CATERING MENUS

HEALTHY OPTIONS

Delivery fees may apply.

Prices valid through June 30, 2015
Menus and pricing are subject to change

BREAKFAST

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

**Heart Healthy Continental**

- Fresh Fruit Platter
- Assorted Low Fat 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**
LUNCH
15 Person Minimum
($2.00 per person charge if count is under minimum)

Heart Healthy Boxed Lunch- Option #1

Citrus Marinated Breast of Chicken I Grilled Vegetable Medley
Bed of Field Greens I Cherry Tomatoes
Light Vinaigrette Dressing
Whole Wheat Pita Bread Triangles
Whole Fruit
Low Fat Organic Yogurt
Bottled Water
$15.50 per person

Heart Healthy Deluxe Deli Buffet

Mixed Green Garden Salad with Light Vinaigrette
Whole Grain Pasta Salad
Freshly Sliced All Natural Turkey and Roast Beef
Grilled Vegetable Medley
Whole Wheat Rolls and Assorted 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
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), Granola Bars & Assorted Stonyfield Yogurts
Iced Water
$8.50 per person

**Heart Healthy Break**
Spiced Mixed Nuts, Pretzels with Honey Mustard &
Blue Corn Tortilla Chips and Tomato Salsa
Iced Water
$8.00 per person

**Chips and Dip**

*Option #1*
House-Made Pita Chips with Organic Cucumber Dill Hummus
Iced Water and Assorted Canned Diet Sodas
$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 and Assorted Canned Diet Sodas
$9.00 per person
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 Salmon Filet
Garlic-Herb Marinated Grilled Vegetables
Herb Roasted Sweet Potatoes
Sliced Whole Wheat Baguette and Whipped Butter
Sliced Seedless Watermelon
Iced 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
**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 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**

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 Pasta with Fresh Vegetables, Herbs and Olive Oil
Rosemary Focaccia Bread
Unsweetened Iced Tea & Iced Water

**Lunch $17.00 per guest**
**Dinner $19.50 per guest**
THEMED BUFFETS

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

Healthy UNH-Executive Buffet

Wild Mushroom and Barley Soup
Baby Spinach Salad with Dried Cherries, Chevre, 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 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

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 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.

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