



Western Maryland Health System

Western Maryland Regional Medical Center Catering



*Buffets
Served
Meal Cards
To Go*

For Inter-Departmental Use Only
Updated April 2016

A Note to the WMRMC Staff

The following catering guide has been developed with the staff of the Western Maryland Regional Medical Center in mind. We hope to provide guidance in the planning of your regular department functions and special occasions.

To better serve the needs of all departments at the WMRMC, we ask that you adhere to the guidelines established in this catering guide. All prices are specific to the staff of the WMRMC and include a basic set-up, including basic linen.

Meeting Room Manager

We look forward to serving your needs. Questions regarding your function may be directed to the Catering Manager at extension 42305 or the Administrative Assistant of Food and Nutrition at 42303.

Please send all requests via the Meeting Room Manager, accessed through the WMHS web site, FOR EMPLOYEES link. The catering will be happy to assist with the MRM process for those new to the system, but it is up to the booking party to use the MRM process.

Allow a minimum of 1/2 hour set-up and 1/2 hour clean up time between functions.

All functions must be entered into MRM prior to end of Business on Wednesday, the week prior to your function and must go through the approval process (VP approval).

Any last minute functions MUST go through Mary Jo Layton, Catering Manager and the approval process

All Table Setups, including food and beverage tables, along with Audio Visual Setups must be made by the party requesting service via the Meeting Room Manager under the Environmental Services and Bio Med Tabs



VENDOR PAID FUNCTIONS

Let's face it, we live in an age where we face financial challenges
In every aspect of our lives.

There are often times when Vendors come into our facility to promote their business. Quite often they will offer to pay for functions involved with these meetings that build their business.

The Food and Nutrition Department is now equipped with a Point of Sale System that will accept **CASH, Visa and Master Card.** This allows Vendors the access to pay for functions immediately with less hassle.

Theme and Decor

Our Catering Team will decorate functions appropriately. Additional charges will be added based on cost, when floral arrangements are requested.

Calorie Counts now available throughout the guide





The Western Maryland Regional Medical Center along with Aramark Health Services are proud to offer:

Classic Customized Catering to meet your needs



Wide Selection of Options

Special Selections include:

- Buffet Extraordinaire (High End)
- A La Carte Items
- Lite Reception
- Special Occasion Teas
- Themed Functions

Breakfast Options range from Basic Coffee Service to Full Hot Breakfast

Basic Lunch and Dinner Options include:

- Single Entrée Buffet
- Double Entrée Buffet
- Pizza Bar
- Baked Potato Bar
- Past Bar
- Taco Bar
- Salad Platters
- Sandwich Board
- Sandwich Platters



Our goal in serving you will always be to meet the needs of your special event, by offering the finest cuisine, along with our professional planning and execution



Classic Customized Catering blends innovative cuisine with professional presentation to create the finest experience.

CUISINE THAT WORKS FOR YOU

Guidelines for Food and Nutrition Special Functions



BOOKING of FUNCTIONS

The department initiating the special function request is responsible for the following:

Scheduling of the room via the **Meeting Room Manager**

Scheduling table and chair setup, via **Meeting Room Manager**

Scheduling Bio Med needs, via the **Meeting Room Manager**

Coordinating with the Food and Nutrition Department for those functions requiring special table setup, special requests and service.

ALL cancelled functions require 24 hour cancellation notice, otherwise function will be billed

Special menu requests must have the approval of the Food and Nutrition Department Director and Vice President of Operations

Special tables and specific linen require prior approval and 14 day notice -for ordering purposes

All questions should be directed to the Catering Manager at 42305 or Administrative Assistant at 42303

MEAL TICKETS



Meal Tickets are available and should be considered before applying for a catered event. When conflicts arise with the number of functions already received, meal tickets will be offered.

Typical request are for \$5.00 but we can provide meal tickets for amounts from \$3.00-10.00

These tickets are a one use ticket only, so if you want to allow \$10.00 for the day but for 2 meals, consider either a \$3.00 and \$7.00 or 2-\$5.00



Criteria for special functions should be limited to Medical Staff or Administrative Committee, Meetings that include doctor, board member, or other non-employee persons who are donating time to the WMRMC.

All requests for special function meal services must be made at **least 7 days prior to the scheduled event and must go through the VP approval Process.**

All departmental meetings must use the Catering Guide and no menu exceptions are allowed.

