

# cmcatering

## Crew Catering Menu Ideas

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### **Breakfast Menu**

Cold Healthy Breakfast Box

- Multi-seed Bread, Sliced Leg Ham, Egg, Avocado with Almond Dukkah and Fresh Berries
- Banana Bread, Maple Pecan Nut Cream Cheese, Berry Compote

Cold Breakfast – Mini Muffin, Yoghurt Pot, Fruit Salad, Mini Ham and Cheese Croissant

Cold Continental – Mini Croissant, Sliced Continental Meats, Cheese & Fruit Yoghurt Pot

### **Hot**

Loaded Breakfast Bacon and Egg Roll with American Cheese, Baby Spinach, Tomato Salsa and a Hash Brown

Loaded Breakfast Beef and Egg Roll with American Cheese, Baby Spinach, Tomato Salsa and a Hash Brown

### **Loaded Breakfast Boxes**

- Grilled Kransky Sausage, Potato Tots, Grilled Tomato and Scrambled Eggs (gf)
- Grilled Chorizo Chipolata, Fried Potato, Home-style Baked Beans and a Fried Egg (gf)
- Grilled Chorizo, Baked Egg Bites, Herb Roasted Tomatoes and Hash (gf)
- Homemade French Toast with Spinach, Streaky Bacon and Grilled Tomato

### **Healthy Breakfast Box**

– Roasted Sweet Potato, Chickpea Falafel, Poached Egg, Quinoa and Crushed Avocado with Dukkah (v) (gf) (df)

Bacon and Egg Breakfast Quiche with Hash Brown and Homemade Baked-beans

Filled Ham and Cheese Croissant with Scrambled Eggs and Hash

### **Omelet Fillings –**

Ham, Cheese and Spinach Omelette with Avocado Salsa and Hash Brown

Smoked Chicken, Spinach and Tomato Omelet with Rocket and Fried Potatoes

Mushroom, Spinach and Tomato Omelet baked with Cheese and Hash Potatoes

***Morning Tea / Afternoon Tea ....all served Cold/Chilled***

**Large Bagels (120gm)**

Roast Beef, Horseradish and Rocket  
Salami, Swiss Cheese and Spinach  
Ham, Cheese and Pickle

**Large Rolls ie. Large Brioche, Demi Baguette etc**

Chicken Walforf and Salad  
Egg Salad (v)  
Chicken Salad Roll  
Ham, Cheese and Tomato  
Roast Beef with Carrot Relish and Salad

**Loaded Quiches**

Cheese and Leek Quiches topped with Shredded Chicken Salad  
Ricotta and Spinach Quiche topped with Roasted Mediterranean Salad (v)

**Protein Boxes**

Hommus, Carrot Stix, Falafel, Fetta Cheese and Crispbread (v)  
Pulled Vietnamese Chicken on Brown Rice with Edamame Bean Salsa  
Assorted Cheese, Sliced Meat, Pickle and Crispbread

Large Cheese and Bacon Scones with Herbed Cream Cheese and Relish  
Large Sweet Buttermilk Scones with Jam and Cream  
Large Vegetarian Samosa with Carrot Chutney  
Savory Sweet-corn and Cheddar Waffles with Avocado Relish and Crispy Bacon

**Pastries**

Mediterranean Swirl  
Ham and Cheese Croissant Fold  
Cheese and Bacon Swirl  
Spinach Triangle Pastries  
Assorted Donuts  
Banana Bread Varieties with Berry Compote  
Plain Scone with Jam and Cream  
Assorted Mighty Mega Muffin

Belgium Waffles with Vanilla Cream and Berry Compote  
Spinach and Cheese Triangles x 3 pcs  
Spinach and Feta Pastizzi x 3 pcs  
Cheese Pastizzi x3 pcs

