




# Falcon Bistro

***CATERING MENU***

SOUTHEASTERN ILLINOIS  
COLLEGE





# Falcon Bistro

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**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

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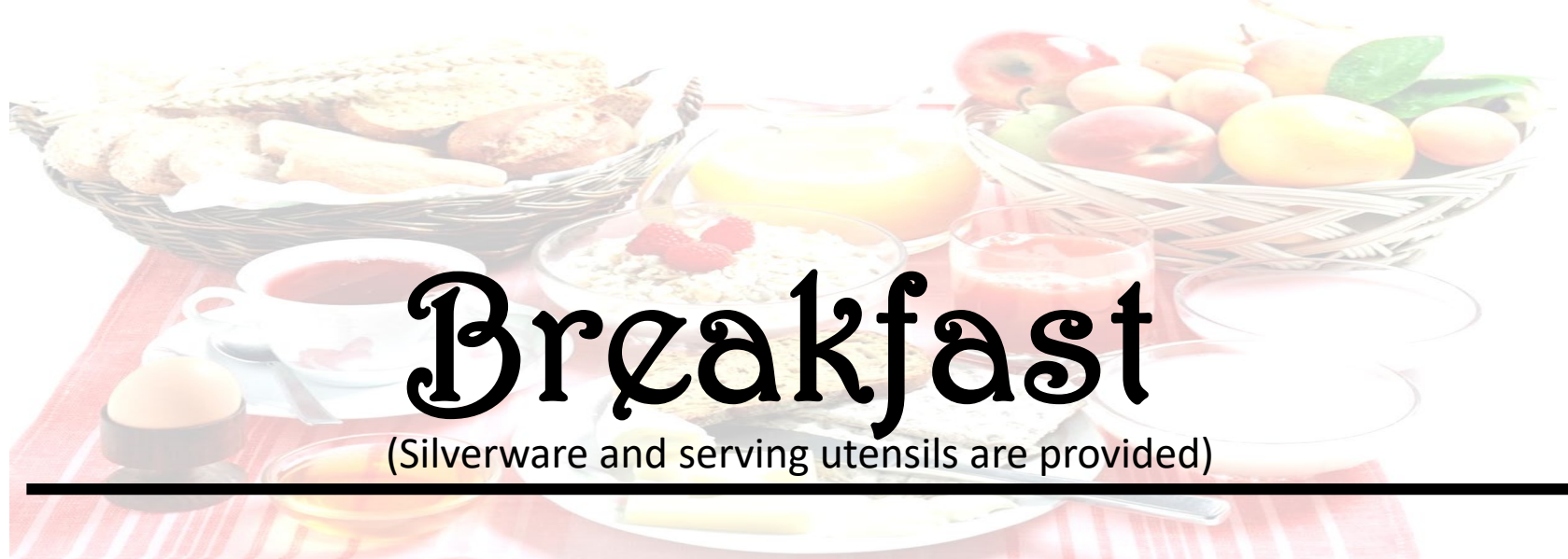
Michael Intravaia and Staff welcome you to  
*Southwestern Illinois College Falcon Bistro.*

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](mailto:michael.intravaia@sic.edu) or call him at  
**(618) 252-5400, ext. 2540**





# Breakfast

(Silverware and serving utensils are provided)

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## **Breakfast Buffet**

Biscuits and Gravy, Scrambled Eggs, Sausage Patties, Bacon, Hashbrowns, and Fresh Seasonal Fruits.

Served with Orange juice, Reg. and Decaf coffee, and Water

Add milk for additional \$.50 per person

**\$9.50 per person**

## **Continental Breakfast**

Muffins, Scones, Assorted Pastries and Danishes,  
Also Includes Fresh Seasonal Fruit and Yogurt.

Served with Orange juice, Reg. and Decaf coffee, and Water

Add milk for additional \$.50 per person

**\$9.00 per person**

## **Combination Breakfast**

Assorted Pastries, Fresh Seasonal Fruits, Biscuits and Gravy,  
Scrambled Eggs, Bacon, and Hashbrowns

Served with Orange juice, Reg. and Decaf coffee, and Water

Add milk for additional \$.50 per person

**\$10.00 per person**



# Box Lunch

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Choice of Sandwich or Wraps listed below

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

Served with cookies. **Add a pie slice For .75 Cents**

Bottle of water, salt, pepper, utensils, napkins and condiments included.