THEMED Functions

The Staff is more than happy to incorporate a special theme into the Menu and Décor.

The Food and Nutrition Department has a wide selection of fabrics, multi purpose props and innovative ways of incorporating food into a specific theme.

A small surcharge may be billed if theme requires purchase of new decorations.

Basic Services



Allow us to take care of your needs, from a simple Coffee Service to a Served Dinner. We are happy to help.

AM Services



Early Riser— \$1.50 per person

Coffee and Tea

Just a Lite Breakfast—260-460 Cal

\$2.00 per person

Coffee, Tea and Donuts or Danish

Professional Catering Staff



The staff of the Food and Nutrition Department takes great pride in “kicking it up a notch” to provide the superior dining experience one expects from fine dining venues.

Patient Care and Retail employees put their best foot forward for “High End” functions requiring additional staff and preparation.

System Cooks shine when they move to the Front of the House to do “Exhibition Cooking”

AFTERNOON SERVICES



Deli Buffet—\$7.50 PER PERSON

Assorted Meats and Cheeses, Assorted Breads, a Relish Platter, Potato Chips or Pretzels with Coffee, Tea and Ice Water

Hot Buffet— \$10.75 PER PERSON

Single Entrée of the Day accompanied by a Salad, Starch, Steamed Vegetable, Rolls and Assorted Beverages

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.

Classic Customized Catering

Extended Breakfast Selections



DIETER'S DELIGHT
\$5.25 PER PERSON

UNDER
5g
of fat

Choice of Chilled Juice 110-130 Cal
Fat Free Pastries 150-160 Cal
Assorted Bagels with Lite Cream
Cheese 300-360 Cal
Yogurt 1/4 Cup 160 Cal
Granola 1/4 Cup 100 Cal
Fresh Whole Fruit 66-86 Cal
Coffee, Tea and Water

FRESHEST PASTRIES

Our Baker takes great pride in her homemade pastries and quick breads and is always looking to try something new.



Banana, Blueberry and Cranberry Breads are baked on a Rotational basis thorough the night for the following day to provide the freshest products. Cinnamon Rolls, Danishes and Sticky Buns are baked on the premises as well.

Fresh Donuts are delivered daily by Cumberland's favorite M& M Bakery

CONTINENTAL BREAKFAST

\$5.00 per person

Choice of Chilled Juice
110-130 Cal
Assorted Breakfast Pastries
300-420 Cal
House made Muffins
410-510 Cal
Fresh Whole Fruit
66-86 Cal
Coffee and Tea

Deluxe Continental

\$5.50 per person

Choice of Chilled Juice
110-130 Cal
Assorted Bagels with Cream
Cheese
300-390 Cal
Fresh Seasonal Fruit
5 oz, 110 Cal
House made Muffins
410-510 Cal
Yogurt
1/4 Cup 160 Cal
Granola
1/4 Cup 100 Cal
Coffee and Tea

Condiments included:
Sugar, Sweet & Low, Equal, Butter and
Jelly





Customizing of Meals

BREAKFAST BUFFET ***\$6.50 Per Person***

Choice of Chilled Juice
110-130 Cal

Fresh Scrambled Eggs 140 Cal

Hot Cakes, Waffles or French
Toast 100-170 Cal

Breakfast Potatoes 150 Cal

Warm Biscuits or Toast
60-200 Cal

Fresh Whole Fruit 66-86 Cal

Coffee and Tea

Condiments included:

Sugar, Sweet & Low, Equal, Butter
and Jelly

**Western Maryland's best kept
secret.**



**We pride ourselves on
Flexibility.**



Those requesting functions can feel free to inquire about other options with in reasonable price variations to create a customized Menu.

On can choose Western Scrambled Eggs as a substitute for Scrambled Eggs or a Belgian Waffle Bar, rather than Hot Cakes and Breakfast Potato.

