



## BREAKS

### TOP PICK

#### The Healthy Alternative \$8.29 per person

■ Apples	60 Cal each
■ Oranges	50 Cal each
■ Bananas	110 Cal each
■ Pears	100 Cal each
■ Individual Yogurt Cups	50-150 Cal each
■ Trail Mix	290 Cal each
■ Granola Bars	190 Cal each

#### Snack Attack \$6.19 per person

■ Individual Bags of Chips	100-160 Cal each
■ Roasted Peanuts	190 Cal/1 oz. serving
■ Trail Mix	290 Cal each
■ Assorted Craveworthy Cookies	250-310 Cal each
■ Bakery-fresh Brownies	250 Cal/2.25 oz. serving

#### ■ Assorted Craveworthy Cookies

\$13.49 per dozen  
(250-310 Cal each)

■ Vegetarian ■ Vegan

The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

#### Orchard Treats \$6.49 per person

■ Apple Wedges	60 Cal each
■ Caramel Sauce	100 Cal/1 oz. serving
■ Cinnamon Sugar Donuts	280 Cal each
■ Maple Walnut Blondies	290 Cal/2.38 oz. serving
■ Sliced Cheese served with Baguettes	350 Cal/4.75 oz. serving

## BEVERAGES

*Includes appropriate condiments*

Regular Coffee (0 Cal/8 oz. serving)  
\$19.99 per gallon

Hot Water with Assorted Tea Bags  
(0 Cal/8 oz. serving) \$19.99 per gallon

Bottled Juice (OJ, Cranberry, Grapefruit)  
(110-170 Cal each) \$2.29 each

Bottled Water (0 Cal each) \$1.99 each

Assorted Sodas (Canned) (0-150 Cal each)  
\$1.79 each



**SOUTH GA TECHNICAL  
COLLEGE CATERING**

*fresh food on the go*


## CONTACT US TODAY

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Prices effective until 07/01/2020

Prices may be subject to change

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## SUNRISE STARTERS

*Includes appropriate condiments*

### TOP PICK

#### Healthy Choice Breakfast

\$8.69 per person

Whether in combination with one of our other Breakfast Packages or alone, a healthy way to start your day.

Individual Cereal Cups	140-260 Cal each
Milk	120 Cal each
Bananas	110 Cal each
Assorted Individual Yogurt Cups	50-150 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

#### Mini Continental \$10.19 per person

Miniature Muffins	80-120 Cal each
Miniature Danish	140-170 Cal each
Miniature Bagels	110-160 Cal each
Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

#### Quick Start \$9.69 per person

Choice of three (3) Breakfast Pastries served with Fresh Seasonal Sliced Fruit, Assorted Juices, Iced Water and Gourmet Coffee, Decaf and Hot Tea

Assorted Muffins	400-510 Cal each
Assorted Danish	200-430 Cal each
Assorted Scones	430-470 Cal each
Assorted Bagels	170-360 Cal each
Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Assorted Juice	110-170 Cal each
Iced Water	0 Cal/8 oz. serving
Gourmet Coffee, Decaf and Hot Tea	0 Cal/8 oz. serving

#### A La Carte

*Includes appropriate condiments*

Assorted Donuts (190-490 Cal each)	\$16.99 per dozen
Assorted Pastries (200-510 Cal each)	\$19.99 per dozen
Assorted Breakfast Breads (110-220 Cal each)	\$13.49 serves 12
Assorted Scones (430-470 Cal each)	\$19.99 per dozen
Fresh Seasonal Sliced Fruit (40 Cal/2.5 oz. serving)	\$3.09 per person
Assorted Yogurt Cups (50-150 Cal each)	\$3.09 each

## FAVORITE LUNCH PACKAGES

*Includes appropriate condiments*

### TOP PICK

#### The Main Event \$14.99 per person

Your choice of three (3) selections from our variety of Classic Sandwiches served with a Tossed Green Salad and choice of two (2) Side Salads, Chips, Assorted Craveworthy Cookies and Beverages

Tossed Salad	50 Cal/3.5 oz. serving
Side Salads	25-330 Cal each
Individual Bags of Chips	100-160 Cal each
Classic Sandwiches	140-750 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

