




Falcon Bistro

CATERING MENU

SOUTHEASTERN ILLINOIS
COLLEGE



Falcon Bistro

SOUTHEASTERN ILLINOIS COLLEGE

Falcon Bistro is located in the Harry L. Crisp Student Center at Southeastern Illinois College. Falcon Bistro offers a wide variety of prepared and fresh dishes.

Falcon Bistro is open from 8:00 a.m. until 2:00 p.m., Monday through Friday, for breakfast and lunch



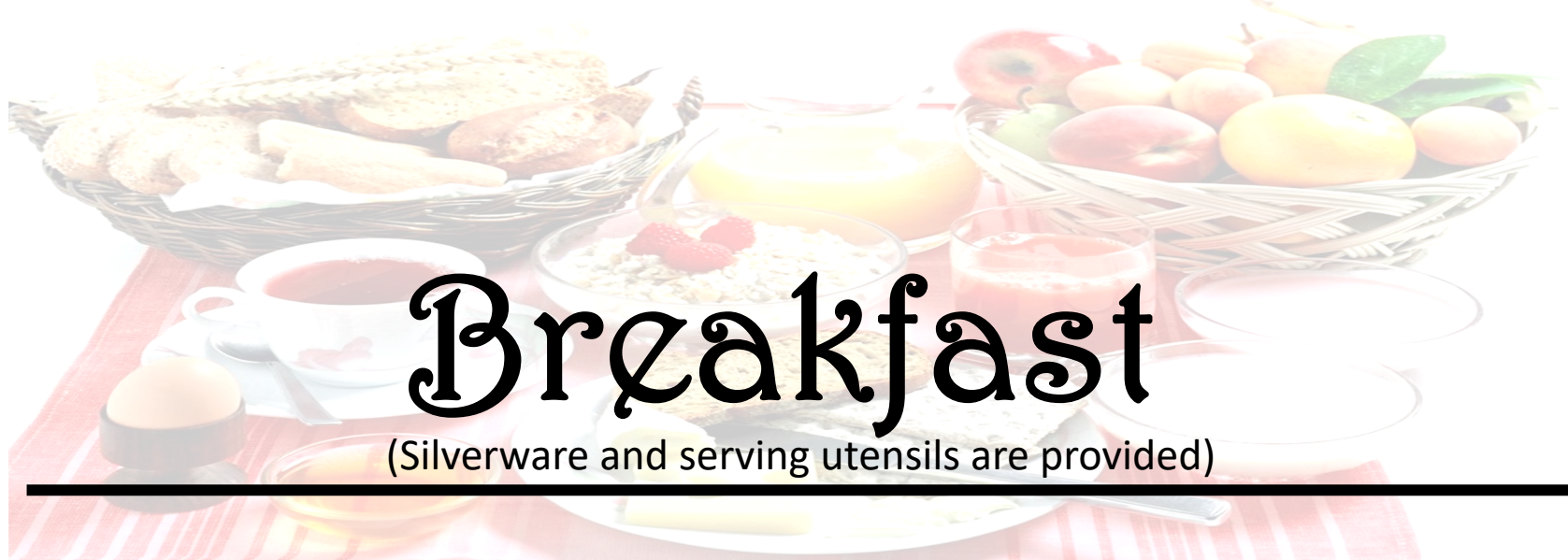
WELCOME

Michael Intravaia and Staff welcome you to
Southwestern Illinois College Falcon Bistro.

Our Staff is committed to ensuring that your visit with us will be a memorable one. We are dedicated to providing you the best service as you enjoy quality food and an enjoyable dining experience.

In addition to our menu items, we can also create a specific menu that fits your needs as well as your budget. While the menu prices are based on a traditional buffet, we can also serve your event individually plated for an additional small fee per person.

Again, thank you for the opportunity to serve you. Feel free to contact Michael Intravaia, Food Service Manager, at michael.intravaia@sic.edu or call him at **(618) 252-5400, ext. 2540**



Breakfast

(Silverware and serving utensils are provided)

Breakfast Buffet

Biscuits and gravy (with sausage and without), scrambled eggs, sausage patties, bacon, hash brown casserole, and fresh seasonal fruits.

Served with orange juice, Reg. and Decaf coffee, and water

Add milk for additional \$.50 per person

\$7.95 per person

Continental Breakfast

Your choice of 3 – (Muffins, Assorted Doughnuts, Bagels & Cream Cheese, Scones, Assorted Danishes)

Also Includes Fresh Seasonal Fruit and Yogurt (Plain, Strawberry, or Blueberry)

Served with orange juice, reg. and decaf coffee, and water

Add milk for additional \$.50 per person

\$8.95 per person



Box Lunch

Choice of Sandwich – listed below

Served with your choice of pasta salad, potato salad, garden salad, or chips

Choice of cookie or pie slice (Apple, Pecan, Pumpkin, Chocolate Cream, or Coconut Cream)

salt, pepper, utensils, napkins and condiments with a bottle of water

\$7.85 per person

With a bottle of Soda

\$8.50 per person

6" Turkey Sub

6" Ham Sub

6" Veggie Sub

(All served with Lettuce, Tomato, Onion, Pickle, and Mayo or Mustard)

Marinated Grilled Chicken Sand

(Kaiser bun w/ lett. onion, tomato & mayo)

Grilled or Fried Chicken or Veggie Wrap

(lett., tomato, onions, cheese, cucumbers, green peppers & Southwest sauce or Mayo)

6" Chicken Parmigiana Sand.

