

Catering Menu



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

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

**159 Shaker Rd
East Longmeadow, MA 01028
Phone: (413) 525-9400
Fax: (413) 525-8040**

**Store Hours
Monday 8:00 am – 5:00pm
Tuesday – Friday 8:00 am – 6:00pm
Sunday 9:00 –4:00pm East Longmeadow Only**

www.frigofoods.com

Guidelines For Catering

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

Delivery and Pickup Charges are not included in Price

Minimum of 10 People for Delivery

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

Final number of people must be determined one week in advance.

There is a \$150.00 charge per attendant for event

Chafing Dish Rental Fees \$15.00

Disposable Tablecloths \$3.00

MA Meals Tax is not included in Price

Prices are subject to change

Payments: Cash, American Express, Visa Mastercard and Discover

Appetizers

Vegetable Dip Platter

Fresh Raw Vegetables with Homemade Dip

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

International Cheese & Fruit Platter

Our Finest imported Cheeses
 And Fruits of the Season

Small (serves 10-15) **\$45.00**
 Medium (serves 20-30) **\$80.00**
 Large (serves 40-50) **\$100.00**

Antipasto Platters

Minimum of 10 People

And Red leaf lettuce placed on bottom of tray with Cappicola, Proscuitto, Salami, chunk Provolone cheese, Roma Tomatoes Marinated Mushrooms, Artichokes and Olives Served Family Style with extra Romaine

Priced \$3.75 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 - **\$44.95** 30 - **\$74.95**
 15 - **\$52.95** 40 - **\$89.95**
 20 - **\$59.95** 50- **\$110.95**

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 - **\$49.95** 30 - **\$77.95**
 15 - **\$57.95** 40 - **\$92.95**
 20 - **\$62.95** 50- **\$115.00**

Cold Cut – Mortadella, Genoa Salami, Imported Ham & Provolone Cheese, Lettuce & Tomato
\$89.00

Feeds 20 – 25 People

Hors d'oeuvres

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

Spinach and Cheese Fillo **\$14.99**
 Artichoke Franchise **\$15.99**
 Artichoke with Boursin Cheese **\$16.99**
 Stuffed Mushrooms **\$10.99**
 Scallops Wrapped in Bacon **\$22.99**
 Shrimp Cocktail **\$19.99**
 Beer Battered Coconut Shrimp **\$22.99**
 Crab Cakes **\$18.99**
 Mozzarella Sticks **\$11.99**
 Chicken Quesidillas **\$14.99**
 Coconut Chicken Strip **\$12.99**

More Options Available on Request

Stuffed Dolo Breads

Sausage Dolo – Stuffed with Sausage, Broccoli, Pepperoni & 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

Spinach Dolo – Stuffed with Spinach, Roasted Garlic, Roasted Peppers & Feta

Whole \$12.00

Store Breads

Mini Rolls **\$4.00 Doz**
 Garlic Bread **\$3.50 each**
 Water Rolls **\$5.50 Doz**

Giant Five Foot Grinders

Turkey or Roast Beef – Topped with Lettuce, Tomato & Provolone Cheese
\$99.00

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, fresh baked muffins, bagels, Danish. Plates, utensils and coffee setups included.

\$6.25 Per Person

Continental Breakfast with Seasonal Fresh Fruit Salad or Fruit Basket

\$8.95 Per Person

Chicken Buffet

Choice of One

Chicken Parmesan with Ziti
Chicken Marsala with Rice
Chicken Franchise with Rice
Chicken Ala Frigo
Grilled Chicken, Ziti & Broccoli
Chicken and Vegetable Stir fry
Chicken Scampi

Served with Tossed Salad, Italian Rolls & Butter, Beverage, Plates & Utensils

\$8.99 Per Person

Pasta Luncheon

Choice of One

Ziti & Broccoli	Baked Ziti
Eggplant Parmesan	Stuffed Shells
Pasta Primavera	Fettuccini Alfredo
Roma Pasta (Roasted Tomatoes, Asparagus, pesto)	

Wild Mushroom Pasta
Lasagna (Meat, Veggie or White \$.50 additional)

Served With Tossed Salad & dressing, Garlic Bread, Beverage, Plates & Utensils

\$8.49 Per Person

Desserts

Fresh Cold Deli Luncheon

Choice of one
Assorted Sandwiches **OR**
Cold Cut Platter
\$8.49 Per Person
Assorted Wrap Luncheon
\$9.49 Per Person

