

THE PLATED GOURMET

A Catering Company
35 Washington Street
Norwell, MA 02061
781.878.3325- phone
781.878.0611- fax

www.theplatedgourmet.com

FILM CATERING

Menu 1:

Tomato Salad with fresh mozzarella, red onion and baby spinach, olive oil vinaigrette
Chicken Piccata
Butternut Squash and Amaretto Ravioli with sage brown butter
Green Beans almondine
Rice Pilaf
Gourmet Cookie Tray

Menu 2:

Roasted Beet, Gorgonzola, Radicchio and Mixed Greens, balsamic vinaigrette
Chicken Marsala
Lemon Risotto
Glazed Carrots
Roasted Baby Potatoes
Gourmet Walnut Brownies

Menu 3:

White Bean and Grape Tomato Salad with Red Leaf Lettuce, Light Italian Dressing
Tuscan Chicken- breaded chicken breasts with artichokes, balsamic and onion
Rigatoni with pink tomato sauce
Roasted Zucchini
Rosemary Garlic Potato Slices

Menu 4:

Rustic Caesar Salad with shaved parmesan and homemade crouton
Parslied Grilled Chicken Tenders
Zebra Striped Spinach Ravioli with crushed tomatoes
Roasted Asparagus
Israeli Couscous with red pepper broth
Assorted Sliced Tea Cakes

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Menu 5:

Roasted Pear and Goat Cheese Salad with baby spinach, arugula and baby romaine
Breaded Chicken Medallions with raspberry sauce
Parmesan Polenta
Seasonal Vegetable Mix
Garlic Mashed Potatoes
Blonde Brownies

Menu 6:

Mediterranean Chop Salad with garbanzo beans, red and orange peppers, and romaine
Teriyaki Marinated Grilled Steak Tips
Roasted Summer Squash
Sweet Potato Mash
Sliced Vanilla Pound Cake

Menu 7:

Signature House- Shredded Carrots, Sliced Cucumbers, Radishes, Grape Tomatoes, Green Leaf Lettuce,
honey mustard dressing
Sirloin Beef Bites and Broccoli with Sweet and sour Sauce
Baby Corn, Sugar Snap Peas and Waffle Carrots served with rice pilaf for vegetarian entree
Lemon Squares

Menu 8:

Rustic Greek Salad with iceberg lettuce, olives, red onion and feta cheese
Sirloin Tips
Spaghetti Squash and Roasted Red Peppers
Rigatoni, Broccoli and low fat alfredo sauce
Raspberry Linzer Bars

Menu 9:

Baby Spinach, dried blueberries, pine nuts, balsamic vinaigrette
Grilled Flank Steak with mint relish
Haddock with pistachio crust, miso broth
Linguine with olive oil and parmesan

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Roasted Butternut Squash

Scalloped Potatoes

Congo Bars

Menu 10:

Signature House- Shredded Carrots, Sliced Cucumbers, Radishes, Grape Tomatoes, Green Leaf Lettuce,
Light Ranch Dressing

Chicken with puttanesca sauce

Roasted Asparagus

Parmesan Polenta

Seven Layer Bars

Menu 11:

Traditional Caesar Salad with shredded parmesan, creamy dressing, garlic crouton

Chicken Fingers

Seasonal Mixed Vegetable

Seasoned Potato Fries

Fruit Skewers with yogurt dip

Menu 12:

Rustic Greek Salad with iceberg lettuce, olives, red onion and feta cheese

Italian Sausages, Cannellini Beans and Tomato Ragu

Fettuccini with pink vodka sauce

Green Beans Almondine

Brown Rice

Lemon Squares

Menu 13:

Moroccan Style Apricot Chicken Thighs and Breasts, figs, prunes and apricot glaze

Israeli Couscous with vanilla, honey and almond paste -vegetarian

Mixed Vegetables

Chocolate Tea Cake

Menu 14:

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Asian Bok Choy Salad with crispy noodles, cucumbers, romaine and ginger dressing

Sweet and Sour Chicken

Baby Corn, Sugar Snap Peas and Waffle Carrots

Jasmine Rice

Lemon Squares

Menu 15:

Mixed Greens, Cucumbers, Broccoli Slaw, Sweet Vidalia Onion Dressing

Meatloaf with Tomato Ketchup

Penne with basil herb sauce

Garlic Mashed Potatoes

Roasted Peppers and Onions

Lemon Squares

Menu 16:

Signature Greek Salad

Roast Turkey Medallions

Butternut Squash and Amaretto Ravioli with sage brown butter

Acorn Squash with brown sugar and raisins

Wild Rice Pilaf with toasted orzo

Blueberry Cobbler

Menu 17:

Iceberg Lettuce, shredded cheese, chopped tomatoes, celery and scallions

Chicken Burritos

Vegetarian Burritos

Mexican Rice

Corn, black Bean and tomato Salsa

Sour Cream and Chives

Assorted Sugar Cookies

Menu 18:

Asian Slaw Salad

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Oriental Chicken Stir Fry

Veggie Stir Fry

Jasmine Sticky Rice

Assorted Sugar Cookies

Menu 19:

Signature House- Shredded Carrots, Sliced Cucumbers, Radishes, Grape Tomatoes, Green Leaf Lettuce,
honey mustard dressing

Sliced Beef Tenderloin

Cheese Lasagna

Broccoli and Cauliflower Mix

Seasoned Brown Rice

Gourmet Walnut Brownies

Menu 20:

Roasted Pear and Goat Cheese Salad with baby spinach, arugula and baby romaine

Roasted Sliced Pork Loin with rosemary pan jus

Pumpkin Risotto with sage and parmesan

Sweet Potato Mash

Baby Carrots and Parsnips

Chocolate Covered Strawberries

Menu 21:

Roasted Beet, Gorgonzola, Radicchio and Mixed Greens

Roasted Atlantic Salmon with honey mustard glaze

Butternut Squash Risotto

Roasted Fingerling Potatoes with mixed herbs

Crispy Asparagus

Double Chocolate Brownies

Menu 22:

White Bean and Grape Tomato Salad with Red Leaf Lettuce

Marinated Swordfish Steaks

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Four Cheese Ravioli with olive oil and parmesan

Wild Mushroom Mix

Creamy Garlic Mashed Potatoes

Sliced Tea Cakes

Menu 23:

Rustic Caesar Salad with shaved parmesan and homemade crouton

Sliced Beef Tenderloin

Rigatoni with pink vodka sauce and ricotta cheese

Haricot Verts

Baby Potatoes

Double Chocolate Brownies

Menu 24:

Roasted Pear and Goat Cheese Salad with baby greens

Tuscan Shrimp with white beans and tomato ragu

Linguine with spicy tomato sauce

Roasted Zucchini

Parmesan Couscous

Old School Cookie Jar

Menu 25:

Traditional Caesar

Grandma's Meatballs

Linguine with roasted garlic, baby spinach and basil sauce

Matchstick Carrots with dried currants

Garlic and Chive Mash

Assorted Pound Cakes