choice of One Sauce: Chocolate (2 oz. | 200 cal), Strawberry (2 oz. | 140 cal) or Butterscotch (2 oz. | 140 cal)

Choice of One Topping: Sprinkles (1 oz. | 130 cal), Cookie Crumbs (1 oz. | 130 cal), Crushed Peanuts (1 oz. | 170 cal) or M&M's® (1 oz. | 140 cal). Maraschino Cherries (4 halves | 30 cal) and Whipped Topping (2 oz. | 180 cal) are Included.

TACO BAR PARTY \$12.99 per guest

Taco Shells (1 shell | 60 cal), Seasoned Ground Beef (1 oz. | 50 cal) or Ground Turkey (1 oz. | 35 cal), Sautéed Vegetables (1 oz. | 20 cal), Shredded Cheddar Cheese (1 tbsp. | 30 cal), Chopped Tomatoes (1 oz. | 5 cal), Shredded Lettuce (1 oz. | 0 cal), Onions (1 oz. | 10 cal), Guacamole (2 oz. | 80 cal), Salsa (1 oz. | 15 cal), Sour Cream (1 tbsp. | 30 cal), and Assorted Canned Coca-Cola Soft Drinks, Regular and Diet (12 oz. | 0-270 cal).

Simple – Satisfying – Smart

Elements catering offers great food at the best possible price. We understand the challenges you face every day, trying to fit catering costs into a limited budget for student meetings, community organizations and informal meetings.

CATERING POLICIES

Service Hours are Monday to Friday, 8:00am - 8:00pm. Any pick-ups after 8:00pm will incur a \$25.00 surcharge. This menu is available on weekends.

To place an order: Contact Kathy McDonnell at 630-907-5985 or by email at kmcdonnell@imsa.edu.

All orders must be placed 5 business days prior to service. A guaranteed guest count is required 2 business days in advance. We require 24 business hours of notice for cancellations.

Payment must be received prior to the pick-up or delivery for your event. Accepted forms of payment include check, purchase order and department accounts. If you are a tax-exempt organization, a copy of your tax-exemption certificate must be submitted prior to the date of your pick-up or delivery.

All tables, chairs and trash can set ups are scheduled through the Facilities Office at 630-907-5058 or by email at dkrett@imsa.edu.

Included with breaktime, themed buffets and ez party packages, are high quality plastic serviceware or eco-friendly serviceware products, based on the amount of food ordered. Services include delivery, linen-draped service tables, set up and clean up. There are additional charges for linens on guest tables. Attendants are an additional charge of \$25.00 per hour.

Due to health regulation, it is the policy of Elements by Sodexo 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.

There is a standard delivery/set up fee of \$75.00 for deliveries made outside IMSA during regular business hours.