



Catering Menu Guidelines

Make it a Frigo's Night

Please specify if food is to be **Picked-up** or **Delivered**,
and if food is to be **HOT** or **COLD**.

Please notify us if anyone in your party has food allergies.

Delivery Charges are not included in Price.

The minimum order value for delivery is \$100.

A 50% deposit is required on all orders of \$100.00 or more.
No refunds on cancellations.

There is a \$200.00 charge per attendant if needed for the first 4 hours.
There will be an additional charge of \$30.00 for every hour after.

Chafing Dish Rental Fees \$20.00.

Disposable Tablecloths \$5.00. Serving Utensils \$1.00 each. Cutlery/Plates \$1.50 each set

MA Meals Tax is not included in Price.

Prices are subject to change.

Payments: Cash, American Express, Visa, Mastercard, Discover.

Please Place your order 4 days in advance. For Holidays - 7 days in advance

90 William Street
Springfield, MA 01105
Phone: (413) 732-5428 • Fax (413) 734-4365

Store Hours: Monday 8:00 am - 5:00 pm
Tuesday - Saturday 8:00 am - 6:00 pm

159 Shaker Road
East Longmeadow, MA 01028
Phone: (413) 525-9400 • Fax: (413) 525-8040
Store Hours: Monday - Friday 8:00 am - 7:00 pm
Saturday 8:00 am - 6:00 pm
Sunday 9:00 am - 4:00 pm

Register at www.frigofoods.com to get daily email specials.

Appetizers

VEGETABLE DIP PLATTER

Fresh Raw Vegetables with Gourmet Dip

Small (serves 10-15)	\$35.00
Medium (serves 20-30)	\$55.00
Large (serves 40-50)	\$80.00

INTERNATIONAL CHEESE and FRUIT PLATTER

Our Finest imported Cheeses
And Fruits of the Season

Small (serves 10-15)	\$60.00
Medium (serves 20-30)	\$95.00
Large (serves 40-50)	\$115.00

ANTIPASTO PLATTERS

Minimum of 10 People

Served Family Style with extra Romaine and Red leaf lettuce placed on bottom of tray with Capicola, Prosciutto, Sopressata, chunk Provolone cheese, Marinated Mushrooms, Artichokes and Olives

Priced \$4.99 Per Person

ALL AMERICAN DELI PLATTER

A party favorite, sliced fresh, and made to order. Ham, Roast Beef, Turkey, Baked Ham, and American Cheese

10 - \$65.00	40 - \$110.00	20 - \$83.00
15 - \$73.00	50 - \$130.00	30 - \$95.00

SUPER DELUXE PLATTER

This platter is made with all of your Italian Cold Cut favorites and will satisfy the largest of appetites. Genoa Salami, Roast Beef, Capicola, Imported Ham, Turkey, Provolone & American Cheese

10 - \$70.00	40 - \$115.00	20 - \$83.00
15 - \$78.00	50 - \$135.00	30 - 98.00

INDIVIDUAL SANDWICH PLATTERS

Choose from our Classic Italian, Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, or Vegetarian

Water Roll: \$7.99 ea
Wraps: \$8.99 ea

GIANT FIVE FOOT GRINDERS

Feeds 20 - 25 People

Cold Cut - Mortadella, Genoa Salami,
Imported Ham, Capicola, Provolone
Cheese, Lettuce and Tomato
\$165.00

HORS D'OEUVERS

Priced per dozen - 2 dozen Minimum
3 Days Advanced Notice Required

Spinach and Cheese Fillo	\$14.99
Artichoke Francaise	\$17.99

Stuffed Mushrooms with Sausage	\$14.99
Mozzarella & Prosciutto Pin Wheels	\$19.99

Beer Battered Coconut	\$17.99
Mini Crab Cakes	\$21.99
Mozzarella Sticks	\$18.99
Chicken Quesadillas	\$24.99
Buffalo Chicken Bites	\$17.99
Mac and Cheese Bites	\$10.99
BBQ Chicken Wings	\$17.99 Doz.

