

Catering Guide

Regis Jesuit

High School



guidelines

Flik Independent Schools Dining is pleased to present this catering menu developed for Regis Jesuit High School. The guide serves only as a sampling of our catering abilities and does not reflect the full range of selections and services we can provide. Our Director and Executive Chef will gladly assist you in developing a customized menu for your next meeting or event. We look forward to serving your catering needs.

All requests must be submitted via the Spoonfed website, see link below.

<https://api.getspoonfed.com/1454/Flik-Regis-Jesuit/>

We require 48 hours notice for all orders and cancellations. Any order for groups over 50 require 72 hours notice.

Conditions and Service Fees:

Evenings and weekends may require an additional surcharge to defray the cost of overtime labor. If catering is requested outside of regular operating hours of 7am-2:30pm, overtime charges will be applied.

Timing

When submitting the “catering request form” please note that the set-up time is an “approximate time” that we will be there to begin set-up (usually 30-45 minutes prior to the event). The set-by time is the time the food needs to be in place and ready for your guests (usually, 15 minutes prior to your guest’s arrival or break). For stations or buffet luncheons, we require access to the room an additional 30 minutes in advance for set-up.

Cancellation Policy

If an order is cancelled in less than 48 hours (72 hours for large groups), the customer is responsible for full payment of the catering order.

Additional Charges

China, Silverware/Glassware, Custom Linen and Waitstaff:

Our services include all the necessary disposable paper products for a successful event. However, for a more formal event, china, silverware and custom linen are available as rentals. Our normal charges include the set-up, delivery, and pick-up of all orders. If you wish to have a professional wait staff present for your function; the cost is \$35 per hour with a 4-hour minimum charge.

Contact Us

Director of Dining – Emigdalia.lewis@compass-usa.com Cellphone – 617-794-4393

breakfast

Priced per Person
minimum of 8 guests

Fruit & Yogurt 10

Greek yogurt, seasonal fruit, honey, granola, dried cranberries, juice, bottled water & coffee service

Avocado Toast Bar 13

whole wheat bread, mashed ripe avocado, grape tomatoes, sliced red onions, crisp cucumbers, chopped bacon, hard boiled eggs, juice, bottled water & coffee service

Classic Hot breakfast 13

scrambled eggs, home fries, apple wood smoked bacon, sausage, sliced fruit, juice, bottled water & coffee service

Continental 11

mini muffins & pastries, sliced fruit, mini yogurt parfait, bottled water cup, juice & coffee service

A la Carte

Seasonal Whole Fruit 1.50

Seasonal Sliced Fruit 4.50

Assorted Yogurt Cups 3

Yogurt Parfait 4

Breakfast Burrito 5

Breakfast Sandwich 5

Beverages

Bottled Water 2

Sparkling Water 2.75

Coffee Service 3

coffee, hot tea, decaf

Bottled Juice 2.50

Tea & Lemonade 2.50



lunch -sandwiches

Lunch Menu

Priced per Person
minimum of 6 guests

Mini Sandwiches 12

selection of 3, choice of 1 side salad
Flik chips, signature baked cookies
bottled water

Italian

Caprese

Ham & Provolone

Buffalo Chicken

Turkey & Cheddar

Bahn Mi

Wraps 13

selection of 3 wraps, choice of
1 side salad, Flik chips, signature
baked cookies, bottled water

Chicken Caesar

Caprese

Black Forest Ham & Cheddar

Roasted Turkey & Honey Mustard

Side Salad Selections:

Pasta Salad

Classic Caesar

Garden Vegetables

Artisan Collection 14

selection of 3 artisan
sandwiches

choice of 1 side salad, Flik
chips, cookies, bottled water

Italian Hoagie Bahn Mi

*Caprese Chicken Pesto Turkey
Club*

Caprese Honey Dijon Ham

Boxed lunch 15

selection of artisan
sandwiches

choice of side salad, chips
signature chocolate chip
cookie, seasonal hand fruit

Italian Hoagie

Turkey Club, Ham & Cheddar

Caprese Chicken Caprese



lunch - salads

Lunch Menu

**Selection of family style salad
with dressing on the side**

Chicken Caesar

small (serves 10-15) **125**

Large (serves 20-25) **195**

Greek salad

small (serves 10-15) **100**

Large (serves 20-25) **165**

Chicken Cobb

small (serves 10-15) **125**

Large (serves 20-25) **195**

Side Salad Platters

your choice of side salad

Classic Caesar

salad small (serves 10-15) **50**

Large (serves 20-25) **100**

Pesto Pasta

small (serves 10-15) **40**

Large (serves 20-25) **75**

Garden Salad

small (serves 10-15) **40**

Large (serves 20-25) **75**



lunch -platters

Lunch Menu

Cheese & Cracker Platter

small (serves 10-15) **55** / medium (serves 20-25) **95**

Grilled Vegetable Platter

small (serves 10-15) **55** / medium (serves 20-25) **95**

Vegetable Crudités and House Made Hummus

small (serves 10-15) **55** / medium (serves 20-25) **95**

Fresh Seasonal Fruit with Yogurt Dipping Sauce

small (serves 10-15) **55** / medium (serves 20-25) **95**

Antipasto pepperoni, salami, capicola, provolone, fresh mozzarella, roasted peppers, kalamata olives, artichokes, crostini
small (serves 10-15) **125** / medium(serves 20-25) **175**

Mediterranean

marinated chicken skewers, roasted red peppers, house made hummus, olives, feta & pita

Small (serves 10-15) **125** / medium (serves 20-25) **175**



lunch - hot buffets

Lunch Menu

Priced per Person
minimum of 10 guests

Mediterranean 13

Lemon Chicken, grilled pita, hummus
kalamata olives, tomatoes
cucumbers, red onion, feta cheese
tzatziki, Greek salad, lemon bars
bottled water



Taco Cantina 15

Carne Asado, soft tortillas, pico de gallo, salsa verde, beans, spanish rice
tortillas, shredded lettuce, cheddar cheese, dessert bars, bottled water
add guacamole **+1.50**
add cilantro lime slaw **+1.25**

Pasta Bar 13

Grilled Chicken and pasta served with
basil cream sauce, marinara, mixed
vegetables, assorted rolls, garden
salad, vanilla cheesecake, bottled water

Asian 15

Teriyaki Chicken, jasmine rice, stir fry
vegetables, Asian noodle salad, sugar
cookies, fortune cookies, bottled water

Baked Potato Bar 13

Baked Potatoes, cheddar cheese, sour cream,
bacon, broccoli, chives, diced chicken, butter,
garden salad, assorted chips, rice crispy treats,
bottled water.

Salad Bar 13

Mixed Greens
accompanied with a
variety of 8 seasonal
toppings and assorted
dressing, fresh fruit
platter, cookies, bottled
water.

breaks – afternoon



Priced per Person
minimum of 6 guests

A la carte snacks

Whole Seasonal Fruit 1.50
Seasonal Sliced Fruit 4.50
Assorted Yogurt Cups 3
Yogurt Parfait Cups 4
Flik Chips 2.50
Assorted Bagged Chips 2
House Signature Cookies 2.50
Fudge Brownies or Dessert Bars 4

Beverages

Bottled Water 2
Sparkling Water 2.75
Seasonal Water Works 2
Coffee Service (Per Person) 3
coffee, hot tea, decaf
Bottled Juice 2.50
Tea & Lemonade 2.50