#### Deli Express \$11.89 per person

Create your own Deli Sandwich creation accompanied by your choice of two (2) Side Salads, Chips, Assorted Craveworthy Cookies and Beverages

Side Salads	25-330 Cal each
Individual Bags of Chips	100-160 Cal each
Assorted Baked Breads & Rolls	110-160 Cal each
Deli Platter (Turkey, Roast Beef, Ham, Tuna)	25-80 Cal/1 oz. serving
Cheese Tray (Cheddar & Swiss)	110 Cal/1 oz. serving
Relish Tray (Lettuce, Tomato, Onion, Pickles, Pepperoncini)	0-20 Cal/2 oz. serving
Assorted Craveworthy Cookies	250-310 Cal each
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

#### A Salad Affair \$13.49 per person

Your choice of three (3) selections from our assortment of Classic Entrée Salads served with Fresh Bread, Fresh Seasonal Fruit, Assorted Craveworthy Cookies and Beverages

Bakery Fresh Rolls	160 Cal each
Fresh Seasonal Sliced Fruit	40 Cal/2.5 oz. serving
Classic Entrée Salad	240-550 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Lemonade	90 Cal/8 oz. serving
Iced Tea	5 Cal/8 oz. serving
Iced Water	0 Cal/8 oz. serving

#### Classic Box Lunch - Sandwich

\$10.69 per person

Your choice of Classic Sandwich served with Potato Chips, Craveworthy Cookies and Bottled Water

Classic Selection Sandwich	140-750 Cal each
Individual Bag of Chips	100-160 Cal each
Assorted Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

#### Signature Brown Bag Lunch

\$9.89 per person

Your choice of Sandwich served with Chips, Craveworthy Cookies and Bottled Water

Turkey and Swiss Sandwich	490 Cal each
Ham and Swiss Sandwich	440 Cal each
Garden Vegetable and Boursin Sandwich	570 Cal each
Individual Bag of Chips	100-160 Cal each
Craveworthy Cookies	250-310 Cal each
Bottled Water	0 Cal each

## CLASSIC SANDWICHES

Deli Sliced Turkey and Swiss on Hearty Wheat Bread (490 Cal each)

Grilled Chicken Club with Bacon and Swiss on Toasted Wheat Bread (750 Cal each)

Tuna Salad Ciabatta with Fresh Romaine and Sliced Tomato (540 Cal each)

Roast Beef and Cheddar Sandwich (420 Cal each)

Apple Bacon Chicken Salad Ciabatta (390 Cal each)

Mozzarella, Red Pepper, Balsamic and Kale Ciabatta (470 Cal each)

Very Veggie Submarine Sandwich with Provolone and Honey Dijon Dressing (460 Cal each)

Bavarian Ham and Swiss on a Pretzel Roll (480 Cal each)

## CLASSIC ENTRÉE SALADS

Traditional Caesar Salad with Grilled Chicken, Shredded Parmesan Cheese and Seasoned Croutons (550 Cal each)

Blackened Tofu Taco Salad (280 Cal each)

Chicken Cobb Salad with Italian Herb Dressing (420 Cal each)

Fresh Baby Spinach and Apple Salad with Grilled Chicken Breast, Crumbled Goat Cheese, Diced Bacon and Country Apple Dressing (510 Cal each)

Traditional Garden Salad with Fresh Iceberg and Romaine Lettuce, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (240 Cal each)

## MEETING ALL DAY

### Full Day Classic

Start out with the **Quick Start Breakfast**, served with an assortment of breakfast baked goods, assorted juices, water, and gourmet coffee service. For Lunch, enjoy either the **Main Event Sandwich Buffet** or the **Salad Affair Gourmet Salad Buffet** served with accompaniments and dessert.

### Quick Start Breakfast

Sandwiches \$20.79 per person

Salads \$20.79 per person

## SIDE SALADS

Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Peppers, Fresh Baby Spinach, Feta Cheese and Black Olives (90 Cal/3 oz. serving)

Red-skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Mayonnaise Dressing (240 Cal/4 oz. serving)

Traditional Garden Salad with a Balsamic Vinaigrette Dressing (50 Cal/3.5 oz. serving)

Fresh Fruit Salad (40 Cal/2.5 oz. serving)

Strawberry Melon Salad (40 Cal/3 oz. serving)

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.