



Simple Takeaways

Student Value Menu



SEASONS
CATERING SERVICES

Breakfast

Le Réveil Matin (\$2.75)

Kick start your morning with breakfast

- Bagel with cream cheese
 - Coffee or tea
 - Add 2 pastries (chef's selection)
- and assorted fruits for \$3.50

Lunch & Dinner

Il Pranzo (\$7)

A taste of gastronomy from the south of Italy

- Beef lasagna or pasta with tomato sauce
- Garlic bread
- Add soup **or** salad and dessert for \$3.00

Lo Tradicional (\$5)

Traditional Mexican cuisine

- Chili (meat or veggie)
- 2 tacos
- Add nachos with salsa, salad and dessert for \$5.00

Pie in the Sky (\$5)

Classic pizza

- 2 slices of any pizza (see toppings from À La Carte)
 - Add wedge potatoes, soup **or** salad
- and dessert for \$4.00

Add assorted cold beverages to any meal for \$1.00

Subs for the Club (\$6)

Montreal-style subs and club sandwiches
(Served cold)

- 7-inch chicken sub or club sandwich
- Wedge potatoes
- Add soup **or** salad and dessert \$3.00

Game Night (\$7.99)

Assortment of greasy-spoon finger food

- 2 Chicken wings
- 2 Potato skins
- 2 Mozzarella sticks
- Beer-battered onion rings
- Portion of raw vegetables
- Add soup **or** salad and dessert for \$3.00

Vegan Favourites (\$5)

Hearty meatless option

- Hummus & grilled vegetable wrap or sandwich
- Garden salad
- Add soup and portion of fruits for \$3.00

Montreal BBQ Chicken (\$6)

Finger-licking tastiness

- Chicken leg or breast
- Wedge potatoes
- Cole slaw and BBQ sauce
- Add soup **or** salad, bread roll and dessert for \$4.00
- Add an additional chicken leg for \$4.00

- Please note that all of our chicken is halal.
- Soup, salad & dessert options will be chef's selection.

- PLEASE NOTE: **MINIMUM COST FOR
À LA CARTE ORDER IS \$50**

À La Carte

Pizza - \$14 (16-inches, 8 slices per pizza)

Cheese, All Dressed, Pepperoni,
Vegetarian, Meat Lovers

Assorted sandwiches and wraps

- Tuna \$4.00
- Egg \$4.00
- Ham \$4.00
- Roast beef \$4.00
- Chicken salad \$4.00
- Hummus & grilled vegetables \$5.00
- 7-inch chicken sub \$4.50
- Traditional club sandwich \$5.00

Soup (side portions) with crackers or bread roll

- Chicken Noodle \$2.00
- Cream of Broccoli \$3.00
- Cream of Mushroom \$3.00
- Tomato \$2.00
- Vegetable \$2.00

(A minimum of 10 portions of soup is required to place an order)

Salad (side or meal sized portions) with crackers or bread roll

- Garden Salad (\$2 / \$4)
- Whole Grain Pasta Salad (\$2 / \$4)
- Greek Salad (\$3 / \$6)
- Bean Salad (\$2 / \$4)
- Add grilled chicken or tofu to
a meal sized salad for \$2.95

(A minimum of 10 portions of salad is required to place an order)

*Haven't found what you're looking for?
Ask about our custom menu!*

Dessert

- Freshly baked cookies \$1.25
- Brownies or dessert squares \$1.50
- Pastries \$1.50
- Assorted fruits \$2.00
- Muffins \$1.25
- Chips \$2.00

Beverages

- Coca-Cola (Original, Diet, Zero) \$1.50
- Sprite \$1.50 (Original, Diet)
- Fanta \$1.50
- Nestea \$1.50
- Vitamin water \$2.00
- Powerade \$2.00
- Minute Maid \$1.50
- Fair Trade Organic Coffee \$19.95 (25 cups)




SEASONS
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Planning An Event

Call the Seasons Catering office at (514) 848-2424 ext. 3641, or send an e-mail to seasons.catering@concordia.ca to place your order.

This brochure was developed to assist in the planning of events and contains some of the most popular items for student events. Our catering manager can help you plan any type of event from start to finish. If you have a particular request, just ask and we will be happy to develop a custom menu for any occasion.

Ordering Information

For ultimate convenience, this catering menu offers a variety of freshly prepared snacks, meals, and drinks. All offerings listed require an advance notice of 48 hours for preparation. When planning large gatherings (100 guests or more) we ask that you provide us with 5 days notice. **Student ID will be required to place an order.**

Biodegradable, compostable paper service (plates, cups napkins and utensils) is included with your order.

Payment Options

We accept cash and credit cards. We also accept budget codes, however **only registered student associations with valid budget codes will be accepted as form of payment.**

Hints for Party Planning

Food Quantities

The time of day and purpose of the occasion will influence the quantity of food you will need. If you are serving light snacks or refreshments during or near meal times, you will typically need a larger quantity than between meal periods. We can help you determine the appropriate amounts for your group.

Equipment & Location

Standard procedures should be followed when reserving rooms. We will deliver your order to any location.

Looking for More?

Need catering for a large event or a more formal affair? Seasons Catering is here for you! We offer many impressive appetizers and full scale meals for any occasion in our everyday catering menu.

(514) 848-2424 ext 3641

www.concordia-montreal.catertrax.com

Prices subject to change

