

# ***J & L Catering***



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## **Sample Banquet Menus**

*\*Please inform your server if anyone in your party has a food allergy.\*  
Below, please find a small sampling of our menu offerings.  
We are happy to customize a menu for your event!*

### **Basic Banquet Menu**

#### **Salad**

*Select One:*

*Garden Salad  
(served with Homemade Balsamic Vinaigrette)  
or  
Traditional Caesar Salad  
(Served with homemade dressing)*

#### **Entrées**

*Select Two:*

*Vegetable Tart  
Vegetarian Lasagna  
Pasta Primavera  
Portabella Napoleon  
Vegetable Cake with Roasted Red Pepper Sauce  
Chicken Broccoli Ziti  
Chicken Marsala  
Chicken Florentine  
“Lite” Chicken Parmesan  
Traditional Chicken Parmesan  
Orange Sesame Chicken  
Herb Roasted Chicken*

#### **Accompaniments**

*Select Two:*

*Herb Roasted Butternut Squash  
Spaghetti Squash  
Seasonal Vegetable Medley  
Peas & Caramelized Onions  
Sweet Potatoes Puree  
Vegetable Slaw  
Roasted Garlic Mashed Potatoes  
Baked Potatoes  
Roasted Potatoes  
Rice Pilaf with Toasted Orzo  
Wild Rice  
White Rice*

#### **Dessert**

*Select One:*

*Assorted Homemade Cookies  
Fresh Fruit Skewers with Vanilla Yogurt*

#### **Coffee & Tea**

*Regular, Decaffeinated and Assorted Teas  
Add a Gourmet Coffee Bar + \$2.50/pp*

## **Banquet Menu #1**

### **Hors d'oeuvres**

Select Two from Hors d'oeuvres Menu A  
(on page 4)

### **Salad**

Select One:

Garden Salad

(served with Homemade Balsamic Vinaigrette)

Fresh Cucumber & Red Onions with Rice Wine  
Vinegar

or

Traditional Caesar Salad

(Served with homemade dressing)

### **Entrées**

Select Two:

Vegetarian Lasagna

Pasta Primavera

Portabella Napoleon

Vegetable Cake with Roasted Red Pepper Sauce

Chicken Broccoli Ziti

Chicken Marsala

Chicken Florentine

"Lite" Chicken Parmesan

Traditional Chicken Parmesan

Orange Sesame Chicken

or

Herb Roasted Chicken

Polish Keilbasa with Grilled Peppers & Onions

### **Accompaniments**

Select Two:

Herb Roasted Butternut Squash

Spaghetti Squash

Sautéed Bok Choy

Steamed Asparagus

Seasonal Vegetable Medley

Broccoli Rabe

Peas & Caramelized Onions

Sweet Potatoes Puree

Vegetable Slaw

Roasted Garlic Mashed Potatoes

Baked Potatoes

Roasted Potatoes

Rice Pilaf with Toasted Orzo

White Rice

### **Coffee & Tea**

Regular, Decaffeinated and Assorted Teas

Add a Gourmet Coffee Bar + \$2.50/pp

**All Packages are served with Fresh Rolls &  
Our Signature Compound Butter**

**Servers & Chefs are included in your package**

## **Banquet Menu #2**

### **Stationary Hors d'oeuvres**

*International Cheese & Crudite Display*

*&*

*Select Three from Hors d'oeuvres*

*Menu A &/or B (page 4):*

### **Salad**

*Select One:*

*Garden Salad*

*(served with Homemade Balsamic Vinaigrette)*

*Fresh Cucumber & Red Onions  
with Rice Wine Vinegar*

*Traditional Caesar Salad  
(Served with homemade dressing)*

*Cranberry Walnut Salad  
(Served with Homemade  
Cherry Balsamic Vinaigrette)*

*Sesame Asian Salad  
Classic Greek Salad  
Spinach, Pear & Goat Cheese Salad  
Strawberry & Kiwi Arugula Salad with  
Honey Lime Vinaigrette*

### **Entrées**

*Select Two:*

*Vegetarian Lasagna  
Pasta Primavera  
Portabella Napolean  
Vegetable Cake with Roasted Red Pepper Sauce  
Chicken Broccoli Ziti  
Chicken Marsala  
Chicken Florentine  
"Lite" Chicken Parmesan  
Traditional Chicken Parmesan  
Chicken Saltimbocca  
Orange Sesame Chicken  
Herb Roasted Chicken  
Polish Keilbasa with Grilled Peppers & Onions  
Baked Cod with Crumb Topping  
Grilled Salmon with Lemon Basil Oil  
Dill-Poached Salmon  
Baked Tilapia with Tomato White Wine Sauce  
Marinated Sirloin Tips*