Served with Tossed Salad, Beverages, Rolls, Homemade Cookies, Plates & Utensils

Other Salad Options Available

Box Lunch

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

Turkey	Cold Cut
Tuna	Roast Beef
Chicken Salad	Vegetarian

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

\$8.99 Per Person

Executive Luncheon

Choice of One

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

Executive Luncheons served with choice of One:

Baked Ziti
Garlic and Dill Roasted Potato
Grilled Vegetables
Rice Pilaf

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

\$10.99 Per Person

Cookies \$1.50 each Canolis & Brownies \$1.99 each Other Options Available on Request

On THE LITE SIDE

Choose one salad selection from below

1. Grilled Chicken with mixed spring greens
2. Chef Salad includes ham, turkey, swiss cheese
3. Arugula Salad with feta, tomatoes, croutons, cucumbers, peppers, basil etc
4. Grilled Chicken Caesar Salad

Fresh Fruit Salad, assorted drinks, setups (plates, napkins, fork & knife included. Salads are individually packed

\$8.99 per person

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 & American Cheese.

Choice of One Hot Item

Barbecue Chicken	Pasta Primavera
Stuffed Shells	Chicken Ala Frigo
Ziti & Broccoli	Sausage & Peppers
Baked Ziti	Chicken Ziti & Broccoli

Served with bowls of Tossed Salad, Potato Salad, Italian Rolls & Butter, Mayo, Mustard, Plastic ware, Plates & Napkins

\$9.99 Per Person

The Complete Buffet

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

Choice of Two Hot Items

Eggplant Parmesan	Stuffed Shells
Meatballs	Stuffed/Unstuffed Pork Loin
Baked Lasagna	Chicken Skewer with Bacon
Baked Ziti	Sausage & Peppers
Pasta Primavera	Herb Chicken
Ziti & Broccoli	Chicken Ala Frigo

Choice of Two Cold Items

Tossed Salad	Caesar Salad
Tortellini Salad	Potato Salad

The Italian Buffet

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

Crisp Tossed Salad: Assorted greens, Cucumbers, Tomatoes, Olives & Dressing

Roasted Garlic and Dill Potatoes

Choice of One Pasta

Baked Lasagna	Stuffed Shells
Eggplant Parm	Pasta Primavera

Choice of One Chicken

Chicken Parmesan	Chicken Francaise
Chicken Marsala	Chicken Florentine

Served with Italian Rolls & Butter, Mayo, Mustard, Plastic ware, Plates & Utensils

\$12.49 Per Person

The Tuscan Buffet

Antipasto Platter or Cheese & Fruit Platter

Choice of Two

Wild Mushroom pasta with Spinach, asparagus	
Fettuccini Alfredo	Chicken Saltimbocca
Spicy Shrimp Fettuccini	Veal Saltimbocca
Four cheese stuffed Chicken	Roma Pasta
Sirloin Tips Portabella	Seafood Paella
Chicken Florentine Roll	Portabella Tower
Stuffed Pork Loin or Teriyaki Pork	

Complete Buffet-continued

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

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

\$11.99 Per Person

Tuscan Buffet- Choice of 2

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

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

\$14.99 Per Person

Ala Carte

Salads

Tortellini Salad - Tortellini's prepared with Roasted Peppers, Broccoli, blended with Asiago Grated Cheese **\$6.49/lb**

Fresh Mozzarella Salad - Fresh Mozzarella, Olives, Plum Tomatoes, topped with fresh Pesto & Olive oil **\$7.49/lb**

Grilled Vegetables-Zucchini, Yellow Squash, Eggplant, Red and Yellow Peppers, and Red Onions **\$6.99/lb**

String Bean Salad- with Dried Fruit, Nuts And Feta Cheese **\$6.49/lb**

Seafood Pasta Salad - Shrimp, Pasta Shells & Celery With a light Mayonnaise Dressing **\$6.49/lb**

Tossed Salad - Freshly made with Romaine & Iceburg Lettuce, Tomatoes, Cucumbers & Black Olives **\$1.75 per person**

Mediterranean Salad - Tomatoes, Back Olives, Broccoli, & Feta Cheese mixed with Pasta & Fresh Pesto **\$6.49/lb**

Caesar Salad - Romaine Lettuce, Seasoned Croutons, Fresh Asiago Cheese & Black Olives **\$ 1.75 per person**

Red Potato Salad - with Hard Boiled Eggs & Mayonnaise, lightly seasoned (seasonal) **\$ 4.49/ lb**

