



University of New Hampshire

CATERING MENUS- HEALTHY OPTIONS

Delivery fees may apply.

Prices valid through June 30, 2016

Menus and pricing are subject to change

Please note: all menu pricing is subject to 19% service charge and 9% NH meals tax

BREAKFAST

15 Person Minimum

(\$2.00 per person charge if count is under minimum)

Heart Healthy Continental

Fresh Fruit Platter

Whole Grain Muffins with Jam

Whole Wheat Bagels with Light Cream Cheese

Unsweetened Orange & Cranberry Juices

Coffee and Tea

Non-Fat Milk

\$9.50 per guest

Heart Healthy Breakfast Buffet

Fresh Fruit Platter

Scrambled Eggs

Sliced Whole Grain Mustard & Honey Glazed Cured Ham

Whole Grain Berry Pancakes with NH Maple Syrup

Oven Roasted Potatoes

Coffee and Tea

Non-Fat Milk

Unsweetened Cranberry and Orange Juices

\$15.50 per person

Nutrition Criteria: All entrée options listed incorporate either lean protein (fish, shellfish, lean poultry or lean beef) or plant-based options (such as tofu, cooked beans and peas, nuts or seeds, egg, peanut or nut butter, or hummus), no fried foods, only vegetable oils free of trans fat are used in food preparation, all grains are whole grains-rich (at least half content as whole grain), offer at least one fruit and/or vegetable with every meal/entree, serve fresh fruit as a side or dessert, condiments and dressings served on the side, all dairy ingredients are low-fat or nonfat, soup offerings are broth or vegetable-based versus cream-based, only unsweetened beverages such as water/fruit infused water, unsweetened coffee and tea, low-fat or non-fat milk are listed.

LUNCH

15 Person Minimum

(\$2.00 per person charge if count is under minimum)

Heart Healthy Boxed Lunch- Option #1

Grilled Breast of Chicken | Grilled Vegetable Medley
White Bean Quinoa Carrot Salad with Greens
Bed of Field Greens | Cherry Tomatoes
Light Vinaigrette Dressing
Whole Wheat Pita Bread Triangles
Whole Fruit
Low Fat Organic Yogurt (4 oz. cups)
Bottled Water
\$15.50 per person

Heart Healthy Deluxe Deli Buffet

Mixed Green Garden Salad with Light Vinaigrette
Whole Grain Penne Salad
Freshly Sliced All Natural Turkey and Roast Beef
Grilled Vegetable Medley
Whole Wheat Rolls and Whole Grain Hearty Breads
Sweet Potato Chips
Herb Dijon Mustard, Country Mustard and Dill Pickle Chips
Unsweetened Iced Tea and Iced Water
\$17.50 per person

Also Available "A La Carte" With Your Delis

Albacore Tuna Salad or Organic House Made Hummus

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BREAKS

To Complement your Selected Menu
20 Person Minimum
(\$2.00 per person charge if count is under minimum)

Nature Trail Break

Apples (Local When Available), Whole Grain Granola Bars & Assorted Stonyfield
Yogurts
Iced Water
\$8.50 per person

Heart Healthy Break

Whole Grain Spelt Pretzels with House-made Honey Mustard
Blue Corn Tortilla Chips and Tomato Salsa
Iced Water
\$8.00 per person

Chips and Dip

Option #1

Whole Grain Soft Pita Triangles with Organic Cucumber Dill Hummus
Iced Water, Fruit-infused or Lemon Water
\$6.50 per person

Option #2

House-Made Blue Corn Tortilla Chips with Smoky Black Bean Dip and Local Tomato,
Grilled Corn Salsa
Iced Water, Fruit-infused or Lemon Water
\$9.00 per person

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BUFFETS-BBQ

25 Person Minimum

(\$5.00 per person charge if count is under minimum)

Heart Healthy Deluxe BBQ

Mixed Green Garden Salad with Low Fat Vinaigrette
Southwestern Style Roasted Corn, Black Bean and Local Tomato Salad with Chili & Lime
Marinated BBQ Chicken Breast
Tamari & Honey Glazed Wild Salmon Filet
Grilled Tofu with Vegetables
Garlic-Herb Marinated Grilled Vegetables
Herb Roasted Sweet Potatoes
Sliced Whole Wheat Baguette and Whipped Butter
Sliced Seedless Watermelon
Iced Unsweetened Tea and Iced Water with Lemon

Lunch Price \$23.50 per person

Dinner Price \$27.50 per person

Angel Food Cake with Sliced Fresh Strawberries & Low Fat Organic French Vanilla Yogurt
Add \$3.00 per person

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THEMED BUFFETS

25 Person Minimum
(\$5.00 per person charge if count is under minimum)

Healthy UNH-Asian Spa Buffet

Miso Soup

Baby Spinach Salad with House-made Ginger Lime Dressing, Toasted Sesame Seeds and Cucumber and Carrot “Flowers”

Grilled Hoisin Beef with Peppers and Broccoli

Spicy Thai Marinated Chicken with Red Curry

Stir Fried Vegetables with Black Beans

Scallion and Lemongrass Brown Rice

Steamed Sesame Vegetables

Unsweetened Iced Tea & Iced Water

Lunch \$24.50 per guest

Dinner \$27.00 per guest

Healthy UNH-Italian Buffet

House-made Mediterranean Three Bean Soup

Medley of Greens with Marinated Olives, Sun-Dried Tomatoes, Sliced Cucumbers, Shaved Parmesan and Red Wine Vinaigrette

Grilled Chicken Parmesan

Whole Grain Penne Pasta with Fresh Vegetables, Herbs and Olive Oil and Organic Chickpeas

Whole Grain and House-made Artisan Bread Basket

Unsweetened Iced Tea & Iced Water

Lunch \$17.00 per guest

Dinner \$19.50 per guest

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THEMED BUFFETS

25 Person Minimum
(\$5.00 per person charge if count is under minimum)

Healthy UNH-Executive Buffet

House-made Wild Mushroom and Barley Soup
Baby Spinach Salad with Dried Cherries, Chevre Cheese, Toasted Walnuts and Orange Poppy Seed Dressing
Marinated Chicken with Citrus and Fresh Thyme
Grilled Marinated Pork Loin with Smoked Tomato Bordelaise
Grilled Portobello Mushroom Halves with Brown Rice, Grilled Vegetable and Sun-Dried Tomato Stuffing
Multi Grain Pilaf
Seasonal Fresh Vegetable Medley
Whole Wheat Rolls with Butter
Unsweetened Iced Tea & Iced Water
Lunch \$24.50 per guest
Dinner \$28.50 per guest

Healthy UNH-Indian Buffet

House-made Spiced Carrot and Ginger Soup
Mixed Greens with Blanched Asparagus, Dried Apricots, Diced Local Apples and Lemon Curry Vinaigrette
Seafood Medley in a Light Saffron Cream
Masala Chicken (tomatoes, onions, paprika, cumin, garlic)
Grilled Tofu with Lime, Paprika and Cumin
Basmati Brown Rice with Raisins, Peas and Sliced Almonds
Steamed Cauliflower and Carrots
Unsweetened Iced Tea & Iced Water
Lunch \$31.00 per guest
Dinner \$35.50 per guest

Special menu requests

Our chefs are pleased to accommodate requests for gluten-free items and other dietary restrictions. Please inquire with your catering coordinator regarding additional surcharges that may apply.

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