## ***Sample Lunch combinations***

### **CHICKEN**

**Meat:** Buttermilk Fried Chicken Breast (gf)

**Vegetarian:** Sweet Corn Egg Pattie with Grilled Cheese and Salsa (gf)

**Side Veg and Accompaniment:** Mac & Cheese, Summer Slaw and Pea Tendrils

**Meat:** Char-grilled Chicken Breast (gf)

**Vegetarian:** Mediterranean Vegetable Wellington

**Side Veg and Accompaniment:** Colcannon Potatoes, Spinach and Ratatouille (gf)

**Meat:** Greek Style Chicken Breast (gf)

**Vegetarian:** Mini Spinach and Ricotta Parcels

**Side Veg and Accompaniment:** Braised Greek Style Rice Pilaf, Rocket and a Tomato, Capsicum & Olive Sauce (gf)

**Meat:** Satay Chicken Thigh Cutlet (gf)

**Vegetarian:** Homemade Vegetable and Vermicelli Noodle Spring Roll

**Side Veg and Accompaniment:** Steamed Rice, Oriental Vegetable Panache and Sate Sauce

**Meat:** Pan Roasted Chicken Breast with Italian Herbs (gf)

**Vegetarian:** Ricotta Pastizzi

**Side Veg and Accompaniment:** Creamy Mushroom and Spinach Orecchiette Pasta, Greens and Shaved Parmesan (gluten free pasta can used if required)

**Meat:** Korean Style Karage Chicken (gf)

**Vegetarian:** Vegetable Okonomiyaki with Miso Mayo (gf)

**Side Veg and Accompaniment:** Steamed Rice, Oriental Vegetable Panache and Sweet Soy and Chilli Dressing (gf)

**Meat:** Red Wine Braised Chicken Thigh Cutlet (gf)

**Vegetarian:** Vegetable Strudel

**Side Veg and Accompaniment:** Creamy Mash, Vegetable Panache and Mushroom Red Wine Sauce (gf)

## **BEEF**

**Meat:** Crispy Chilli Beef (gf)

**Vegetarian:** Salt & Pepper Tofu (gf)

**Side Veg and Accompaniment:** Braised Coconut Rice, Steamed Greens and Tomato and Coriander Sambal (gf)

**Meat:** Slow Cooked Brisket in a Smoked BBQ Sauce (gf)

**Vegetarian:** Vegetable Empanada

**Side Veg and Accompaniment:** Braised Tomato Rice, Fried Okra and Sweet Corn Salsa (gf)

**Meat:** Veal and Pork Meatballs (gf)

**Vegetarian:** Vegetable Egg Fritters (gf)

**Side Veg and Accompaniment:** Spaghetti, Pomedori Sauce, Rocket, Greens and Parmesan (gluten free pasta can used if required)