More Options Available on Request

STUFFED DOLO BREADS

Sausage Dolo - Stuffed with Sausage, Broccoli, Pepperoni and Mozzarella

Ham Dolo - Stuffed with Ham, Roasted Red Peppers and Mozzarella

BBQ Chicken Dolo - Stuffed with BBQ Chicken, Onions, Peppers and Cheddar

Steak and Cheese Dolo - Stuffed with Steak, Onions, Peppers and Cheddar

Spinach Dolo - Stuffed with Spinach, Roasted Garlic, Roasted Peppers and Feta

Pepperoni - Stuffed with Pepperoni and Mozzarella

Whole \$15.00

STORE BREADS

Mini Rolls	\$8.99 Doz.
Garlic Bread	\$3.99 Each
Water Rolls	\$6.99 Doz.
Frigo's Homemade Chips	\$5.99 Each

Turkey or Roast Beef - Topped with Lettuce, Tomato and Provolone Cheese
\$175.00

Breakfast & Luncheons

Based on a Minimum of 10 People

CONTINENTAL BREAKFAST

Worth Waking Up For

Breakfast includes our fresh gourmet coffee, assorted juices and waters, our own fresh baked muffins, bagels, and assorted pastries. Also plates, utensils, and coffee setups.

\$11.99 Per Person
(with seasonal fresh fruit \$12.99)

NEW ENGLAND HOT BREAKFAST

(25 Person Minimum)

Eggs, homefries, sausage, biscuits, fresh gourmet coffee, assorted juices and waters, also plates, utensils, and coffee setups.

\$13.99 Per Person

FRESH COLD DELI LUNCHEON

Choice of One

Assorted Sandwiches or Cold Cut Platter

\$14.99 Per Person

Assorted Wrap Luncheon

\$15.99 Per Person

Served With Tossed Salad, Beverages, Rolls, Homemade Cookies, Plates and Utensils

Other Salad Options Available on Request

BOX LUNCH

Lunches come with your choice of the following sandwiches topped with Lettuce, Tomato, and Cheese:

Turkey	Cold Cut	Chicken Salad
Tuna	Roast Beef	Vegetarian
Ham		

All Box Lunches also include Beverage, Fresh Salad, Cookie, Potato Chips, Utensils and Condiments

Sandwich \$13.99 Per Person

CHICKEN BUFFET LUNCHEON

Choice of One

Chicken Napoli with Ziti
Chicken Parmesan with Ziti
Chicken Marsala with Rice
Chicken Francaise with Rice
Chicken Ala Frigo
Grilled Chicken, Ziti and Broccoli

Served With Tossed Salad, Italian Rolls and Butter, Beverage, Plates and Utensils

\$14.99 Per Person

PASTA LUNCHEON

Choice of One

Meat Lasagna	Chicken, Ziti, Broccoli
Cheese Lasagna	Chicken Ala Frigo
Vegetable Lasagna	Eggplant Parmesan

Served With Tossed Salad, Garlic Bread, Beverage, Plates and Utensils

\$13.99 Per Person

EXECUTIVE LUNCHEON

Choice of One

Tuscany Shrimp (Snow Peas, Roasted Tomatoes, Pasta)
Sirloin Tips Portabella
Four Cheese Stuffed Chicken (Parm or Marsala)
Chicken Saltimbocca

All Luncheons served with Choice of One:
Garlic and Dill Roasted Potatoes
Grilled Vegetables
Rice Pilaf

Served With Tossed Salad, Italian Rolls and Butter, Beverage, Plates and Utensils

\$16.99 Per Person

* Add \$2 Per Person for Sirloin Tips

DESSERTS

Cookies **\$2.50 Each**
Cannolis **\$2.99 Each**
Brownies **\$3.50 Each**
Other Desserts Available on Request

Buffets

All Buffets are based on a Minimum of 25 People

THE GRAND BUFFET

A large garnished tray of Oven Roast Beef,
Baked Ham, Imported Ham, Breast of Turkey
and American Cheese

Choice of One Hot Item

Barbecue Chicken	Pasta Primavera
Stuffed Shells	Chicken Ala Frigo
Ziti and Broccoli	Sausage and Peppers
Ziti Marinara	Chicken Ziti and Broccoli

Served with bowls of Tossed Salad, Potato Salad,
Italian Rolls and Butter, Mayo, Mustard,
Plasticware, Plates and Napkins