Fresh Fruit Salad - All fruits of the season **\$ 4.49 /lb**

Arugula Salad-Baby Arugula tossed with Homemade Croutons, Feta Cheese, Tomatoes Olives, Olive Oil, Red Onions and Peppers
Small (serves 8-10) **\$25.00**
Medium (serve 15-20) **\$35.00**
Large (serves 25-30) **\$50.00**

Orzo Salad- Orzo, Mushrooms and Broccoli in light vinaigrette **\$6.49/lb**

Asparagus Salad- Fresh Asparagus tossed with Roasted Garlic Cloves & Red Peppers **\$7.99/lb**

Entrees

Chicken Oscar - Boneless chicken breast topped with Snow crab, Asparagus, Swiss Cheese, and a Hollandaise sauce **\$8.99 per portion**

Chicken Saltimbocca - Boneless chicken breast Stuffed with Prosciutto, Provolone & Spinach Sautéed with Lemon & White Wine **\$7.99 per portion**

Chicken Parmesan - Boneless chicken breast Topped with a fresh tomato sauce &

Chicken Cordon Bleu- Boneless chicken breast stuffed with Prosciutto & Swiss cheese, topped with Hollandaise sauce **\$6.99 per portion**

Chicken Franchise - Boneless chicken breast smothered with Prosciutto and a fresh Lemon broth **\$4.49 per portion**

Chicken Skewers with Spicy Bacon **\$6.99 per Portion**

Mozzarella

\$4.49 per portion

Chicken Marsala – Boneless chicken breast
Topped with Mushrooms, sautéed with a
Marsala wine sauce

\$4.49 per portion

Four Cheese Stuffed Chicken – Boneless
Chicken breast stuffed with 4 cheeses, basil,
Roasted Garlic and Parsley with Marsala or
Marinara Sauce **\$7.99 per portion**

Sirloin Tips with Bourbon Sauce

\$9.99 per Pound

Portabella Mushroom Towers- Eggplant,
Chicken, Pesto, Marscapone Cheese

Portabella Mushroom Cap Stacked High

\$7.99 per portion

Risotto Cakes with Seafood or Spinach–
\$6.99 per Portion

Hot Dishes

	Large <i>(Serves 6 – 8)</i>	X-Large <i>(Serves 20 – 25)</i>
Meat Lasagna	\$35.00	\$65.00
Cheese Lasagna	\$30.00	\$60.00
Vegetable Lasagna	\$35.00	\$65.00
White Veggie Lasagna	\$35.00	\$65.00
Stuffed Shells	\$30.00	\$60.00
Eggplant Parmesan	\$30.00	\$60.00
Ziti & Broccoli	\$20.00	\$40.00
Grilled Chicken Ziti & Broccoli	\$30.00	\$60.00
Pasta Primavera	\$25.00	\$55.00
Chicken Ala Frigo- Chicken, Ziti, Broccoli, Mushrooms, in cheese sauce	\$35.00	\$70.00
Baked Ziti	\$20.00	\$45.00
Sausage & Peppers	\$30.00	\$60.00
Grilled Chicken Capellini	\$30.00	\$60.00
Herb Chicken	\$25.00	\$55.00
Meatballs	\$30.00	\$60.00
Baked Stuffed Scrod	\$45.00	\$100.00
Sirloin Tips Marsala	\$50.00	\$100.00
Wild Mushroom Pasta with Asparagus And Spinach	\$35.00	\$70.00
Spicy Shrimp with Pesto Fettuccini	\$45.00	\$100.00
Eggplant with Grilled Chicken, Spinach and Ricotta Pie	\$40.00	\$80.00
Roma Pasta – Roasted Tomatoes, Asparagus & Pesto Tossed with Pasta	\$30.00	\$60.00
Tuscany Shrimp – Snow Peas, Roasted Tomatoes, Shrimp over pasta	\$45.00	\$90.00
Rice Pilaf	\$20.00	\$40.00

Roasted Butternut Squash	\$30.00	\$60.00
Roasted Cauliflower Parmesan	\$30.00	\$60.00
Grilled Vegetable Mix	\$30.00	\$60.00
Red Bliss Potatoes	\$25.00	\$55.00
Yukon Roasted Potato Wedges	\$25.00	\$55.00
Garlic and Dill Roasted Potatoes	\$25.00	\$55.00

Eggplant Rollatini	\$2.75 Per Piece
Eggplant Mascarpone	\$2.75 Per Piece

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