Another option is to replace the Scrambled Eggs and Breakfast Potato with one of the Breakfast Skillets we feature in the café

Feel free to make inquiries by contacting Mary Jo Layton at 42305 or Vicky Metty at 42303



KEEP IT SIMPLE LUNCHEONS



SANDWICH PLATTER *\$7.50 per Person*

(Hot Sandwiches)

Grilled Chicken Club 660 Cal

Old Fashioned Reubens 602 Cal

Tuna Melts 532 Cal

House made Stromboli

*(Pepperoni, Italian Sausage or
Buffalo Chicken) 648-686 Cal*

Condiments included:

*Mustard, Mayo and Ranch Dressing when
applicable*

Accompaniments

When choosing any of these
selections one may choose 2 of the fol-
lowing options:

Soup du Jour (100-240 Cal)

*Chips , Pretzels, Sun Chips ,
Baked Chips (110-160 Cal) or
Carrot Sticks (23 Cal)*

*Cole Slaw or Potato Salad
Pasta Salad (132-254 Cal)*

*(Provide a healthier selection for
your guests to enjoy-Sandwiches,
Soup and Pretzels or Sun Chips)*

*All Luncheon and Dinner selections
include dessert (cookies or brown-
ies are standard, other selections
available upon request) and bever-
age (coffee, tea, water, iced tea are
standard; assorted 8oz sodas availa-
ble upon request.)*

Cookies & Brownies 150-250 Cal

SANDWICH BOARD

\$7.25 per Person

(Chilled Sandwiches)

*Sliced Breast of Turkey and
Swiss on Whole Wheat*

490 Cal

Assorted Wraps 186-260 Cal

Classic Club 186 Cal

Our Famous Chicken Salad

260 Cal

Baked Ham and Swiss on

Buttery Croissant

453 Cal

Deluxe Italian Hoagie

475 Cal



Upscale

SANDWICH BOARD

\$8.50 per Person

(Chilled sandwiches)

*Peppered Turkey on Ciabatta Bread
with Gouda Cheese &*

Cranberry Aioli 550 Cal

Shaved Tenderloin with Cheddar

*Cheese and Beet Horseradish Mayo on
Ciabatta 280 Cal*

Honey Glazed Ham with Baby Swiss,

*Grilled Pineapple & Honey Mustard on
Sourdough Bread 580 Cal*

*All sandwiches include Leaf Lettuce,
Tomato and Red Onion*

Salad Platters

The trend to get Healthy, has led us to expand our selection of Salads to appeal to a vast array of personal tastes.



Chef Salads— 240 Cal

\$7.50 per PERSON

Fresh Greens topped with an assortment of Turkey, Ham, Cheeses, Hard Cooked Eggs and Veggies



Grilled Pineapple and Chicken Salad—550 Cal

\$8.50 per Person

Fresh Greens topped with Sauteed Honey Dijon Chicken Breast, Grilled Fresh Pineapple, Mandarin Oranges, Red Onion, Dried Cranberries, or Toasted Nuts



CHICKEN CAESAR SALAD BAR—340 Cal **\$7.50 per Person**

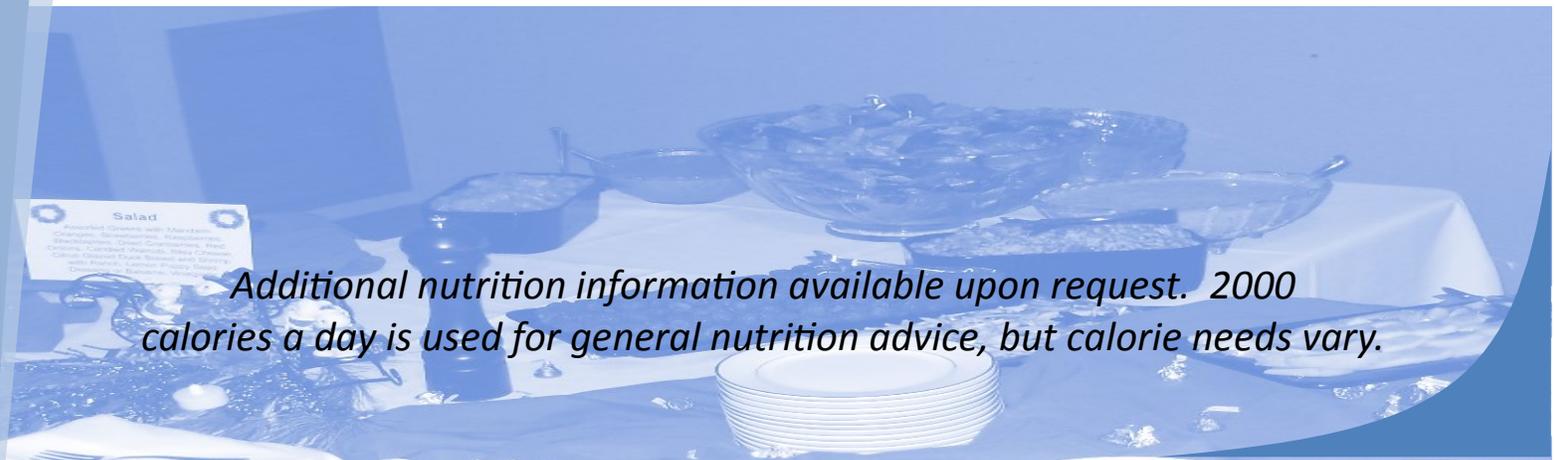
Fresh Romaine topped with your choice of Grilled Chicken or Chicken Poppers, Black Olives, Croutons, Parmesan Cheese and Caesar Dressing
Add shrimp as an option for an additional \$.75 per person

