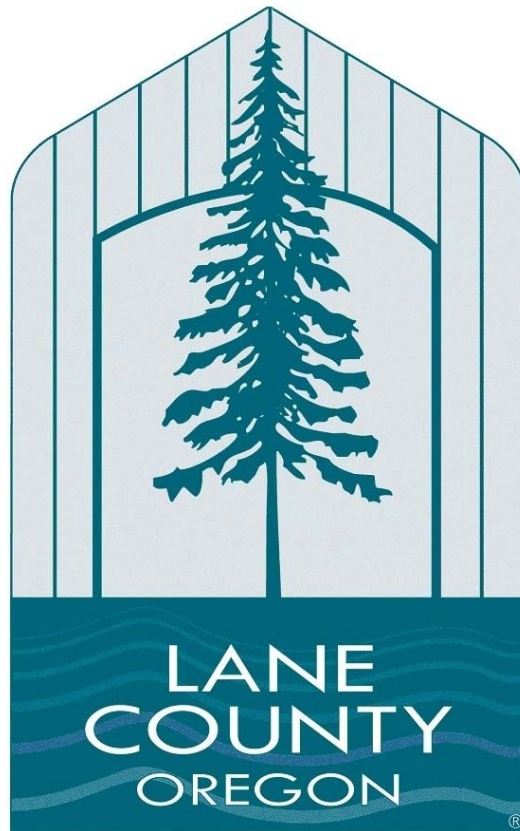


# MLK Jr. Culinary Arts Catering Menu



Contact information:

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# MLK Youth Programs

The Martin Luther King, Jr. Education Center is a cooperative program run by Lane Community College, Lane Education Services District, Lane County Department of Youth Services, and Lane Workforce Partnership. As a transitional education program the goal is to assist youth that have not been successful in traditional and alternative schools as well as social, vocational and career settings. Many of the one hundred and twenty youth served annually have been suspended or expelled from the schools in their home districts, have struggled to obtain and maintain employment, and often lack exposure to meaningful career opportunities. The Martin Luther King, Jr. Education Center works closely with the Juvenile Court and only receives referrals from juvenile counselors and parole and probation staff from Oregon Youth Authority. Youth referred must be on probation, parole, or formal accountability agreements from the circuit court. The staff work in this collaborative team model to assist referred youth to gain the academic and behavioral skills necessary to either return to a traditional or alternative school setting or move on to a college environment.

The Culinary arts program provides young people with an opportunity to work with professionally trained food and nutrition services staff in a commercial kitchen. The rigorous training program includes classroom and hands on learning opportunities. Each youth is required to master a series of skills and demonstrate competencies to successfully complete this portion of the work readiness program. In addition to the Martin Luther King, Jr. Catering Service youth referred to this work readiness program are involved in all aspects of food preparation and service for all the Juvenile Justice Center programs.



## Breakfast Selections

All prices are per guest

All breakfast selections come with freshly brewed coffee and teas

### McKenzie Morning Rush

Assorted bagels served with cream cheese

3.75

### Continental Breakfast

Assorted pastries (mini muffins, Danishes, scones and croissants)

4.75

(Add sliced fresh fruit \$ 1.00 per guest)

### All American Breakfast

Scrambled eggs, country potatoes, crispy bacon or sausage,

Assorted Danishes and sliced fresh fruit

9.00

### Blue River Breakfast Buffet

Our signature broccoli, bacon quiche or vegetable quiche.

Includes: bacon or sausage, assorted pastries, sliced fresh fruit &

country potatoes

9.50

(20 person minimum)

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## From the Bakery A la Carte

Bagel with cream cheese	1.50 each
Doughnuts	1.00 each
Mini muffins	8.00 dozen
Mini croissants	8.00 dozen
Mini scones	10.00 dozen
Mini pastries	10.00 dozen
Coffee cake <small>Our signature Marionberry Streusel Coffee Cake (serves 16)</small>	20.00 each

## Beverage Service

### Hot Beverage Service

Includes: cups, regular & flavored creamers, sugar, splenda, stirrers and napkins

Freshly brewed coffee, regular or decaffeinated	1.25 per guest
Tazo teas	1.25 per guest

### Cold Beverages

Bottled water	1.25 ea
Pepsi products (cans)	1.00 ea
Iced tea w/ fresh lemons	1.25 per guest
Lemonade	1.25 per guest
Apple and orange juices (serves 5 guests)	6.00 per pitcher
Ice water service (serves 5 guests)	1.50 per pitcher
1% Milk	.50 ea

