



✂ **CATERING MENU** ✂

*Old World Traditions with
Today's Convenience*

COMPLETE FULL-SERVICE CATERING & EVENTS FOR...

Company Events
Graduation Parties
Holiday Gatherings
Birthday Parties
Weddings

Retirement Parties
Memorials
Family Reunions
Housewarmings
... and more!



@frigofoods



frigofoods.com

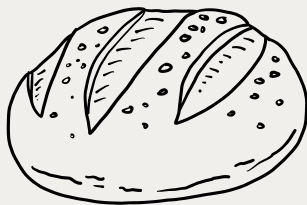
✂ STARTERS ✂



APPETIZERS

Spinach & Cheese Fillo	\$21.99
Stuffed Mushrooms with Sausage	\$17.99
Beer Battered Coconut Shrimp	\$17.99
Chicken Wings - <i>BBQ, Garlic & Herb, or Buffalo</i>	\$17.99
Crab Cakes 	\$35.99
Mozzarella Sticks	\$18.99
Chicken Quesadillas	\$24.99
Mac & Cheese Bites	\$10.99
Kag's Tater Tots	\$10.99

Priced Per Dozen - 2 Dozen Minimum



BREADS

5 Foot Grinder - <i>Cold Cut</i>	\$175.00
5 Foot Grinder - <i>Turkey or Roast Beef</i>	\$175.00
Garlic Bread on a Vienna loaf	\$4.99
Mini Rolls	\$8.99 Doz.
Water Rolls	\$6.99 Doz.

STUFFED DOLO BREADS - \$15.00

Sausage Dolo - *Stuffed with sausage, broccoli, & mozzarella*

Ham Dolo - *Stuffed with ham, roasted red peppers & mozzarella*

BBQ Chicken Dolo - *Stuffed with BBQ chicken, onions, peppers & cheddar*

Steak & Cheese Dolo - *Stuffed with steak, onions, peppers & cheddar*

Pepperoni Dolo - *Stuffed with pepperoni & mozzarella*

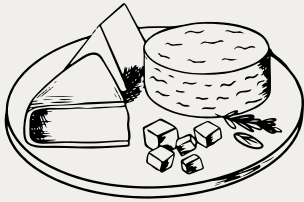


@frigofoods



frigofoods.com

✂ PLATTERS ✂



PLATTERS

SANDWICH PLATTERS

Choose from

Classic Italian | Ham | Turkey | Roast Beef |

Tuna Salad | Chicken Salad | Vegetarian

Water Roll: \$7.99 each | Wrap: \$8.99 each

	Small (10-15)	Med (20-30)	Large (40-50)
Antipasto Platter  <i>Served family style with capicola, prosciutto, sopressata, chunks of provolone cheese, marinated mushrooms, artichokes & olives</i>	\$59.99	\$124.99	\$224.99
Vegetable Dip Platter <i>Fresh raw vegetables with gourmet dip</i>	\$34.99	\$54.99	\$79.99
International Cheese & Fruit Platter <i>Our finest selection of imported cheeses & fruits of the season</i>	\$59.99	\$94.99	\$139.99
All-American Deli Platter <i>A party favorite with freshly sliced ham, roast beef, turkey & American cheese</i>	\$69.99	\$89.99	\$129.99
Super Deluxe Platter <i>An upgraded spread with Genoa salami, roast beef, capicola, imported ham, turkey, provolone & American cheese</i>	\$79.99	\$99.99	\$134.99



@frigofoods



frigofoods.com

BREAKFAST & LUNCHEONS

10 Person Minimum Unless Otherwise Noted

CONTINENTAL BREAKFAST

Breakfast includes our fresh gourmet coffee, assorted waters & juices, our own baked muffins, bagels, and assorted pastries. Plates, utensils, and coffee setups included

\$12.99 per person | +\$1.00 for seasonal fresh fruit

NEW ENGLAND HOT BREAKFAST

Eggs, sausage, home fries, biscuits, fresh gourmet coffee, assorted waters & juices.

Plates, utensils, and coffee setups included

\$14.99 per person (25 person minimum)

FRESH COLD DELI LUNCHEON

Served in the style of your choosing. Comes with tossed salad, beverages, rolls, homemade cookies, plates & utensils

Assorted Sandwiches or Cold Cut Platter \$15.99 | Assorted Wraps \$16.99



@frigofoods



frigofoods.com

✂ BREAKFAST & LUNCHEONS ✂

10 Person Minimum Unless Otherwise Noted

BOX LUNCH

Sandwich on a water roll, beverage, fresh pasta salad, cookie, potato chips, utensils & condiments.