Berry Blast— 690 Cal **\$8.50 PER PERSON**

Assorted greens topped with your choice of Chicken or Steak, assorted Berries (in season), Mandarin Oranges, Red Onions, Candied Nuts and Tortilla Crisps

All Salads include : Breadstick 180 Cal, Dessert (cookies or brownies—150-250 Cal, are standard, other selections available upon request) and Beverage 0-120 Cal (coffee, tea, water, iced tea are standard; assorted 8oz sodas available upon request.) Standard Dressing Options are: Balsamic Vinaigrette, Raspberry Vinaigrette & Ranch 60-320Cal

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.



Salad Platters, continued...



Spicy Taco Salad—1000 Cal
\$7.50 per Person

Flour Tortillas Chips, topped with spicy taco meat, refried beans, shredded lettuce, diced tomatoes, shredded cheese, jalapenos, salsa, guacamole and sour cream

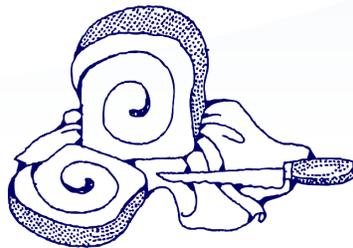
Classic Cobb Salad—280 Cal
\$7.50 per Person

Fresh Greens topped with diced chicken, diced ham, diced eggs, diced tomatoes, diced bacon, and fresh avocado then finished off with your choice of dressing

HARVEST CHICKEN SALADS—
620 Cal
\$8.00 per Person



Assorted Greens topped with a combination of Grilled Chicken, Sliced Apples, Sliced Pears, Dried Cranberries, Red Onions and Candied Nuts



CHICKEN SALAD PLATE—
560 CAL
\$7.50 PER PERSON

A bed of Fresh Greens is topped with Chicken Salad and surrounded by Fresh Seasonal Fruit

CALORIE
counter
500 or less

VERY
VEGGIE
a full serving
of vegetables

All SALADS

are served with your choice of roll or breadstick 180 Cal, beverage 0-120 Cal and Dessert (cookies and brownies are the standard 150-250 Cal.

Standard Dressings include: Balsamic Vinaigrette, & Ranch 60-320 Cal



Choose Healthier Options

BAKED
not fried

Baked Potato Bar
1250-497 Cal
\$6.50 Per Person

*Piping Hot Baked Potatoes
with your choice of 3 top-
pings.*

*Choose from Chili, Grilled
Onions, Cheese Sauce,
Broccoli, Sour Cream &
Chives.*

*Also includes Dessert and
Beverage*

One can choose the Baked Potato Bar with Broccoli, Cheese Sauce and Sour Cream and Chives as his or her topping selections.

