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.
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LUNCH
15 Person Minimum
($2.00 per person charge if count is under minimum)

Heart Healthy Boxed Lunch- Option #1
Grilled Breast of Chicken I Grilled Vegetable Medley
White Bean Quinoa Carrot Salad with Greens
Bed of Field Greens I 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)

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**Nature Trail Break**

Apples (Local When Available), Whole Grain Granola Bars & Assorted Stonyfield Yogurts

Iced Water

$8.50 per person

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**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

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**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

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**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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### THEMED BUFFETS

25 Person Minimum

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

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**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 Marinaded 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**

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**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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**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 Blanch 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.