



Elyse's Catering, Inc.
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PER DIEM
HEALTHY LUNCHEON MENUS
\$13.95 per person
(minimum of 15 guests)

Selection 1

Chicken Broccoli Stir Fry – Sautéed chicken strips, broccoli, carrots, sliced mushrooms and onions make a colorful light stir fry with a touch of tarragon.

Brown Rice Pilaf – Long grain brown rice, sautéed diced red onions, sliced mushrooms, carrots and tossed with fresh herbs.

Fresh Fruit Platter, Fortune Cookies

Selection 2

Burrito Bar – Shredded pulled pork or chicken strips simmered in tomato sauce with Mexican seasonings and served with whole wheat flour tortillas, seasoned black beans, chopped tomatoes, shredded lettuce, chopped green onion, low fat sour cream, guacamole, jalapenos, sliced black olives and shredded cheese.

Poncho Salad, Fresh Fruit Platter, Peanut Butter Rice Krispy Bites

Selection 3

Baked Potato Bar – Idaho baked potatoes accompanied with vegetarian chili, broccoli florets, shredded cheddar cheese, chopped crispy bacon, low fat sour cream, salsa and whipped butter.

Tossed Greens Salad Bar – Fresh greens, tomato wedges, sliced cucumbers, garden peas, toasted almonds, pickled beets and assorted salad dressing.

Sliced Whole Grain Breads, Mini Black Bottom Cupcakes

Selection 4

Tossed Green Salad – Fresh greens, shredded red cabbage, sliced cucumbers, sliced tomatoes, red onions with your choice of blue cheese, low fat honey mustard or ranch dressing.

Select One of the Following:

Chicken Cacciatore - Sautéed breast of chicken in garlic and olive oil, with sliced mushrooms, simmered in a zesty tomato sauce.

Chicken Roma - Sautéed chicken chunks with Italian pear tomatoes, black olives, mushrooms, onions and Italian herbs.

Whole Wheat Penne Pasta Aioli, Focaccia Slices, Brownie Bites

Selection 5

Tossed Green Salad – Fresh greens, shredded red cabbage, sliced cucumbers, sliced tomatoes, red onions with your choice of blue cheese, low fat honey mustard or ranch dressing.

White Chicken Chili – Served with assorted toppings such as chopped tomato, bell peppers, low fat shredded cheese, low fat sour cream and chopped onion.

Baked Tortilla Chips, Snickerdoodle Cookies

All lunch menus are served with **iced tea**. Menus include heavy-duty disposable plates, flatware, disposable cups and paper napkins.

Price listed does not include 20% service fee, delivery or state sales tax.
Food services provided by Elyse's Catering, Inc.