Add Fresh Fruit for dessert, Bottled Water and Un-Sweetened Tea for the beverage

Pasta Bar
\$6.50 Per Person



Choice of 2 types of Pasta 163 Cal
Choice of 3 Sauces 120 Cal
Fresh Tossed Salad 10 Cal
Garlic Bread or Breadsticks 180 Cal



Dessert (cookies or brownies are standard, other desserts available upon request)
150-250 Cal and Beverage 0-120 Cal.
Standard Dressings include Balsamic
Vinaigrette, Raspberry Vinaigrette & Ranch
60-320 Cal

EVERYONE'S COMFORT FOOD



Pizza Bar *\$6.00 per Person*

Assorted Pizza (*Calzones can be substituted for pizza for a minimal charge.*) 1/8th Slice 248-435 Cal or Calzones 650-700 Cal

Tossed Salad with Assorted Dressing 70-390 Cal
Dessert 150-250 Cal
Beverage 0-150 Cal

Pizzas are cut into 8 pieces and 2 pieces allotted for each person

HEARTH BAKED PIZZAS AND CALZONES

With our New Facility came a lot of Medical Technology and Equipment. The Food and Nutrition Department got their fair share, as well.

Our Retail Food Court was blessed with a gas pizza oven and open preparation area.

On Tuesdays and Wednesdays the Pizza Oven is fired up and ready to go. Now when one orders the Pizza Bar he or she can be assured that Pizzas are made fresh and are hot out of the oven.

Choose from:

*Classic Pepperoni 1/8 sl 420 Cal
Meat Lovers 1/8 Sl 480 Cal
Cheese 1/8 sl 248 Cal
Buffalo Chicken 1/8 sl 285 Cal
Philly Steak 1/8 sl 323 Cal*



Taco Bar *\$6.50 per Person*

Crunch Taco Shells

2ea, 200 Cal

Flour Tortillas 1 ea, 310 Cal

Seasoned Beef-3oz, 210 Cal

Crisp Lettuce-1oz, 5 Cal

Cheddar Cheese 1oz 115 Cal

Sour Cream 1oz 1230 Cal

Diced Tomatoes 1oz, 5 Cal

Jalapenos 1oz 8 Cal

Black Olives 1oz 16 Cal

Picante Sauce 1oz 6 Cal

Dessert 150-250 Cal

Beverage 0-150 Cal

Pizza Pickup *1980-3480 Cal* *\$9.99 Per Pie*

Cheese, Pepperoni or Gourmet Pizzas, available by the pie for pickup. Available on Tuesday and Wednesday, unless prior request has been made.

If you have beverages and Paper supplies on the floor

If you just want to pick something up on the way home. Call ahead.

(We need at least 3 hours notice, in order to get dough proofed)

Lunch & Dinner Buffet Service



One Entrée: \$10.75 per person

Two Entrees: \$13.95 per person

All Entrees include : Rolls, 2 Sides, Dessert (cookies or brownies are standard, other selections available upon request) and Beverage (coffee, tea, water, iced tea are standard; assorted 8oz sodas available upon request.)

Appetizers, choose ONE

- Hearty Soup du Jour 100-240 Cal*
- Tossed Garden Salad 70-370 Cal*
- Fresh Seasonal Fruit Salad 110 Cal*



Sides, Choose ONE veggie and ONE starch or TWO veggies

- Green Beans, steamed or Amandine 60 Cal*
- Broccoli 20 Cal*
- Prince William Blend 35 Cal*
- Baby Carrots, buttered or glazed 100 Cal*
- Seasonal Blend 20 Cal*
- Seasoned Corn 100 Cal*
- Baked Potato 130 Cal*
- Oven Browns 100 Cal*
- Rice Pilaf 140 Cal*

ENTREES

POULTRY Selections

- Chicken Santa Fe 210 Cal
- Asiago Chicken (Oven Fried) 290 Cal
- Sun Dried Tomato Chicken 280 Cal
- Chicken Marsala 240 Cal
- Roast Turkey 173 Cal
- Lemon Garlic Chicken 250 Cal

BEEF Selections

- Beef Stir fry over Fried Rice 240 Cal
- Roast Beef 160 Cal
- Maple Glazed Flank Steak 490 Cal

