

CATERING SERVICES



HEARTWOOD™

Conference Center & Retreat

N10884 Hoinville Rd.
Trego, WI 54888
(715) 466- 6300

Balanced choices is a comprehensive health, nutrition and wellness program for our clients. To the extent possible, foods are prepared from scratch, limiting the use of processed foods and avoiding foods containing preservatives, artificial flavorings, irradiated and genetically engineered foods and high levels of sodium.

Minimal amounts of fat are used in food preparation. Olive and canola oils are used for salad dressings and cooking. 100% non-hydrogenated canola oil is used for fried preparations.

Fresh seasonal fruits and vegetables, locally grown, and fresh prepared on-premise salad are used whenever possible.

Moderate calorie, low fat selections are offered daily.

To place a Catering Order, please fax your order to:

(715) 466-6306

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Menu is subject to change



BREAKFAST

TRADITIONAL COFFEE SERVICE

Freshly Brewed Regular and Decaffeinated Coffee and a Full Complement of Teas
\$2.50 per person

BREAKFAST BEVERAGE SERVICE

Freshly Brewed Regular and Decaffeinated Coffee
Full Complement of Teas
Freshly Squeezed Orange and Grapefruit Juices
\$4.50 per person

BAKERY BASKET

Selection of Freshly Baked Muffins, Scones, Assorted Tea Breads,
Breakfast Pastries and Croissants
Accompanied by Sweet Butter, Margarine
Jams and Marmalades
\$4.50 per person

BAGEL BASKET

Bagel Basket
Assorted Cream Cheeses
Sweet Butter, Margarine
Homemade Preserves and Jams
\$4.50 per person

CONTINENTAL BREAKFAST

Selection of Freshly Baked Muffins, Scones & Bagels
Assorted Tea Breads, Breakfast Pastries and Coffee Cake
Accompanied by Butter, Assorted Cream Cheeses, Margarine & Preserves,
Assorted Individual Breakfast Cereals
Freshly Brewed Regular and Decaffeinated Coffee, a full complement of Teas,
Freshly Squeezed Orange and Grapefruit Juice
\$6.50 per person

HEALTHY Start BREAKFAST

Homemade Granola
Hot Cereal: Sunset Blend with quinoa flakes
Sliced Fresh Fruit
Skim Milk
Organic Stoneyfield Yogurt
\$7.50 per person



BREAKFAST (continued)

LIGHT FARE BREAKFAST

Freshly Baked Fruit and Tea Breads and Low Fat Muffins
Fresh Fruit Salad served with Low-Fat Yogurt, Cottage Cheese and Granola
Freshly Brewed Regular and Decaffeinated Coffee and Assorted Teas
Freshly Squeezed Orange Juice
\$7.50 per person



NORTHWOODS BREAKFAST

Scrambled Eggs, French toast or Pancakes
Sausage or Bacon
Home Fried Potatoes
Array of Fresh Baked Goods
Full Breakfast Beverage Service
\$10.50 per person

ALL AMERICAN

Selection of Freshly Baked Muffins, Scones, Bagels, and Tea Breads
Breakfast Pastries and Coffee Cake, accompanied by Butter, Assorted Cream Cheeses,
Margarine & Preserves
Seasonal Sliced Fruit Platter
Assorted Individual Breakfast Cereals
Scrambled Eggs
French Toast and Maple Syrup
Apple wood Smoked Bacon and Breakfast Sausage,
Home Fried Potatoes or Hash Browns
Freshly Brewed Regular and Decaffeinated Coffee, a full complement of Teas, Freshly
Squeezed Orange and Grapefruit Juice
\$17.50 per person

ALL AMERICAN BREAKFAST SANDWICHES

(Assorted Breakfast Sandwiches and Panini's)
Bacon, egg and Swiss cheese on Flatbread
Egg, peppers, mushrooms and Cheddar cheese Panini
Smoked ham, egg and Muenster on bagel
Egg, sausage patty and cheddar on English muffin
Home Fried Potatoes or Hash Browns
Full coffee & tea service
Fresh orange and grapefruit juice
\$10.50 per person

THEMED LUNCH BUFFETS

(Lunch menus are served from 11am – 1pm)

NORTHWOOD'S DELI BUFFET

Chef's Soup of the Day

Salads

Please select two:

Baby Greens, cucumbers, tomatoes and Dressings

Cherry Tomato salad with roasted garlic vinaigrette

Cranberry almond wild rice salad

Classic Caesar Salad with Shaved Parmesan and Garlic Croutons

Oriental Cabbage Salad

Sandwiches, Wraps, and Pita Pocket Sandwiches

Please select two (any combination of wraps & sandwiches)