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## Snacks

*A selection of snacks perfect for afternoon meetings!*

<b>Fresh Seasonal Fruit</b> A basket of seasonal whole fruits for your guests	1.35 per guest
<b>MLK Trail Mix</b> Our own blend of pretzels, peanuts, raisins and M&M's	1.50 per guest
<b>Crudités Platter</b> Assorted fresh seasonal vegetables with ranch dipping sauce	2.00 per guest
<b>Fresh Fruit Platter</b> Assorted sliced fresh seasonal fruits	2.25 per guest
<b>Cookie Platters</b> One dozen assorted freshly baked cookies	5.50 dozen
<b>Brownies</b> One dozen freshly baked chocolate brownies	12.00 dozen
<b>Lemon Squares</b> One dozen freshly bake lemon squares	12.00 dozen
<b>Add a drink:</b>	
<b>Pepsi products (cans)</b>	1.00 each
<b>Bottled water</b>	1.25 each

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## Party Platters

Prices are per guest

Party platters require minimum of 10 servings per item

Each serving is 2 pieces

Cheese and cracker platter	2.50
Meat and cheese platter	4.00
Roasted new potatoes with smoked salmon	2.00
Grilled, marinated & skewered portabella mushrooms	1.95
Spicy garlic shrimp skewers	2.95
Crostini with fresh Mozzarella, tomatoes and basil	1.95
Teriyaki beef skewers	2.95
Thai chicken skewers with spicy peanut sauce	2.95
Teriyaki chicken wings	1.95
Buffalo chicken wings with ranch or blue cheese dip	1.95
Artichoke dip with sliced baguettes and crackers	1.95
Spinach dip with sourdough bread and crackers	1.95
Grilled, marinated and fresh vegetable display served with a dipping sauce	2.95
Fresh seafood display with clams, mussels and prawns	4.50
Smoked salmon display with pickled red onions, capers and crème fraîche Served with baguettes and crackers (minimum 25 people)	3.95
Baked Brie filled with mushrooms, caramelized onions and toasted almonds Served with crackers and baguettes (minimum 25 people)	2.75

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## Garden Delights

All salads are served buffet style and include fresh baked breadsticks, cookies

Iced tea or lemonade

Bottle water & Pepsi products available at additional charge

All prices are per guest

<b>Grilled chicken Caesar salad</b>	8.50
Grilled chicken breast tossed together with fresh romaine lettuce, croutons, Parmesan cheese & Caesar dressing	
<b>Greek Salad</b>	8.00
Romaine lettuce topped with diced tomatoes and cucumbers, sliced red onions, croutons, Calamata olives and feta cheese served with Mediterranean dressing	
<b>Chef Salad</b>	8.25
Julienne turkey, ham, cheddar & Swiss served on a bed of baby mixed greens and topped with tomatoes, olives, hard cooked egg. Served with Italian, ranch or blue cheese dressing	
<b>Spinach Salad</b>	8.00
Baby spinach tossed with bacon bits, sliced red onion, hard cooked egg and croutons. Served with a raspberry vinaigrette	
<b>Taco Salad</b>	8.50
Romaine lettuce topped with seasoned ground beef, shredded cheese, black olives, diced tomatoes, guacamole, sour cream, salsa and green onions. Served with tortilla chips in place of breadsticks..	

## Salad Buffet

For a variety choose 3 of the above salads

9.00 per guest

Individual boxed salads available at an additional charge of .75 per guest

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## Buffet Lunches

Create your own masterpiece with our various bar lunches! Lunch includes fresh green salad with dressings or Caesar salad, breadsticks (not included in sandwich bar or boxed lunch) and fresh baked cookies or brownies.

Iced tea or lemonade

Bottle water & Pepsi products available at additional charge

All prices are per guest

Minimum order 10 guests

### Pasta Bar

9.50

#### Choose two pastas:

Penne

Bowtie

Fettucine

Rotini

#### Choose two sauces

Marinara Meat Sauce

Vegetarian Marinara Sauce

Alfredo Sauce

Pesto Sauce

### Baked Potato Bar

9.00

Large baked potato served with chili or grilled chicken (choose one) shredded cheddar cheese, chopped bacon, steamed broccoli, sour cream, green onions, whipped butter and salsa.

### Sandwich Bar

9.50

A selection of deli meats and cheeses with all the fixings offered with a variety of breads.

Choose two salads: Caesar Salad, Garden Salad, Greek salad, Potato Salad or Fruit Salad

Served with individual bags of chips

### Boxed Lunches To Go (Minimum of 5 orders)

8.95

Sandwich of your choice w/condiments, piece of fresh fruit, choice of a fresh salad, cookie, chips and a Pepsi product or bottled water (Use order form on page 11)

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## Hot Entrees

Selections are served with a fresh green salad or Caesar salad, breadsticks, and fresh baked cookies or brownies

Iced tea or lemonade

Bottle water & Pepsi products available at additional charge

All prices are per guest

### Marinated Chicken Breast with Pesto sauce 12.95

Grilled marinated chicken breast in a pesto sauce, served with fresh seasonal vegetables and a choice of rice pilaf, pasta or roasted red potatoes

