



APRIL MENU

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		April 1 st	April 2 nd	April 3 rd
		American	Mexican	Japanese
		<p>Protein 1: Baked Turkey Meatballs</p> <p>Protein 2: Classic Baked 8 Piece Chicken with Carrots & Red Rosemary Potatoes</p> <p>Vegetarian Entrée: Wild Rice & Zucchini Stuffed Bell Peppers</p> <p>Carb: Parsley Roasted Sweet Potato Quarters</p> <p>Vegetable: Balsamic Glazed Roasted Brussels Sprouts</p>	<p>Protein 1: Beef & Cheddar Cheese Enchiladas</p> <p>Protein 2: Chicken Mole with Sesame Seeds</p> <p>Vegetarian Entrée: Butternut Squash and Black Bean Enchiladas</p> <p>Carb: Cilantro Rice</p> <p>Vegetable: Chile-Lime Roasted Vegetables</p>	<p>Protein 1: Chicken Stir Fry with Snow Peas, Carrots, & Broccoli</p> <p>Protein 2: Beef & Green Bean Teriyaki with Red Bell Peppers</p> <p>Vegetarian Entrée: Crispy Baked Teriyaki Glazed Tofu Cubes with Scallions and Broccoli</p> <p>Carb: Steamed Short Grain White Rice</p> <p>Vegetable: Roasted Carrots, Mushrooms, Broccoli, Red Bell Peppers, & Snow Peas</p>

April 6 th	April 7 th	April 8 th	April 9 th	April 10 th
BBQ	Mexican	Burger Bar	California	Italian
<p>Protein 1: Spice Rubbed BBQ Tri Tip</p> <p>Protein 2: Ancho Chile Baby Back Ribs</p> <p>Vegetarian Entrée: Quinoa Stuffed Zucchini Squash Boats</p> <p>Carb: Sage & Maple Syrup Sweet Potato Mash</p> <p>Vegetable: Grilled Red Onions, Jalapenos, Asparagus, & Tri Colored Bell Peppers</p>	<p>Protein 1: Chicken Tonga with Chipotle en Adobo</p> <p>Protein 2: Grilled Steak with White Onions & Bell Peppers</p> <p>Vegetarian Entrée: Taco Seasoned Brussels Sprouts with Poblano Peppers & Cilantro Salsa</p> <p>Carb: Spanish Rice</p> <p>Side: Black Beans</p> <p>Toppings: Tortillas, Sour Cream, Cilantro, Pico de Gallo, Salsa Verde</p>	<p>Protein 1: Brown Sugar & Paprika Spiced Angus Beef Burgers</p> <p>Protein 2: Buttermilk Fried Chicken Patties</p> <p>Vegetarian Entrée: Grilled Chipotle Garden Burgers with Black Beans & Quinoa</p> <p>Carb: Red Potato Salad with Scallions</p> <p>Sides: Onion Rings</p> <p>Burger Bun: Brioche Buns</p> <p>Toppings: Cheddar Cheese, Swiss Cheese Slices, Crispy Bacon, Lettuce, Tomatoes, Onions, Chipotle Aioli, Pickled Jalapenos</p>	<p>Protein 1: Ketchup & Worcestershire Glazed Meatloaf</p> <p>Protein 2: Parmesan Baked Chicken Breasts</p> <p>Vegetarian Entrée: Spaghetti Aglio e Olio</p> <p>Carb: Roasted Red Rosemary Potatoes</p> <p>Vegetable: Red Pepper Flakes Roasted Broccoli</p>	<p>Protein 1: Baked Chicken Parmesan Rotini Pasta with Mozzarella Cheese</p> <p>Protein 2: Italian Herbed Pork Chops with Squash & Red Bell Peppers</p> <p>Vegetarian Entrée: Pesto Penne Pasta with Cherry Tomatoes & Fresh Basil</p> <p>Carb: Garlic Parmesan Mashed Potatoes with Parsley</p> <p>Vegetable: Grilled Asparagus with Mushrooms</p> <p>Side: Garlic Bread</p>

April 13 th	April 14 th	April 15 th	April 16 th	April 17 th
Mexican	American	Pasta Lovers	Japanese	Sub's
<p>Protein 1: Shredded Guajillo Beef Enchiladas Rojas</p> <p>Protein 2: Pollo en Mole Verde (Green Tomatillo Chicken Mole)</p> <p>Vegetarian Entrée: Baked Chile Rellenos with Black Beans, Corn, & Mozzarella Cheese</p> <p>Carb: Cilantro Rice</p> <p>Vegetable: Spicy Cauliflower with Cilantro</p>	<p>Protein 1: Broccoli & Cheddar Cheese Stuffed Chicken Breasts</p> <p>Protein 2: Garlic Herb Baked Pork Tenderloin</p> <p>Vegetarian Entrée: Plant Based Sausages with Caramelized Onions and Bell Peppers</p> <p>Carb: Mashed Red Potatoes</p> <p>Vegetable: Roasted Carrots & Brussels Sprouts with Shallots</p>	<p>Protein 1: Pappardelle Pasta with Shredded Beef Ragu</p> <p>Protein 2: Chicken Marsala with Cherry Tomatoes & Mushrooms</p> <p>Vegetarian Entrée: Mushroom Ravioli</p> <p>Carb: Garlic Mashed Potatoes</p> <p>Vegetable: Roasted Italian Vegetables</p> <p>Side: Garlic Bread</p>	<p>Protein 1: Japanese Style Sesame Chicken with Cabbage</p> <p>Protein 2: Tonkatsu (Japanese Fried Pork Cutlets)</p> <p>Vegetarian Entrée: Miso Snow Pea, Red Peppers, Tofu, & Eggplant Stir Fry</p> <p>Carb: Steamed Short Grain Rice</p> <p>Vegetable: Japanese Style Green Beans with Sesame Seeds</p>	<p>Protein 1: Cheddar Cheese Baked Chicken Breasts</p> <p>Protein 2: Baked Italian Herb & Parmesan Meatballs</p> <p>Vegetarian Entrée: Crispy Eggplant Parmesan</p> <p>Carb: Creamy Yukon Gold Potato Gratin</p> <p>Vegetable: Grilled Zucchini Strips and Asparagus</p> <p>Side: Onion Rings</p>