Pizza Sand (up to 3 toppings)

(6" hoagie bun w/ pizza sauce, mozzarella cheese and choice of 3 pizza toppings and baked in oven)



Buffet

All buffets are served with Rolls, Coffee (Reg and Decaf), Iced Tea (Sweet and Unsweet), and Water

All serving utensils and silverware are provided
Fountain or Bottled soda additional \$1.00 per person

Pasta Buffet

Basic \$9.50

Deluxe \$12.00

Premium \$14.50

Basic

One Pasta

One Salad

Cobbler or Pie

Rolls

Deluxe

Two Pasta

One Salad

Cobbler or Pie

Rolls

Premium

Three Pasta

One Salad

Cobbler or Pie

Rolls

Falcon Buffet

Basic \$12.95

Deluxe \$16.95

Premium \$20.95

Basic

One Entrée

One Salad

One Side

Cobbler or Pie

Rolls

Deluxe

Two Entrée

Two Salad

Two Sides

Cobbler or Pie

Rolls

Premium

Three Entrée

Two Salad

Three Sides

Cobbler or Pie

Rolls

Pasta Dishes

Baked Lasagna

5 Layers of Pasta stuffed with blends of Ground beef, Mozzarella, Parmigiano, and Ricotta cheese topped with our homemade meat sauce and white cheese sauce

Baked Spinach Lasagna

Same as our delicious Lasagna but prepared without meat and adding fresh baby spinach and our homemade marinara sauce and white cheese sauce

Penne Al Forno

One of many favorites. Penne Pasta baked with a blend of meat or marinara sauce, Ricotta, Parmigiano and a delicious cream sauce

Penne Alfredo

Penne noodles served with our homemade Alfredo sauce
Also available with Shrimp, Chicken, or Broccoli

Seafood Pasta Rolls

Rolls of pasta stuffed with shrimp, crab meat, and scallops blended with Parmigiano, Ricotta, and Mozzarella cheese and herbs and topped with homemade marinara sauce

Pasta Dishes

Baked Eggplant Pasta

Rigatoni pasta baked between layers of slices of eggplant with a delicious homemade marinara sauce and topped with parmigiano cheese.

Chicken Parmigiana

Linguine noodles topped with a baked chicken breast topped with marinara sauce provolone and parmigiano cheese

Casareccia Pasta

A tasty combination of grilled chicken, broccoli, mushrooms, tomatoes and fresh herbs tossed with Penne noodles in a delectable white wine sauce.

Paesano Pasta

Sliced Italian sausage, roasted peppers, and onions tossed with noodles and marinara sauce

Pappardelle Primavera

A blend of red, yellow and green peppers, mushrooms, baby spinach, cherry tomatoes, fresh garlic and fresh basil sautéed in an asiago white wine sauce

Pasta Dishes

Cheese Manicotti

Tubular pasta stuffed with a blend of cheeses and herbs and topped with both marinara and alfredo sauce

Meat Cannelloni

Tubular pasta stuffed with meat and herbs and topped with our homemade meat sauce

Vodka Rigatoni

Chef Michael favorite rich and creamy homemade sauce with bacon served over rigatoni noodles

Pasta Bolognese

A delicious blend of ground beef, bacon, onions, peas, herbs and homemade red cream sauce tossed with penne pasta

Tuscan Shrimp Pasta

A Light and fresh taste of shrimp, tomatoes, baby spinach and herbs tossed with parmigiano cheese and a touch of white sauce.

Pasta Dishes

Pasta Boscagliola

Italian Sausage crumbles, fresh mushrooms and cherry tomatoes sautéed with fresh garlic and tossed with parmigiano and asiago cheese

Tortellini

Ring shaped pasta stuffed with a mix of meat and cheese or plain cheese and served with a choice of meat or meatless sauce.

Entrée Choices

Fried Chicken

Breaded and fried with our special breading

Smoked Glazed Ham

Baked to perfection with a sweet orange glaze

Roast Beef

Tender roast beef, slowly simmered with our unique blend of spices, pepperoncini, green peppers, and onion, then sliced for serving. Also served with Au Jus or beef gravy style

Chicken Marsala

Breaded chicken breast, lightly browned, then simmered in our succulent marsala and mushroom sauce

Chicken Carciofi

Chicken sautéed with a blend of mushrooms, fresh garlic, and artichokes, in a lemon wine sauce

Entrée Choices

Marinated Chicken Breast

Chicken breast marinated overnight with fresh herbs, then grilled to perfection.