Grilled Vegetables, hummus in a Pita Pocket

Roast Turkey, sprouts, cucumbers in a Pita Pocket

Chicken, avocado and tomato Wrap

Pesto Tuna Salad Wrap

BBQ Roast Beef w/frizzled onions on Whole Wheat

Buffalo Breast of Chicken Sandwich

Roasted Turkey Club Stack

Smoked Ham, Wisconsin cheddar & honey mustard

Flattop Grilled Reuben Sandwich

Italian Wedge

Classic Tuna melt on Rye

Flik Chocolate Chip Cookies

Truffle Chocolate Brownies

Relish Tray to include Pickle Spears, Sweet Peppers and Carrot Sticks

Assorted Chips and Pretzels

\$12.00 per person

CHEFS TUSCAN LUNCH

Italian Wedding Soup

Lasagna

Classic Caesar Salad with shaved parmesan and garlic croutons

Italian garlic bread

Tiramisu

Freshly Brewed Regular & Decaffeinated Coffee

\$13.00 per person

REGIONAL SOUTHWESTERN CUISINE

Tortilla Soup with Condiments: Pico De Gallo, Sour Cream, Cilantro,
Fresh Limes and Roasted Jalapenos
7 Layer Mexican Salad
Green Chili/Chicken Enchiladas
Guacamole, Sour Cream, Cheddar Cheese, Black Olives & Scallions
Mexican Rice
Freshly Baked Assorted Rolls
Cinnamon Churros
\$14.50 per person

WISCONSIN COOKOUT

Grill Station:
Black Angus Beef Burgers
Johnsonville Bratwurst OR
Pulled Pork Sandwiches
Onions, Sauerkraut, Catsup and Mustard
Corn on the Cob with Herb butter
Old Fashioned Mustard Potato Salad
Homemade BBQ Spice Potato Chips
Ice cream sandwiches
\$13.00 per person

Create your own Lunch

Salads (select two)

Caesar salad with shaved parmesan and garlic croutons
Tomato, red onion, cucumber, raspberry vinaigrette
Fresh greens, candied pecans, feta cheese, balsamic vinaigrette
Mustard Potato Salad
Peas and Wisconsin cheddar cheese
Italian pasta vegetable salad
Asian Cabbage Salad

Entrée's (choose one)

Traditional Beef Stew with Biscuits
All American Meat Loaf
Beef Stroganoff with mushrooms and onions
Beef and Rice Stuffed Peppers
Old Fashioned Chicken Pot Pie
Hot Roasted Turkey Sandwich w/potatoes and gravy
Chicken and Dumplings
New England Boiled Dinner
Baked Macaroni and Cheese with ham
Sweet & Sour Chicken

*All lunches are accompanied by bakery fresh rolls, beverage service and chefs choice
dessert*
\$14.50

BREAK SERVICE

ALL DAY/CONTINUOUS BREAK SERVICE

MORNING REFRESH

Fruit and nut breakfast breads
Freshly Brewed Regular and Decaffeinated Coffee
A Full Complement of Teas
Freshly Squeezed Orange and Grapefruit Juice
Assorted Sodas, Iced Tea

And

COOKIE AND BROWNIE BREAK

Assorted Cookies, Brownies, Chips and Pretzels,
Whole Fresh Fruit and Assorted Soda

\$12.00 per person

ALL DAY/CONTINUOUS BEVERAGE SERVICE

Coffee & water service all day, afternoon sodas
\$4.00 per person

TEA AND TEA BREADS

Freshly baked banana nut, blueberry and carrot cake breads
Herbal teas and assorted beverage service.
\$4.95 per person

CHOCOLATE LOVERS BREAK

Homemade fudge brownies
Double chocolate chip cookies
Chocolate fondue w/assorted dippers
Coffee, decaf, tea, water & milk
\$6.00 per person

HEALTHY BREAK

Seasonal fresh fruit
Homemade granola
Plain or Assorted fruit yogurts
Trail mix
Orange, grapefruit and tomato juice
\$7.00 per person



BALL PARK BREAK

Popcorn & Peanuts in the shell
Fresh Baked Pretzels with specialty mustards. Lemonade, assorted sodas
\$6.00 per person

SIGNATURE BREAKS (continued)

NACHO FIESTA BREAK

Tri-Color Tortilla Chips with Shredded Monterey Jack Cheese, Jalapenos, Guacamole,
Sour Cream and Tomato Salsa and Assorted Sodas
Cinnamon & sugar churros
Lemonade & ice tea
\$6.00 per person