Choose between:

Turkey | Cold Cut | Roast Beef | Ham | Chicken Salad | Tuna Salad | Vegetarian

\$13.99 per person

CHICKEN BUFFET LUNCHEON

Served with a tossed salad, Italian rolls & butter, beverage, plates & utensils

Choice between:

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

\$15.99 per person

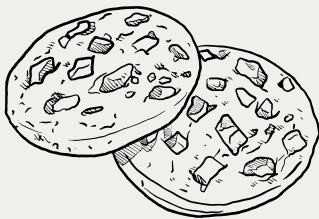
LASAGNA LUNCHEON

Served with a tossed salad, garlic bread, beverage, plates & utensils

Choice between:

Meat Lasagna | Cheese Lasagna | Vegetable Lasagna | Eggplant Parmesan

\$14.99 per person



DESSERTS

All homemade...

Cookies	\$2.50
Cannolis	\$2.99
Cheesecake Brownies	\$3.50
Frigo's Chips	\$5.99



@frigofoods



frigofoods.com

✂ BUFFETS ✂

All Buffets Are Based On A Minimum of 25 People

THE ITALIAN BUFFET

A large garnished tray of oven roast beef, baked ham, salami, turkey, and American cheese

Crisp tossed salad and roasted garlic and dill potatoes

Choose one pasta

Baked Lasagna | Stuffed Shells | Eggplant Parmesan | Creamy Pesto Pasta

Choose one chicken

Parmesan | Francaise | Marsala | Napoli

\$20.99 per person

THE TUSCAN BUFFET

Choose between

Antipasto Platter or Cheese & Fruit Platter

Choose two

Stuffed Pork Loin | Roma Pasta | Chicken Saltimbocca | Baked Stuffed Scrod | Shrimp Scampi | Bourbon Sirloin Tips | Sirloin Tips Portabella

Choose two

Roasted Potatoes | Garlic Dill Potatoes | Tossed Salad | Arugula Salad | Grilled Asparagus | Tortellini Salad | Mozzarella Salad | Grilled Vegetables

\$21.99 per person | +\$4 for sirloin tips

THE COMPLETE BUFFET

A large garnished tray of oven roast beef, baked ham, salami, turkey, and American cheese

Choose two hot items

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

Choose two cold items

Tossed Salad | Caesar Salad | Tortellini Salad | Cucumber Salad | Mediterranean Salad | Potato Salad

\$19.99 per person



@frigofoods



frigofoods.com

✂ A LA CARTE ✂




SALADS

- | | |
|--|------------------|
| Tossed Salad - With mixed greens, tomatoes, cucumbers & black olives | \$2.99 per serv |
| Arugula Salad - Tossed with seasoned croutons, feta cheese, tomatoes, olives, red onion & peppers | \$3.50 per serv. |
| Caesar Salad - Romaine lettuce, seasoned croutons, fresh Asiago cheese & black olives | \$3.50 per serv. |

All Items Below have a 5 Pound Minimum

Tortellini Salad - 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 \$10.99 per lb.

 **BLT Pasta Salad** - Crispy bacon, lettuce, tomatoes, and mayo tossed in pasta \$9.99 per lb.

Red Bliss Potato Salad - With hard-boiled eggs, mayonnaise & seasoning \$6.99 per lb.

Cucumber Salad - With tomatoes, black olives, and onions in creamy Italian dressing \$8.99 per lb.

Asparagus Salad - Fresh asparagus tossed with artichoke hearts & roasted red peppers \$10.99 per lb.

Mediterranean Salad - With tomatoes, black olives, zucchini & feta cheese mixed with pasta and sun-dried tomato pesto \$9.99 per lb.

Seafood Pasta Salad - Special blend of herbs & spices with fresh shrimp, pasta, celery and light mayonnaise dressing \$9.99 per lb.

Fruit Salad - Seasonal Fruit \$8.99 per lb.



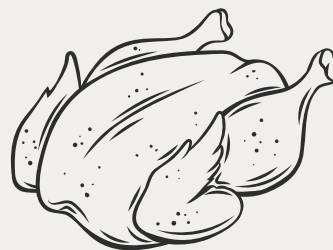
@frigofoods



frigofoods.com

✂️ A LA CARTE ✂️

Entrees are available with rice or ziti marinara for \$1.00 extra per serving



ENTREES

Salmon - 8 ounce salmon filet prepared in a bourbon or dill sauce \$13.99 per serv.