Beef Wellington

Available for and additional \$2.00

A fillet steak topped with a savory mushroom duxelles and wrapped in puff pastry, then baked and served with a delicious red wine mushroom sauce.

Apricot Pork Loin

A delicious apricot sauce over slow oven roasted pork loin.

Stuffed Bourbon Cranberry Pork Loin

Pork loin stuffed with an apple and cranberry stuffing mix and topped with a delicious cranberry sauce

Smothered Chicken Breast

Grilled chicken breast topped with sautéed broccoli and portobello mushrooms covered with provolone cheese.

Cajun or Fried Fish

3-5oz fillet of swai fish, grilled Cajun-style or deep fried with our special breading.

Entrée Choices

Roasted Turkey

A perfect dish for any occasion slowly roasted and sliced.

Chicken Parmigiana

Chicken breast lightly breaded and then baked in our homemade marinara sauce, topped with provolone and parmigiano cheeses.

Cajun Jambalaya

A blend of chicken, rice, smoked sausage and vegetables in a delicious Cajun sauce

Roasted Chicken

Chicken rubbed with a mouthwatering dry rub and baked to perfection

Brocirole (Italian Steak Roll)

A thin top sirloin meat stuffed with bread crumbs, cheeses, herbs and prosciutto then baked and served with a delicious asiago cream sauce

Chicken Cacciatore

Breaded chicken breast topped with a vegetable red wine sauce.

Roasted Pork Tenderloin

Tenderloin covered with our spicy mustard and delicious herbs then slow cooked to perfection.

Side Dishes

Green Beans

Twice-baked Potato

Corn

Roasted Potatoes

Rustic Mashed Potatoes

Grilled Cauliflower

Roasted Brussel Sprouts

Tater Tot Casserole

Broccoli

Vegetable Medley

Garlic Butter Potato

Mashed Potatoes

Michael's Potato Casserole

Potatoes Au Gratin

Baked Potato

Chicken Broccoli Rice Casserole

Bacon Wrapped
Grilled Asparagus

Mushroom Pepper Risotto



Salads

Michael's House Salad

Romaine lettuce, black olives, artichokes, red onions, tomatoes, roasted peppers, parmigiano cheese, and Michaels own special dressing.

Pasta Salad

Fruit Salad

Creamy Corn Salad

Potato Salad

Caesar Salad

Brussel Sprout Salad

Strawberry Salad

Romaine lettuce, strawberries, walnuts, mandarin oranges, red onions, baby spinach, and cranberries, tossed with a raspberry vinaigrette dressing

Garden Salad

Served with up to three (3) dressings on the side

Mixed Vegetable Ranch Salad

Broccoli, cauliflower, and baby carrots tossed in a garlic ranch dressing

Appetizers

\$2.75 per item, per person

Relish Tray
Garlic Pizza Wedges
Fried Mushrooms
Fried Cauliflower
Fried Pickle Spears
Toasted Ravioli with Sauce

\$3.25 per item, per person

Turkey or Ham Sliders
(served w/ let. tom. pickle and honey mustard)
Pinwheel Wraps
Swedish Meatball Bites
Cheeseball & Cracker Tray
Potato Skins
Seasonal Fruit Tray

\$5.00 per item, per person

Chicken Wings
(Mild, Hot, BBQ, Garlic Parm, Sweet Chili)
Nacho Taco Bar
Grilled Chicken Sliders
Chicken Parmigiana Sliders
Hawaiian Chicken Skewers
Shrimp Cocktail Cup
Artichoke Mushroom Caps

Dessert

Cobblers

Apple, Cherry, Peach (choice of 1)

Included with buffet choices

Pies

Pecan – Pumpkin - Apple – Choc Cream – Coconut Cream

Included in buffet choices

Mini Cannoli

Add \$1.50 per person with buffet

Tiramissu

Add \$3.00 per person with buffet

Xango

Add \$2.50 per person with buffet



Pizza

14 inches (serves 3-4 people)

Toppings

Cheese • Sausage • Pepperoni • Bacon • Ham • Hamburger
Onions • Mushrooms • Green Peppers • Black Olives
Tomatoes • Banana Peppers • Green Olives • Jalapenos
Spinach

Specialty Pizzas

Vegetarian

\$13.00

Cheese, onions, mushrooms, green peppers, black olives, tomatoes, banana peppers

Meat Lovers

\$14.00

Cheese, sausage, pepperoni, bacon, ham, hamburger

Falcon Special

\$14.00

Cheese, sausage, pepperoni, onions, mushrooms, green peppers, black olives

Chicken BBQ

\$15.00

Chicken, BBQ sauce, shredded cheddar, mozzarella, bacon, red onion

Chicken Delight

\$15.00

Olive oil, grilled chicken, shredded cheddar, mozzarella, baby spinach, tomatoes, red onions, and broccoli, topped with parmigiano

Large 1 topping \$7.00

Each Additional Topping \$1.50

Stuffed Crust Add \$3.00

Deep Pan Add \$2.00

**For special pricing on Pizza Party Packages, please contact
Michael at (618) 252-5400 ext. 2540**