

STANDARD PORTION GUIDELINES

This section provides the standard portion per person according to the comparison method for different catering items and their accompaniments. Standard portion guidelines include the following:

Breakfast items

Sandwiches

Side salads

Entrée salads

Appetizers and samplers

Entrée dish

Soups

Desserts

BREAKFAST ITEMS

Items	Portion per person	Accompaniments & condiments	Portion per person
Bagels, croissants, muffins, Danish, etc	2 pcs	Butter, jam, cream cheese, etc. Accompaniments preferred to be of three different choices 1oz each (28gr) in separate containers	3 oz. 85 gr.
Egg omelets	3 eggs	Hash brown, ham, sausages, baked beans, breakfast potato, etc.	4 oz. 113 gr.
Cold meats	6 oz. 170 gr.	Sliced vegetables, pickles, olives, etc.	4 oz. 113 gr.
Smoked salmon	4 oz. 113 gr.	Red chopped onion, capers, boiled egg, cream cheese, tomato and lemon wedges.	-
Fruits slices	6 oz. 170 gr.	Plain or fruit yogurt	4 oz. 113 gr.

FRESH SEASONAL FRUIT

Recommendations Sliced Fresh Fruit Platter/Bulk/Plated

- Minimum of 5 fresh fruits are to be used.
- Banana, apples, pears, citrus, dried and canned fruits should not be used.
- All fruits should be fresh and of high quality.
- Yogurt dipping should be provided in separate container.
- Food Diaper is to be placed under fruits to prevent juices from spilling in aircraft
- Some sort of green (lemon leaf, banana leaf, leafy, Kale, mint, etc. should garnish all presentations)
- Berries should be placed so as not to stain other fruits

Recommendations Fresh Seasonal Fruit Bowl/ Bulk

- Minimum of 5 fresh fruits are to be used.
- No canned or dried fruits should be used
- Some sort of green (leafy, Kale, mint, etc should garnish all presentations)

SANDWICHES

Items	Portion per person	Accompaniments & condiments	Portion per person
Protein ingredients	5 oz. 140 gr. Very least, US portion is generally 6+ oz. per sandwich, 1.5 sandwich per person up to 5, then decrease to 1 per person	Sliced vegetables, tomatoes, lettuce, pickles, olives, mayonnaise & mustard or other spreads	4 oz. 113 gr.

Recommendations

- High quality and fresh breads (whole wheat pita, baguette, tortilla wrap, deli style bread, Croissants, etc.) of minimum 5 inch length (13 cm).
- Meats should be of high quality sliced deli meats, whole muscle meat is preferred.
- Processed meats to be avoided.
- Spreads and salads should be avoided inside sandwich.
- Mayonnaise and mustard should be provided in separate containers, preferably glass.
- Olives should be inside separate container.
- Each sandwich presentation should be garnished
- Sandwiches should be wrapped.

SIDE SALADS

Items	Portion per person	Accompaniments & condiments	Portion per person
Vegetables & other ingredients	1 cup	Appropriate dressing	3 oz. 85 gr.

ENTREE SALADS

Items	Portion per person	Accompaniments & condiments	Portion per person
Protein ingredients	6 oz. 170 gr.	Appropriate dressing	3 oz. 85 gr.
Vegetables, salad ingredients	1-2 cup		

Recommendations

- All meats to be fresh, of high quality and USDA certified.
- All salad should be free from sulfites and other preservatives

APPETIZERS AND SAMPLERS

Items	Portion per person	Accompaniments & condiments	Portion per person
Finger sandwiches	4 pcs.	Mayonnaise & mustard, pickle and olive	2 oz. 57 gr.
Canapés	4 pcs.	-	-
Crudités	5 oz. 140 gr.	2 kinds of different dipping	4 oz. 113 gr.
Cheese display	4 oz. 113 gr.	Crackers or plain biscuits	6 pcs.
Seafood platter	U-10 shrimps 3 pcs. Lobster 4 oz. (113gr.) Crab claws 2 pcs. Fish fillet 4 oz. (113gr.)	2 kinds of different sauces (i.e. cocktail, Rémoulade, etc.)	3 oz. 85 gr. of each
Shrimps cocktail	U-10 shrimps 4 pcs.	Lettuce Lemon wedge Cocktail sauce	½ cup 2 pcs. 2 oz. (57gr.)

Recommendations

- Canapés are preferably to comprise meat, seafood, vegetable & cheese ingredients.
- Crudités should comprise at least 5 different kinds of vegetables, cut into bite size portions without use of preserving sulfites.
- Cheese display should comprise at least 5 different kinds of cheeses, mostly wedges, soft spreadable cheese by request.
- Seafood platter should comprise at least 3 kinds of seafood items.

ENTRÉE DISH

Items	Portion per person	Accompaniments & condiments	Portion per person
Meats, poultry or fish entrée	7 - 8 oz. cooked weight 200 - 225 gr.	Starch Vegetables	4 oz. cooked weight 113 gr. of each

Recommendations

- All meats to be fresh, of high quality and USDA certified Prime.
- All meat, fish, poultry is be supplied by an approved vendor.
- The appropriate sauce should be included separately with each protein item.
- All entrees should include a plate garnish

SOUPS

Items	Portion per person	Accompaniments & condiments	Portion per person
Broth and cream based soups	0.5 pint 240 ml, 1 pint dinner portion 480ml	Croutons, garnish, crackers and/or bread	1 oz. 28 gr.

DESSERTS

Items	Portion per person
Cookies & brownies	2 pcs.
Miniature desserts/pastries	3 pcs.
Cake or pie slice	1 pcs.
Mousse, custards, puddings	½ cup