Chicken Parmesan - Crispy boneless chicken breast topped with a fresh tomato sauce and mozzarella cheese \$9.99 per serv.

Chicken Francaise - Crispy boneless chicken breast with prosciutto and a fresh lemon broth \$9.99 per serv.

Chicken Marsala - Crispy boneless chicken breast topped with mushrooms, sautéed in a Marsala wine sauce \$9.99 per serv.

Chicken Gabrielle - Crispy boneless chicken breast with prosciutto, mushrooms & imported italian cheese sauteed in a marsala wine sauce \$10.99 per serv.

Chicken Saltimbocca - Crispy boneless chicken breast topped with prosciutto, provolone & spinach, sauteed in a lemon and white wine \$10.99 per serv.

DINNER PACKAGES (FEEDS 6)

All packages include a tossed salad, garlic bread & 6 homemade cookies



Cheese Lasagna \$79.99

Meat Lasagna \$84.99

Chicken Ziti & Broccoli \$79.99

Chicken Parmesan & Ziti \$94.99

Chicken Francaise with Rice \$94.99




@frigofoods



frigofoods.com

🍴 HOT DISHES 🍴

LASAGNA	Large (6-8)	Extra Large (20-25)
Meat Lasagna 	\$50	\$95
Cheese Lasagna	\$40	\$75
Vegetable Lasagna	\$50	\$95
White Vegetable Lasagna	\$50	\$95
Eggplant Parmesan	\$50	\$95
PASTA		
Stuffed Shells	\$40	\$75
Meat Ravioli	\$50	\$90
Ziti & Broccoli	\$40	\$70
Ziti & Broccoli with Grilled Chicken 	\$45	\$85
Chicken Ala Frigo - Ziti, broccoli, & mushrooms with <i>grilled chicken in an Alfredo sauce</i>	\$50	\$95
Mac & Cheese	\$40	\$75
Ziti Marinara	\$35	\$65
Baked Rigatoni with Homemade Sausage	\$50	\$90
Roma Pasta with roasted tomatoes, asparagus & pesto	\$50	\$95
Shrimp Scampi with capellini pasta in a lemon garlic <i>butter sauce</i>	\$65	\$125
MEATS		
Sausage & Peppers	\$50	\$95
Herb Chicken	\$45	\$85
Meatballs	\$55	\$99
Baked Stuffed Scrod	\$65	\$125
Sirloin Beef Tips (Marsala or Bourbon)	\$85	\$165
SIDES		
Rice Pilaf	\$35	\$65
Grilled Vegetable Mix	\$50	\$90
Red Bliss Potatoes	\$45	\$80
Garlic & Dill Roasted Potatoes	\$45	\$80
Roasted Cauliflower Parmesan	\$45	\$80



@frigofoods



frigofoods.com

CATERING GUIDELINES

Please place your order at least **72 hours** in advance

Let us know if your order is for **pickup or delivery**

Please specify if food should be served **hot or cold**

Minimum order for delivery is \$100

Delivery charges are not included in listed prices

Please let us know of any **food allergies**



ORDERING INFO

On-Site Catering Attendant (4 hours) \$200.00

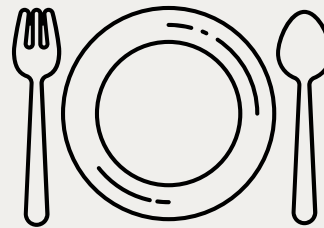
... *additional charge for every hour after* \$30.00

Chafing Dish Rental Fees \$20.00

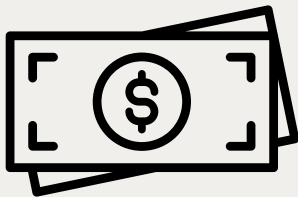
Disposable Tablecloths \$5.00 each

Serving Utensils \$1.00 each

Cutlery & Plates \$1.50 each set



OTHER CHARGES



PAYMENT

A **50% deposit** is required on orders over \$100

No refunds on cancellations

Prices do not include Massachusetts meal tax

Prices are subject to change

90 William Street, Springfield, MA 01105

(413)-732-5428

Monday: 8:00 - 5:00

Tuesday - Saturday: 8:00 - 6:00

159 Shaker Road, East Longmeadow, MA

(413)-525-9400

Monday - Friday: 8:00 - 7:00

Saturday: 8:00 - 6:00

Sunday: 9:00 - 4:00



@frigofoods



frigofoods.com