SEAFOOD Selections

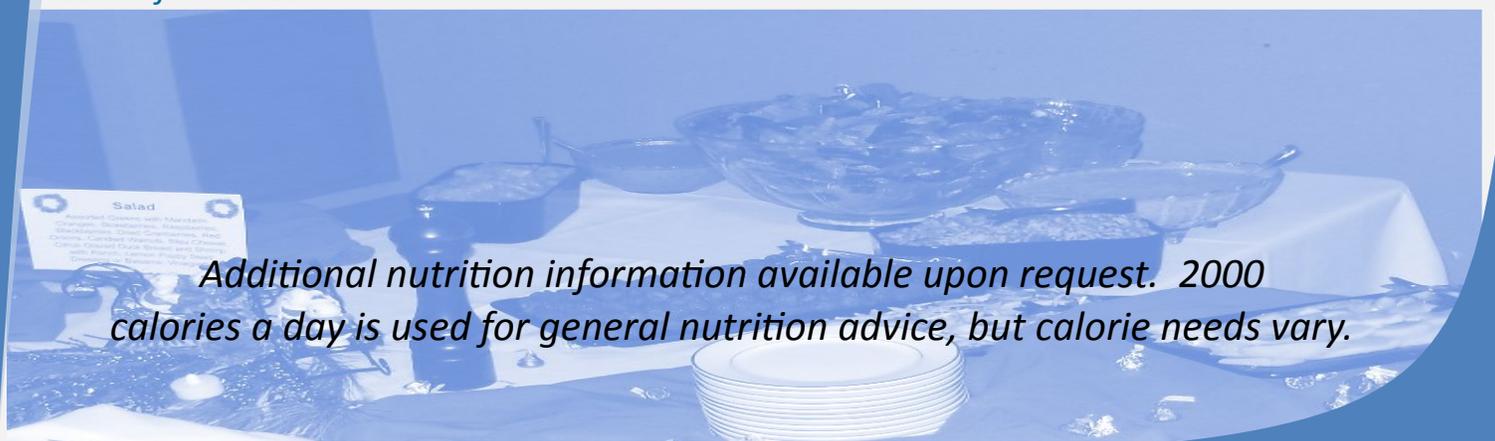
- Lemon Pepper Fish 200 Cal
- Shrimp Scampi with Linguini 403 Cal

PASTA Selections

- Stuffed Shells 360 Cal
- Italian Lasagna-Traditional or Vegetarian 290 Cal



Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.



BUFFET SERVICE OFFERS A WIDE RANGE OF SELECTIONS

When choosing Buffet Service-

One offers the guest the flexibility of eating as much or as little as he or she wants. This allows one to pick and choose what her or she is in the mood for.

Year's ago our parent's taught us that we must finish what is on our plate and that there are starving children in this world.

Buffet service allows a guest to only put on his or her plate what he or she is comfortable eating, alleviating the guilt of wasting food.

Dessert Options

(Choose 1)-when a selection is not designated Food and Nutrition will default to Cookies or Brownies

Fruit Pies (Caramel Apple is a favorite in the fall) 388-425 Cal

Cream Pies 410-480 Cal

Cheesecake 460-540 Cal

Layer Cake 270-300 Cal

Chocolate Mousse 135 Cal

Fruit Parfaits 110 Cal

Angel Food Cake with Strawberry

Topping (Fresh Strawberries

when in season) 175 Cal

Special requests can be substituted for additional charge, based on cost.



Special Requests

The Food and Nutrition Department will be happy to provide Decorated Sheet Cakes for your function. Cakes are supplied by M&M Bakery

The only requirement is a 48 hour notice, which will allow us to place our order.

We can also create special desserts centered around a theme.

Example: Harvest Theme— Pumpkin Mousse and Harvest Torte

Beverage Options



Assorted 8 oz soft drinks

Coffee (Only Decaf will be served after 4pm unless otherwise noted)

Hot or Iced Tea

Rich Hot Chocolate





Appetizers

(Choose 1)

Fresh Garden Salad 70-370 Cal

Harvest Side Salad 255 Cal

(Mixed greens with apples, dried cranberries, red onions and candied nuts)

Fresh Seasonal Salad 170 Cal

Caesar Salad 162 Cal

Fresh Seasonal Fruit 110 Cal

Soup Du Jour 100-240 Cal

**House Dressings include:

Ranch, Balsamic

Vinaigrette and

Raspberry Vinaigrette

Food & Nutrition will default to these dressings unless noted otherwise.

Carver and Exhibition Stations

The Food and Nutrition Department is more than happy to supply a carver or a person to man an exhibition station, for those high end functions with Administrative Approval

These types of stations add a little pizzazz to the overall atmosphere of the function.