**Add a Bottle Of Soda For \$2.00**

**\$8.50 per person**

**6" Turkey- 6" Ham- 6" Veggie SUB**

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

**Marinated Grilled Chicken Sand**

(Kaiser bun w/ lettuce tomato & mayo)

**Grilled or Fried Chicken - Veggie - TURKEY- HAM-  
WRAPS**

(lettuce, tomato, cheese, cucumbers, green peppers & Southwest sauce or Mayo)



# Buffet

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

*All served with Styrofoam plates, plastic cups and plastic ware and are provided.*

*Fountain drinks \$2.00 - bottle soda \$2.00 additional per person. We can provide clear plastic plates, clear plastic cups and clear plastic ware for an additional \$1.50 per person.*

## Pasta Buffet

### Basic

### Deluxe

### Premium

One Pasta

Two Pasta

Three Pasta

One Salad

One Salad

One Salad

Cobbler

Cobbler or Pie

Cobbler or Pie

Rolls

Rolls

Rolls

Basic \$10.00

Deluxe \$12.50

Premium \$15.50

## Falcon Buffet

### Basic

### Deluxe

### Premium

One Entrée

Two Entrée

Three Entrée

One Salad

Two Salad

Two Salad

One Side

Two Sides

Three Sides

Cobbler

Cobbler or pie

Cobbler or Pie

Rolls

Rolls

Rolls

Basic \$13.95

Deluxe \$17.95

Premium \$21.95

# 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.

## **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 Boscaiola**

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



# 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.

## **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 pineapple 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

## **Marinated Chicken Breast**

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

## **Cajun or Fried Fish**

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

# Entrée Choices

## **Roasted Turkey Breast**

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.

## **Smoked Roasted Chicken**

Chicken rubbed with a mouthwatering dry rub and baked to perfection

## **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.

## **Smothered Chicken Breast**

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



# Side Dishes

Green Beans

Corn

Roasted Broccoli

Garlic Butter Potato

Au Gratin Potatoes

Roasted Cauliflower

Twice-baked Potato

Roasted Potatoes

Vegetable Medley

Mashed Potatoes w/gravy

Chicken Broccoli Rice Casserole

Bacon Wrapped Asparagus



# Salads

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## **Michael's House Salad**

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

## **Strawberry Salad**

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

## **Pasta Salad**

## **Caesar Salad**

## **Potato Salad**

## **Macaroni salad**

# Appetizers

**Pick 3 for \$8.00 per person**

Each additional item add. \$2.50

Chicken Spiedini Bites

Relish Tray

Bruschetta

Antipasto Bites

Vegetable Egg Rolls

Chicken Salad Croissant

Turkey or Ham Sliders

(served w/ let. tom. pickle and honey mustard)

Pinwheel Wraps

Meatball Bites

Cheeses & Cracker Tray

Twice baked Potato

Seasonal Fruit Tray

**\$7.50 per item, per person**

Potato & Nacho Bar

Soups and Potato Bar

(2 Soups)



# Dessert

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## Cobblers

Apple, Peach *Included with basic buffet choices*

## Pies

Pecan – Pumpkin - Apple – Choc Cream – Coconut Cream  
*Included with deluxe and premium buffet choices(choice of 2 )*

## Mini Cannoli

*Add \$1.50 per person with any buffet*

## Tiramisu

*Add \$3.00 per person with any buffet*

## Xango

*Add \$3.00 per person with any buffet*



# Pizza

14 inches (serves 3-4 people)

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## Toppings

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

## Specialty Pizzas

### Vegetarian

**\$16.00**

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

### Meat Lovers

**\$17.00**

Cheese, sausage, pepperoni, bacon, ham, hamburger

### Falcon Special

**\$17.00**

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

### Chicken BBQ

**\$16.00**

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

### Chicken Delight

**\$18.00**

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

**Large 1 topping**

**\$7.50**

**Each Additional Topping**

**\$2.00**

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