\$17.99 Per Person

THE COMPLETE BUFFET

A large garnished tray of Oven Roast Beef,
Baked Ham, Imported Ham, Breast of Turkey
and American Cheese

Choice of Two Hot Items

Eggplant Parmesan	Stuffed Shells
Meatballs	Baked Lasagna
Ziti Marinara	Sausage and Peppers
Creamy Pesto Pasta	Herb Chicken
Ziti and Broccoli	Chicken Ala Frigo
Stuffed or Unstuffed Pork Loin	

Choice of Two Cold Items

Tossed Salad	Caesar Salad
Tortellini Salad	Potato Salad
Cucumber Salad	Fruit Salad (Seasonal)
Mediterranean Salad	String Bean Salad (Seasonal)

Served with Italian Rolls and Butter, Mayo,
Mustard, Plasticware/Plates and Napkins

\$19.99 Per Person

THE ITALIAN BUFFET

A large garnished tray of Oven Roast Beef,
Baked Ham, Imported Ham, Breast of Turkey
and American Cheese

Crisp Tossed Salad: Assorted Greens, Cucumbers,
Tomatoes, Olives and Dressing

Roasted Garlic and Dill Potatoes

Choice of One Pasta

Baked Lasagna	Stuffed Shells
Eggplant Parmesan	Creamy Pesto Pasta

Choice of One Chicken

Chicken Parmesan	Chicken Francaise
Chicken Marsala	Chicken Napoli

Served with Italian Rolls and Butter, Mayo,
Mustard, Plasticware, Plates and Utensils

\$20.99 Per Person

THE TUSCAN BUFFET

Antipasto Platter or Cheese and Fruit Platter

Choice of Two

Wild Mushroom Pasta	Spicy Shrimp Fettuccine
Stuffed Pork Loin	Baked Stuffed Scrod
Four Cheese Stuffed Chicken	Chicken Saltimbocca
Sirloin Tips Portabella	Sirloin Tips Bourbon Style
Roma Pasta	

Choice of Two

Roasted Potatoes	Garlic Dill Potatoes
Arugula Salad	Grilled Asparagus
Tortellini Salad	Mozzarella Salad
Grilled Vegetables	String Bean Salad
Seafood Pasta Salad	Fruit Salad (Seasonal)
Tossed Salad	

Served with Italian Rolls and Butter,
Plasticware, Plates and Napkins

\$21.99 Per Person

* Add \$2 Per Person for Sirloin Tips

Ala Carte

SALADS

Tortellini Salad - Tortellini's prepared with Roasted Peppers, Zucchini, and Freshly Grated Asiago Cheese **\$9.99 per Lb.**

Fresh Mozzarella Salad - Fresh Mozzarella, Olives, Plum Tomatoes, topped with fresh Basil and Olive Oil **\$10.99 per Lb.**

Arugula Salad - Baby Arugula tossed with Homemade Croutons, Feta Cheese, Tomatoes, Olives, Olive Oil, Red Onions and Peppers
Small (serves 8-10) **\$35.00**
Med (serves 15-20) **\$45.00**
Large (serves 25-30) **\$65.00**

Seafood Pasta Salad - Special Blend of Herbs and Spices with Fresh Shrimp, Pasta, Celery and light Mayonnaise Dressing **\$9.99 per Lb.**

Tossed Salad - Freshly made with Mixed Greens Tomatoes, Cucumbers and Black Olives **\$2.99 per Serving**

Fruit Salad - Seasonal Fruit **\$8.99 per Lb.**

BLT Pasta Salad - Bacon, Lettuce and Tomatoes, and pasta in a Ranch Dressing (seasonal) **\$9.99 per Lb.**

Caesar Salad - Romaine Lettuce, Seasoned Croutons, Fresh Asiago Cheese and Black Olives **\$3.50 per Serving**

Red Bliss Potato Salad - With Hard Boiled Eggs and Mayonnaise, lightly seasoned (seasonal) **\$6.99 per Lb.**

Cucumber Salad - Tomatoes, Black Olives, Onion and Creamy Italian Dressing **\$8.99 per Lb.**