MAKE YOUR OWN ICE CREAM SUNDAE

Vanilla Ice Cream
Butterscotch and Hot Fudge Sauce
Toppings: Crushed Oreos, Chocolate Chips, M&M's, Snicker's Chunks,
Walnuts, cherries, and fresh whipped cream
\$5.50 per person

A LA CARTE BEVERAGE SERVICE

Coffee (regular & decaf) (serves 20 people per gallon) *\$20.00*

Iced tea (serves 20 people per gallon) *\$20.00/gallon*

Hot tea (assortment of tea's, lemon and honey) *\$1.00 each*

Lemonade (serves 20 people per gallon) *\$20.00 per gallon*

Bottled Juices (orange, apple, cranberry, V-8) *\$2.00 each*

Bottled spring water *\$1.50 each*

Soft Drinks (12.oz. can) *\$1.50 each*

HORS D'OEUVRES

HOT HORS D'OEUVRES

Smoked Pulled pork on Crostini \$2.00 Per person	Wisconsin Cheddar and Chicken Quesadilla with Guacamole \$2.00 Per person
Shrimp cakes with chili lime sauce \$2.50 Per person	Thai Chicken Satay with sweet chili sauce \$2.00 Per person
Chicken Wings with Honey Soy Glaze \$2.00 Per person	<i>Bacon wrapped water chestnuts</i> \$2.00 Per person
Sausage stuffed mushroom caps \$2.00 Per person	<i>Sweet and Sour mini meatballs</i> \$1.50 Per person

COLD HORS D'OEUVRES

Roma tomatoes and fresh basil \$1.50 Per person	Asparagus wrapped with Prosciutto \$3.00 Per person
Ciabatta crisp, smoked salmon, crème fraiche, dill and lemon \$2.00 Per person	Texas Caviar with assorted dippers \$1.50 Per person
Pear and cheese Bruschetta \$2.00 Per person	Tomato, Asiago, Basil on Flatbread \$1.50 Per person
Thai chicken salad on cucumber wheels \$2.00 Per person	Cranberry, toasted pecan spirals \$1.50 Per person
Tomato Jam and Olive Tapenade on Garlic Crostini \$1.50 Per person	Tomato boats with goat cheese mousse \$1.50 Per person
	Fresh mozzarella and tomato skewers \$2.00 Per person

***Figure 3-5 pieces/servings per person for Pre-meal Hors d'oeuvres*

***Figure 6-8 pieces/servings per person for Hors d'oeuvre only functions*

Additional Hors D' Oeuvres can be specifically designed to accommodate large events.
Hors D' Oeuvres may be designed in chef stations, passed, buffet style or any combination required.

BUFFET DINNER MENUS

One Entrée:

Chef's Choice Two Side Dishes
Chef's Choice Vegetable
Chef's Choice Salad
Fresh Rolls
Dessert
\$22.00 per person

Two Entrees:

Chef's Choice Two Side Dishes
Chef's Choice Two Vegetables
Chef's Choice Two Salads
Fresh Rolls
Dessert
\$26.00 per person

ENTRÉE SELECTIONS

Tenderloin Tips of Beef with Tri-Colored Peppers

Apricot glazed Brisket of Beef

Bacon wrapped maple Pork Tenderloin

Cornish Hens with sweet vermouth garlic glaze

Honey Orange Baked Ham

Prime Rib of Pork with Brandy Peppercorn sauce

Grilled Chicken Breast with Roasted Mushrooms and Champagne Sauce

Roasted Turkey breast with cranberry apple relish

Salmon with honey citrus butter

Baked Tilapia with mango salsa

Breast of chicken with peaches and zinfandel wine sauce

Roasted Prime Rib of Beef with Horseradish cream
add \$5.00 per person

Beef Tenderloin with Herb Butter
add \$5.00 per person

Seasonal Entrée:

Ribs & Chicken Cookout – \$22.00 per person

*This is an example of possible entrees for hot buffets.
We are not limited to these items exclusively.*

Vegetarian Entrees



Please contact your catering manager to discuss vegetarian options.

Grilled Portabella Burger

Served with lettuce, tomato, and choice of cheese

Gardenburger

Vegetable patty served on a whole grain bun with tomato, lettuce, onion

Idaho Bakers

oven baked potato with cheeses, sour cream, vegetables

Stuffed Shells Florentine

Ricotta cheese, spinach and marinara sauce

Stuffed Portabella Mushroom

Spinach, 3 cheeses, bread crumbs

Veggie Stir Fry

Assorted fresh garden vegetables sautéed and served over brown rice

Bow Tie Pasta

with spinach and garbanzo beans