### Salmon with Lemon Caper Butter 14.50

Fresh grilled salmon topped with lemon caper butter served with fresh seasonal vegetables and a choice of rice pilaf, pasta or roasted red potatoes

### Pork Loin with Pineapple Mango Salsa 13.95

Grilled pork loin topped with a fresh pineapple mango salsa served with fresh seasonal vegetables and a choice of rice pilaf, pasta or roasted red potatoes

### Barbecued Pulled Pork Sandwiches 11.95

Pulled pork with our own special barbecue sauce served with fresh buns and cole slaw

### Chicken Kabobs 12.95

Chicken & fresh vegetables on a skewer served over rice

### Enjoy a Barbecue (Minimum order 20 guest) 13.50

Grilled hamburgers, hot dogs and veggie burgers, baked beans, potato salad, fresh seasonal fruit salad, sliced cheese, sliced tomatoes, sliced onions, lettuce, potato chips, mayonnaise, ketchup and mustard (no breadsticks or green salad)

Add chicken breast 1.00 per guest

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## Hot Entree

Selections are served with a fresh green salad or Caesar salad, breadsticks, and fresh baked cookies or brownies

Iced tea or lemonade

Bottle water & Pepsi products available at additional charge

All prices are per guest

### Enchiladas ~ Chicken or Cheese 9.75

Served with Spanish rice and a choice of black beans, whole pinto beans or refried beans (tortilla chips and salsa in place of breadsticks)

### Build Your Own Taco or Burrito 11.00

Seasoned ground beef, shredded lettuce, diced tomatoes, cheddar cheese, sour cream, sliced olives, sliced jalapeños, salsa, hard and soft shell tortillas. Served with Spanish rice and a choice of black beans, whole pinto beans or refried beans (tortilla chips and salsa in place of breadsticks)

### Homemade Lasagna (*Meat or Vegetarian*) 9.75

Freshly made marinara sauce layered with pasta and cheese and baked to perfection

### Eggplant Parmesan (*Vegetarian*) 9.75

Breaded eggplant layered with marinara sauce and cheese and baked to perfection

### Pasta Primavera (*Vegetarian*) 11.00

Fresh seasonal vegetables, marinara sauce, pasta and parmesan cheese

### Chicken Stir Fry 11.00

Marinated chicken stir fried with fresh seasonal vegetables served over steamed white rice (Tofu available upon request)

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# MLK PIZZARIA

Pizzas are cut into 10 slices (5 servings per pizza)

Additional Toppings 1.00

## Pepperoni Pizza

Made with our special crust, savory pizza sauce, sliced pepperoni, mozzarella, provolone and parmesan cheese

12.00

## Sausage Pizza

Made with our special crust, savory pizza sauce, sausage, mozzarella, provolone and parmesan cheese

12.00

## Vegetarian Pizza

Made with our special crust, savory pizza sauce, fresh vegetables, mozzarella, provolone and parmesan cheese

12.00

## Hawaiian Pizza

Made with our special crust, savory pizza sauce, Canadian bacon, pineapple, mozzarella, provolone and parmesan cheese

12.00

## BBQ Chicken Pizza

Made with our special crust, fresh made BBQ sauce, chicken, mozzarella, provolone and parmesan cheese

14.00

## Greek Pizza

Made with our special crust, savory pizza sauce, tomatoes, red onion, feta cheese, olives, artichokes, mozzarella, provolone and parmesan cheese

14.00

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# MLK Culinary Arts Menu Boxed Lunch Order Form

Name:

Meeting:

Meeting Date:

**Boxed Lunch includes:**

Sandwich of your choice w/condiments, piece of fresh fruit, choice of salad, cookie, chips and a Pepsi product or bottled water \$8.95

- Please check the items you prefer -

(Sandwiches include: pickle, lettuce, tomato, and onion ~ all on the side ~ and mayonnaise and mustard packets)

<b>MEATS</b>			<b>CHEESES</b>	
<input type="checkbox"/> turkey	<input type="checkbox"/> honey ham	<input type="checkbox"/> roast beef	<input type="checkbox"/> Swiss	<input type="checkbox"/> cheddar
<input type="checkbox"/> veggie	<input type="checkbox"/> chicken breast (add \$1.00)			

<b>BREADS</b>	
<input type="checkbox"/> potato white	<input type="checkbox"/> whole grain
<input type="checkbox"/> sourdough	<input type="checkbox"/> rye

<b>FRESH SALADS</b>			
<input type="checkbox"/> fresh fruit salad	<input type="checkbox"/> potato	<input type="checkbox"/> green garden (served w/ side of ranch)	<input type="checkbox"/> Caesar

## Boxed Lunch Order Requirements:

Minimum of 5 orders

Order must be received one week prior to event

48-hour notice of cancellation without a fee

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