Buffet Extraordinaire \$21.95 per person

CALORIE
counter
300 or less

Starches (Choose 1)

Baked Potatoes 130 Cal

Twice Baked Potatoes 180 Cal

Fluffy Whipped Potatoes 120 Cal

Scalloped Potatoes 170 Cal

Rice Pilaf 152 Cal

Spanish Rice 102 Cal

Fried Rice 130 Cal



Vegetables (Choose 2)

VERY
VEGGIE
a full serving
of vegetables

Green Beans Almandine 60 Cal

Broccoli with Lemon Butter 19 Cal

Glazed Carrots 100 Cal

Sugar Snap Peas 30 Cal

Italian Vegetables 37 Cal

Autumn Roasted Vegetables 64 Cal

Stir Fried Vegetables 40 Cal

Prince William Blend 35 Cal

Buffet Extraordinaire, Entrees (Choose 2)

Healthy for Life



Notice that there are several of our Entrée Selections in this range that qualify for our Just 4 U icons.

Let our Catering Manager know if you are looking for more Just 4 U selections and we will be happy to make additional suggestions



SEAFOOD



Shrimp Scampi on a bed of Pasta Al Dente

403 Cal

Stuffed Flounder **420 Cal**

Crab Cakes **250 Cal**

Poultry



Chicken Cordon Bleu **360 Cal**

Spicy Chicken Cordon Bleu **380 Cal**

Made with Cappicola

Ham and Pepper jack Sauce

Asiago Chicken (Oven Fried)

290 Cal

Chicken Marsala **240 Cal**

Chicken with Mango Chutney and a Pepper jack Cream Sauce **255 Cal**

Lemon Garlic Chicken **250 Cal**

Roast Turkey Breast **173 Cal**

Vegetarian Options

Portobellos stuffed with Sun Dried Tomatoes, Wilted Spinach and Feta Cheese **216 Cal**

Vegetable Alfredo **323 Cal**

Beef

Seared Sirloin Tips with a trio of Peppers and Cremini Mushrooms **203 Cal**

3oz Tenderloin Medallions with Jack Daniel's Sauce **184 Cal**



CARVING BOARD



Slow Roasted Prime Rib

6 oz, 411 Cal

Roast Breast of Turkey

4 oz, 173 Cal

Glazed Ham

4 oz, 253 Cal

Roast Beef Au Jus

4 oz 240 Cal

Tenderloin Au Poivre

6 oz 277 Cal

Roasted Pork Loin

4 oz 200 Cal



Finishing

Touches

DES-



BEVERAGES- (choose 2)

Assorted Soft Drinks 0-120 Cal

Coffee (Only Decaf is provided after 4pm, unless otherwise noted)

Hot or Iced Tea

Infused Water 8oz, 43 Cal

Java City Flavored Coffee

Hot Chocolate



Diet Specific Desserts,

alternative options for Dessert.

Sugar Free Cheesecake, Gluten Free Chocolate Torte, Fresh Fruit with Bavarian Cream, Angel Food Bruschetta (toasted Angel Food Cake topped with Fruit Salsa), Mini Fruit Pizzas



Granny's Caramel Apple Pie 450 Cal

French Silk Pie 520 Cal

Chocolate Mousse, garnished with Strawberry 145 Cal

Gluten Free Raspberry Torte 360 Cal

Flavored Cheesecakes 240 Cal

Chocolate Bread Pudding with Crème Anglaise 426 Cal

Mini Cheesecakes ea, 150 Cal

Mini Gourmet Bars 1oz bar, 95-137 Cal

****must have at least 1 week's notice for ordering purposes****



ADDITIONAL SERVICES AVAILABLE UPON REQUEST , AT MARKET PRICE

Jumbo Shrimp Cocktail, Marguerita Shrimp with Mango Salsa, Lobster Tails

Smoked Salmon, Assorted Hors D'Oevres

Petit Fours, Fresh Pastries

Domestic and Imported Cheese and Crackers, Crudités, Fresh Fruit Platter

Finger Sandwiches, etc



SPECIAL OCCASION

TEA-\$3.50 Per Person plus
the Cost of Flowers



Personalized Full or Half Sheet
Cake 300 Cal, Cookie Platter or
Angelfood and Strawberries
175 Cal,
Assorted Nuts, Chips
110-170 Cal
House Punch (Assorted Sodas
or Coffee 0-120 Cal)
Flowers



BAR SERVICE

Bar Service is available for those
“**High End** “ functions requiring such
a service.

