

A close-up photograph of four appetizers, likely small fried breads or crackers, arranged on a wooden skewer. Each appetizer is topped with a mixture of diced tomatoes, onions, and other ingredients. The background is a soft, out-of-focus green, suggesting a fresh or natural setting.

# “No Frills” Catering Guide Eastern Maine Community College

# breakfast

## Hot Beverage Service

Freshly Brewed Regular and  
Decaffeinated Coffee, Assorted  
Tea  
1.99

## Healthy Start

Freshly Baked Low-Fat Mini Muffins,  
Mini Scones, Freshly Squeezed Orange  
Juice, Coffee and Tea Service  
4.25

## Hotel Breakfast Buffet

French Toast, Pure Maple Syrup,  
Scrambled Eggs  
Bacon,  
Home Fries, Sliced Fresh Fruit,  
Freshly Squeezed OJ,  
Coffee and Tea Service  
7.95

## Greek Yogurt Bar

Plain and Flavored Greek Yogurt  
Assorted Berries  
House made Granola, Honey  
Freshly Squeezed OJ,  
Coffee and Tea Service

## Bagel Bar

Assorted Min Bagels, Lite and Regular  
Cream Cheese  
Freshly Squeezed OJ,  
Coffee and Tea Service  
4.25



# Lunch

## Deli Lunch Buffet's

### Deli Platter Lunch

Deli Platter – In-house Roast Beef, In-house Roasted Turkey, Ham, Grilled Chicken Breast, Tuna Salad  
Cheese's – American, Swiss, Provolone,

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Breads – Rolls, Ciabatta, Baguette, Wraps, Gluten Free available

Spreads – Mayo, Mustard, Honey Mustard

Baked Lays Chips,  
Freshly Baked Cookies,

6.25

### Sandwich Wrap Buffet

Chef Selection of assorted wraps including protein salad, and Vegetarian option  
Gluten Free Wraps are available

Chef Selection Seasonal Salad

Baked Lays Chips,  
Freshly Baked Cookies,  
Water Works

6.25

### Flatbread and Panini's

Chicken Pesto Fresh Mozzarella  
Flatbread

Smoked Turkey, Honey Mustard,  
Spinach, Swiss Cheese Panini

Grilled Vegetable, Red Pepper  
Hummus, Sandwich Thin

8.95

Baked Lays Chips,  
Freshly Baked Cookies,  
Water Works



## Caesar Salad Buffet

Crisp Romaine Lettuce Tossed with Caesar Dressing

Tomatoes, Cucumbers Broccoli, Carrots  
Grilled Marinated Breast of Chicken  
Roasted Vegetables

Hand Cut Croutons, Shredded Parmesan Cheese,

Cookies and Beverage Service  
7.95

## Pizza Buffet

Assorted Pizza including Vegetarian

Tossed Baby Greens Salad

Cookies and Cold Beverage Service  
9.95



**lunch**  
-  
**salad**  
&  
**pizza**