April 20 th	April 21 st	April 22 nd	April 23 rd	April 24 th
Italian	Chinese	California	Burrito Bowls	BBQ
<p>Protein 1: Herbed Chicken Breast Strips & Vegetable Skillet (Grape Tomatoes, Green Beans, Yellow Squash, Bell Peppers, & Onions)</p> <p>Protein 2: Penne Boscaiola with Mushrooms & Pancetta</p> <p>Vegetarian Entrée: Rosemary Tofu Cacciatore</p> <p>Carb: Sage Mashed Potatoes</p> <p>Vegetable: Roasted Crimini Mushrooms, Cauliflower, Cherry Tomatoes, & Garlic</p>	<p>Protein 1: Sweet & Sour Pork with Pineapples & Peppers</p> <p>Protein 2: Moo Goo Gai Pan (Chicken Breast with Water Chestnuts, Mushrooms, & Snow peas)</p> <p>Vegetarian Entrée: Royal Tofu (Spicy Hunan Sauce with Steamed Broccoli)</p> <p>Carb: Veggie Chow Mein</p> <p>Vegetable: Spicy Garlic Green Beans</p> <p>Side: Vegetarian Eggrolls</p>	<p>Protein 1: Parmesan & Herb Stuffed Chicken Breast</p> <p>Protein 2: Roasted Garlic Rosemary Baked Meatballs</p> <p>Vegetarian Entrée: Pesto Tortellini</p> <p>Carb: Cauliflower Mashed Potatoes</p> <p>Vegetable: Roasted Brussels Sprouts with Bacon</p>	<p>Protein 1: Garlic Lime Grilled Chicken with Achote Paste</p> <p>Protein 2: Cumin Shrimp Fajitas with Peppers & Onions</p> <p>Vegetarian Entrée: Spicy Chipotle Tofu Sofritas</p> <p>Carb: Cilantro Rice</p> <p>Sides: Black Beans</p> <p>Toppings: Pico de Gallo, Salsa Verde, Sour Cream, Cheddar Cheese, Corn Tortillas & Chips, Cilantro</p>	<p>Protein 1: Sheet Pan Honey BBQ Chicken & Veggies (Baby Carrots, Yukon Gold Potatoes, Parsley)</p> <p>Protein 2: Coffee & Smoked Paprika Dry Rubbed Beef Brisket</p> <p>Vegetarian Entrée: Sheet Pan BBQ Tofu, Onions, Zucchini, Broccoli</p> <p>Carb: Loaded Mashed Potatoes (Cheddar Cheese, Green Onions, Bacon)</p> <p>Vegetable: Grilled Corn Pieces</p> <p>Side: Coleslaw, Jalapenos, Sour Cream, BBQ Sauce</p>

April 27 th	April 28 th	April 29 th	April 30 th	
Southern	American	Italian	Burger Bar	
<p>Protein 1: Classic Southern Fried Chicken</p> <p>Protein 2: Smothered Pork Chops</p> <p>Vegetarian Entrée: Beyond Meat Cajun Sausage Fettuccine</p> <p>Carb: Garlic Mashed Potatoes</p> <p>Vegetable: Caramelized Brussels Sprouts</p>	<p>Protein 1: Spinach & Artichoke Chicken</p> <p>Protein 2: Potato & Carrot Beef Stew</p> <p>Vegetarian Entrée: Mushroom Casserole</p> <p>Carb: Rice Pilaf</p> <p>Vegetable: Roasted Green Beans & Zucchini</p>	<p>Protein 1: Garlic Parmesan Chicken Lasagna</p> <p>Protein 2: Ground Mustard & Rosemary Roasted Leg of Lamb</p> <p>Vegetarian Entrée: Mushroom Ravioli with Spinach & Cherry Tomatoes</p> <p>Carb: Roasted Rosemary Red Potatoes</p> <p>Vegetable: Garlic Thyme Roasted Carrots</p>	<p>Protein 1: Crispy Chicken Burgers</p> <p>Protein 2: Angus Beef Burgers</p> <p>Vegetarian Entrée: Grilled Garden Patties</p> <p>Carb: Rustic Red Potato Salad</p> <p>Vegetable: Roasted Brussels Sprouts & Carrots</p> <p>Side: Onion Rings</p> <p>Bread: Brioche Buns</p> <p>Toppings: Applewood Smoked Bacon, Caramelized Onions, Pesto Aioli, Lettuce, Tomatoes, Onions</p>	