*Dry-Rubbed Sirloin Tips  
Beef & Vegetable Stir Fry  
Beef or Chicken Stronganoff*

### **Accompaniments**

*Select Four:*

*Herb Roasted Butternut Squash  
Spaghetti Squash  
Sautéed Bok Choy  
Steamed Asparagus  
Seasonal Vegetable Medley  
Broccoli Rabe  
Peas & Pearl Onions  
Sweet Potato Puree  
Vegetable Slaw  
Roasted Garlic Mashed Potatoes  
Baked Potatoes  
Roasted Potatoes  
Rice Pilaf with Toasted Orzo  
White Rice  
Parsnip and Cauliflower casserole  
Sweet & Sour Vegetable Medley  
Honey Glazed Carrots and Parsnips with  
Currants and Leeks  
Roasted Parsnip, Leeks, & Sweet Potatoes with  
Dried Cranberries  
Stuffing with Sausage, Bacon & Apple  
Apple Cranberry Walnut Stuffing  
with Asiago Demi Bread  
Goat Cheese-Stuffed Roasted Red Bliss Potatoes  
Gorgonzola Mashed Potatoes  
Wild Rice Pilaf with Dried Fruits and Nuts*

### **Coffee & Tea**

*Regular, Decaffeinated and Assorted Teas  
Add a Gourmet Coffee Bar + \$2.50/pp*

***All Packages are served with Fresh Rolls &  
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***Servers & Chefs are included in your package***

## **Banquet Menu #3**

### **Item**

#### **Stationary Hors d'oeuvres**

*International Cheese & Crudite Display  
&*

*Select Five from Hors d'oeuvres  
Menus A,B &/ or C:*

#### **Soup or Salad**

*Select One:*

*Garden Salad*

*(Served with Homemade Balsamic Vinaigrette)*

*Traditional Caesar Salad*

*(Served with homemade dressing)*

*Watermelon Sweet Basil Salad*

*Cranberry Walnut Salad*

*(Served with Homemade Cherry Balsamic  
Vinaigrette)*

*BLT Salad*

*Spinach, Pear & Goat Cheese Salad*

*Baby Spinach & Mandarin Orange Salad with  
Citrus Vinaigrette*

*Endive and Roasted Fennel*

*Tortilla Salad*

*Fresh Cucumber & Red Onions with*

*Rice Wine Vinegar*

*Sesame Asian Salad*

*(Baby field greens, water chestnuts, baby corn,  
snow peas and bean sprouts served with sesame  
ginger vinaigrette, topped with crispy noodles)*

*Award-Winning New England Clam Chowder*

*Award-Winning Hearty Garden*

*Vegetable & Tortellini*

*Chilled Tomato Taragon & Cucumber Avocado*

*Home-style Chicken & Pasta*

*Vegetable Minestrone*

*Corn Chowder*

*Southwestern Black Bean*

*Celery Root Soup*

*Gazpacho*

*or*

*Seasonal Selection (i.e., Chilled Berry Soups,  
Chilled Melon Soups, etc.)*

### **Entrées**

*Select Two:*

*Select from Package One or Two, or*

*Homemade Crab Cakes served with a dijon  
mustard beurre blanc sauce*

*Grilled Swordfish with a Cherry Tomato, Caper &  
White Wine Sauce*

*Broiled Halibut Oscar*

*(topped with Jumbo Lump Crabmeat &  
Hollandaise Sauce)*

*or*

*Chicken Roulade*

*(wrapped with prosciutto or sun-dried tomatoes,  
asparagus, cheese,  
and a delicate beurre blanc sauce )*

*Herb Roasted Chicken*

*(served with prosciutto, portabella mushrooms,  
and a delicate beurre blanc sauce )*

*Grilled Filet Mignon*

*with Mushroom Merlot Sauce*

*Grilled New York Sirloin with Frizzled Onions*

*Grilled Rib Eye*

*with Gorgonzola Compound Butter*

### **Accompaniments**

*Select Four from Menu Two*

### **Coffee & Tea**

*Regular, Decaffeinated and Assorted Teas*

*Add a Gourmet Coffee Bar + \$2.50/pp*

***All Packages are served with Fresh Rolls &  
Our Signature Compound Butter***

***Servers & Chefs are included in your package***