**Meat:** Char-grilled Rump of Beef (gf)

**Vegetarian:** Vegetable Frittata (gf)

**Side Veg and Accompaniment:** Sweet Potato Wedges, Greens and a Creamy Mushroom Sauce

## **PORK**

**Meat:** Breaded Pork Katsu

**Vegetarian:** Tofu and Soybean "Money Bags"

**Side Veg and Accompaniment:** Singaporean Noodles, Stir Fry Vegetables and Sweet Soy and Ginger Dressing

**Meat:** Twice Cooked Pork Belly Bites (gf)

**Vegetarian:** Vegetable and Tofu Satay (gf)

**Side Veg and Accompaniment:** Braised Coconut Rice, Oriental Greens and Soy and Ginger Dressing

**Meat:** Braised Pork Belly in Soy and Ginger Glaze (gf)

**Vegetarian:** Vegetable Dumplings

**Side Veg and Accompaniment:** Braised Coconut Rice, Oriental Greens and Soy and Ginger Dressing (gf)

**Meat:** Char Siu Braised Pork Neck

**Vegetarian:** Steamed Silken Tofu with Shitake Mushroom and Shallot (gf)

**Side Veg and Accompaniment:** Steamed Rice, Oriental Greens and Soy and Ginger Glaze (gf)

## LAMB

**Meat:** Spiced Lamb Kofta (gf)

**Vegetarian:** Sweet Potato, Eggplant and Haloumi Stack (gf)

**Side Veg and Accompaniment:** Greek Style Potatoes with Capsicums, Olive and Tomatoes, Spinach and Yoghurt Sauce

**Meat:** Chermoula Lamb Chops (gf)

**Vegetarian:** Vegetable and Fetta Cheese Parcels

**Side Veg and Accompaniment:** Sweet Potato Hasselbacks, Greens, Spiced Tomato and Fetta Sauce (gf)

Malaysian Spiced Chicken Thigh Cutlet with Coconut Rice and Steamed Oriental Vegetable Panache (gf) (df)

Oriental Vegetable Omlette with Coconut Rice and Satay Sauce (v) (gf)

Piri Piri Chicken Breast with Garlic Portuguese Potatoes and Stewed Capsicums (gf)

Baked Pumpkin, Ricotta and Spinach Frittata with Garlic Portuguese Potatoes and Stewed Capsicums (v)(gf)

Southern Fried Chicken Fillets with Mac & Cheese and a Tomato and Jalapeno Salsa

Baked Cornbread Pudding with Mac & Cheese and a Tomato and Jalapeno Salsa (v)

Chicken, Bacon and Leek Pie with Creamy Mash and Greens

Spring Vegetable and Camembert Cheese Pie with Creamy Mash and Greens (v)

Char-grilled Rump of Beef with Potato Wedges, Green Vegetables and Creamy Mustard Sauce (gf)

Vegetable Wellington with Potato Wedges, Green Vegetables and Napolitana Sauce (v)

Aromatic Lamb Tagine with Fragrant Rice and Spinach

Chickpea, Lentil and Zucchini Fritters with Fragrant Rice and Spinach

## **Salads**

Caprese Salad (Tomato, Mozzarella and Basil)  
Spiced Pumpkin, Semi dried Tomato and Green Bean  
Japanese Style Soy Bean and Radish Salad  
Fattoush Salad (Tomato, Cucumber, Olives, Peppers, Mint and Crisp Bread)  
Cucumber, Celery and Mint Salad  
Waldorf Salad (Apple, Celery, Grapes and Walnuts bound with Yoghurt)  
Pear, Fennel and Rocket Salad  
Roasted Beetroot and Orange Salad  
Beetroot, Spinach and Feta Salad  
Oriental Slaw  
Celeriac, Fennel and Grape Salad  
Crudite Salad  
Heirloom Carrot Salad with Orange and Coriander Seed Dressing  
Roasted Heirloom Carrot and Feta Salad  
Salad Shiraz (Tomato, Red Onion, Capsicum, Parsley and Olive)  
Roasted Mediterranean Vegetable Salad  
Avocado, Roasted Tomato and Feta Salad  
Pickled Carrot and Feta Cheese Salad  
Shaved Fennel and Beetroot Salad  
Oriental Slaw with Toasted Sesame Seed and Lime Dressing  
Green Papaya and Peanut Salad  
Roasted Mushroom, Stilton and Spinach Salad  
Roasted Eggplant, Mint and Chilli Salad  
Char-grilled Eggplant, Pine-nut and Rocket Salad  
Spice Roasted Cauliflower and Almond Salad  
Curried Cauliflower, Sultana and Yoghurt Salad  
Broccoli, Cherry Tomato and Feta Cheese Salad  
Roasted Broccoli, Lemon and Almond Salad  
Celeriac Remoulade  
Soy Bean, Corn and Mange Tout

## ***Supper***

Mini Chicken and Leek Pies  
Mini Homemade Sausage Rolls with Tomato Sauce  
Chicken Goujons with Remoulade Sauce  
Pulled Chicken Quesadilla with Salsa  
Large Vegetarian Samosa with Carrot Chutney