All Beverage Service requiring alco-
hol must be approved by the office of
Nancy Adams or Barry Ronan prior to
arrangements.

Please contact the Food and Nutrition
Catering manager at extension **42305**
or via email at mjlayton@wmhs.com
for details.



A La Carte

All prices based on per person cost



- Soup of the Day
100-240 Cal \$1.75
- Potato Chips, Sun Chips or
Pretzels
110-160 Cal \$.85
- Whole Fresh Fruit
66-86 Cal \$1.00
- Cut Fresh Fruit
110 Cal \$1.50
- Soft Drinks (8oz Cans)
0-120 Cal \$.75
- Bottled Water (8oz Bottles)
0 Cal \$1.25
- Yogurt
110 Cal \$.85

BOXED LUNCHES
\$7.50 per person



Boxed lunches are available for those needing either a last minute meal option, and economic food option or a meal on the go.

A standard box lunch consists of:

- 1 Sandwich or 1/2 Wrap
 - 1 Bag of Chips
 - 1 piece of Whole Fruit
 - 2 Housebaked Cookies
 - 1 Bottled Water (or 8oz Soda)
- 582-806 Cal, **Low count includes water and potato chip, high count includes higher calorie wrap, potato chip and soda



NOTE

One can add items to any of our previously mentioned services or may order items on an individual basis



Everyone is watching their budget

A more economic option is to pick up the food for your next function minus the “lace”. **One must contact Mary Jo Layton for this option.**



Definition of: NO FRILLS

No frills is basically “Catering on the Fly”. This service is a service that allows one to pick up their food items then set and clean the meeting area themselves.

Choosing this option allows one the ability to eliminate the fancy setup and the cost associated with such a setup.

One can also order things such as a Roasted Beef Tenderloin, which our cooks prepare, the customer picks up and takes home to serve at a dinner party.

Pricing will be based on Market Pricing. Please contact Mary Jo Layton at extension 42305 or at mjlayton@wmhs.com for details



Chicken Primavera with a Tossed Salad (serves 8)
1000 Cal per serving \$15.00

Chicken Wings (air fried) with Celery Sticks and Bleu Cheese
(serves 20 people– approximately 80 wings)
795 Cal per serving \$59.99

Meat and Cheese Platter
730 Cal per serving (LG-serves 20) \$34.99, (SM-serves 10-12)
\$17.99

Fresh Fruit Tray
88 Cal per serving (Lg-serves 25-30) \$34.99, (Sm-serves 12-15)
\$17.99

Veggies and Dip
150 Cal per serving (LG serves 20) \$ 29.99, (Sm-serves 10-12)
\$15.99

Cheese Platter
340 Cal per serving (Lg-serves 24) \$34.99, (Sm serves 12) \$17.99

Anti Pasto Platter-Assorted Italian Meats, Cheeses, Peppers and Olives
190 Cal per serving (Lg-serves 20) \$38.99, (Sm serves 10) \$19.99

Caprese Platter
160 Cal per serving (Lg-serves 20) \$24.99, (Sm serves 10) \$12.99

Cookies 260-285 Cal EACH
\$8.40 per doz

Brownies 250 Cal EACH
\$6.59 per doz

Housemade Danish 305 Cal EACH
\$6.59 per 1/2doz

House Made Cinnamon Rolls and Sticky Buns
215-734 Cal EACH
\$6.59 per 1/2 doz

Sheet Cakes (Full serves 48, 1/2 serves 24)



NOTE:

When emailing inquires regarding catering, please use DietaryCateringRequests@wmhs.com. This is an email address dedicated to catering that SEVERAL people monitor.



Western Maryland Health System



Buffets

Served Meals

Meal Cards

TO GO

CALORIE
counter
300 or less

VERY VEGGIE
a full serving
of vegetables

LOW
fat

BAKED
not fried

VEGETARIAN

UNDER
5g
of fat

eat
WELL

Western Maryland Regional
Medical Center

Food and Nutrition Depart-
ment



WMRMC
12500 Willowbrook Road
Cumberland Maryland
21502

Mary Jo Layton, Catering Manager
240-964-2305
mjlayton@wmhs.com



Vicky Metty, Administrative Assistant
240-964-2303