String Bean Salad - with Dried Fruit, Nuts and Feta Cheese **\$8.99 per Lb.**

Asparagus Salad - Fresh Asparagus tossed with Artichoke Hearts and Roasted Red Peppers **\$10.99 per Lb.**

Tri Color Fusilli - Fresh Mozzarella, Roasted Red Peppers, Basil, Red Onion and Kalamata Olives **\$9.99 per Lb.**

Mediterranean Salad - Tomatoes, Black Olives, Zucchini, and Feta Cheese mixed with Pasta and Sun Dried Tomato Pesto **\$9.99 per Lb.**

ENTREES

Entrees Available with Rice or Ziti Marinara for an Extra \$1.00 per portion

Salmon - 8 ounce Salmon Filet prepared with Bourbon or Dill Sauce **\$13.99 per Portion**

Chicken Saltimbocca - Boneless Chicken Breast stuffed with Prosciutto, Provolone and Spinach. Sautéed with Lemon and White Wine **\$10.99 per Portion**

Chicken Marsala - Boneless Chicken Breast topped with Mushrooms, sautéed with a Marsala Wine Sauce **\$9.99 per Portion**

Chicken Cordon Bleu - Boneless Chicken Breast stuffed with Prosciutto and Swiss Cheese **\$11.99 per Portion**

Chicken Francaise - Boneless Chicken Breast smothered with Prosciutto and a fresh Lemon Broth **\$9.99 per Portion**

Chicken Parmesan - Boneless Chicken Breast topped with a fresh Tomato Sauce and Mozzarella **\$9.99 per Portion**

Portabella Mushroom Towers - Eggplant, Chicken, Pesto, Mascarpone Cheese and Portabella Mushroom Cap stacked high **\$9.99 per Portion**

Chicken Gabrielle - Boneless Chicken Breast with Prosciutto, Mushrooms and Imported Italian Cheese sautéed in a Marsala Wine Sauce **\$9.99 per Portion**

HOT DISHES

	Large (Serves 6 - 8)	X-Large (Serves 20 - 25)
Meat Ravioli	\$45.00	\$85.00
Cheese Ravioli	\$40.00	\$75.00
Meat Lasagna	\$45.00	\$85.00
Cheese Lasagna	\$40.00	\$75.00
Vegetable Lasagna	\$50.00	\$95.00
White Veggie Lasagna	\$50.00	\$95.00
Stuffed Shells	\$40.00	\$75.00
Eggplant Parmesan	\$45.00	\$85.00
Ziti & Broccoli	\$30.00	\$55.00
Grilled Chicken with Ziti & Broccoli	\$45.00	\$85.00
Grilled Chicken and Shrimp with Ziti and Broccoli	\$65.00	\$125.00
Pasta Primavera	\$40.00	\$75.00
Chicken Ala Frigo - Chicken, Ziti, Broccoli, Mushrooms, with an Alfredo Sauce	\$50.00	\$95.00
Mac & Cheese	\$40.00	\$75.00
Ziti Marinara	\$30.00	\$55.00
Sausage & Peppers	\$50.00	\$95.00
Herb Chicken	\$45.00	\$85.00
Meatballs	\$50.00	\$95.00
Baked Stuffed Scrod	\$65.00	\$125.00
Sirloin Beef Tips (Marsala or Bourbon)	\$85.00	\$165.00
Wild Mushroom Pasta with Asparagus and Spinach	\$50.00	\$95.00
Spicy Shrimp with Pesto Fettuccine	\$65.00	\$125.00
Baked Rigatoni w /Homemade Sausage	\$45.00	\$85.00
Roma Pasta - Roasted Tomatoes, Asparagus & Pesto Tossed with Pasta	\$50.00	\$85.00
Rice Pilaf	\$35.00	\$65.00
Roasted Cauliflower Parmesan	\$40.00	\$75.00
Grilled Vegetable Mix	\$40.00	\$75.00
Roasted Butternut Squash	\$40.00	\$75.00
Red Bliss Potatoes	\$40.00	\$75.00
Garlic and Dill Roasted Potatoes	\$40.00	\$75.00

~ ~

Eggplant Rollatini	\$ 4.99 Per Piece
--------------------	-------------------

Carved Watermelon Boat (Seasonal)	Market Price, Serves 20-25
-----------------------------------	----------------------------