

Angel Food Catering

2011 Healthy Option Luncheon Buffets

(Low-Fat & Low Cholesterol)

(Dinner Portion Buffets Available ~ see Section Headings)

Menu options limited for groups of 10 or more guests.

Most of these menus can be served plated for an additional service charge.

Vegetarian ~ Healthy Option Buffets

Dinner Portions add additional \$ 2.00 Guest

~Whole Wheat Pasta or Brown Rice available upon request~

~ Healthy Option #1~

\$10.50/guest

Semolina Pasta Primavera al la Pesto

Roasted Vegetables

Marinated Italian Three-Bean Salad w/Vinaigrette & Herbs

Dessert Option

~ Healthy Option #2~

\$10.75/guest

Tri-colored Fettuccini w/Sun Dried Tomato Pesto

& Sautéed Vegetables

Grilled Marinated Vegetables

Caesar Salad w/Croutons & Caesar Dressing

Dessert Option

~ Healthy Option #3~

\$10.25/guest

Vegetarian Lasagna w/Marinara

or Spinach Tomato Roulade w/Tomato Reduction

Brussels Sprouts w/Pecan & Shallots

Garden Salad w/Fresh Vegetables & House Italian Dressing

Dessert Option

~ Healthy Option #4~

\$9.95/guest

Mediterranean Angel Hair Pasta w/Fresh Feta, Tomatoes,

Olives & Artichoke, Garlic & Herbs

Green Beans Medley

Greek Salad w/Balsamic Vinaigrette

Flat Bread w/Herbed Garlic Oil Dip

~ Healthy Option #5~

\$10.25/guest

Sesame Vegetable Rice Stir-Fry w/Brown Rice

Mandarin Spinach Salad w/Sweet & Sour Vinaigrette

Ginger & Orange Glazed Carrots

Orange & Melon Slices

~ Healthy Option #6~

\$11.25/guest

Roasted Vegetable Stuffed Portabella Mushrooms

Roasted Garlic Whole Wheat Couscous

Arugula, Pear & Walnut Salad

Fresh Fruit Salad

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<u>~ Healthy Option #7~</u>	\$ 9.50/guest
Vegetarian Chili & Beans w/Toppings: Onions, Salsa, Pepperocini & Low-fat Mozzarella Southwestern Vegetable, Corn & Rice Sauté Fiesta Salad w/ Spicy Ranch Tortilla Chips & Pico de Gallo	
<u>~ Healthy Option #8~</u>	\$ 9.95/guest
Thai Coconut Curry Stir Fry Yellow Rice Pilaf Gingered Sweet Potatoes Melon Slices Dessert Option	
<u>~ Healthy Option # 9~</u>	\$ 10.50/guest
Baked Stuffed Tomato w/Parmesan Cheese Green Bean Medley Fennel, Orange & Red Onion Salad Dessert Option	
<u>~Healthy Option # 10~</u>	\$ 9.95/guest
Gazpacho (Served Cold) Mini Vegetable Relish Platter w/Savory Italian Dip Spinach Salad w/Tahini Honey & Fresh Lemon Dressing Dessert Option	
<u>~Healthy Option # 11~</u>	\$9.95/guest
Grilled Vegetables Tossed w/Basil Pesto & Pinenuts over Choice of Whole Wheat Pasta or Multigrain Rice Pilaf Vegetable Medley Feta, Roma Tomatoes, Cucumbers & Red Onion w/Red Wine Vinaigrette Dessert Choice	
<u>~Healthy Option # 12~</u>	\$ 10.95/guest
Apple Stuffed Acorn Squash Ratatouille w/ Vegetables & Herbs Braised in Ex. Virgin Olive Oil Wild Rice Pilaf w/Vegetables	

Chicken or Turkey ~ Healthy Option Buffets

Dinner Portions add addition \$ 2.00/Guest

~ Healthy Option #13~

\$10.25/guest

Chicken Piccata w/Lemon Caper Reduction
Whole Wheat Pasta w/Marinara
Garden or Caesar Salad w/House Italian
Dessert Option

~ Healthy Option #14~

\$9.95/guest

Chicken Del Ray w/ Artichokes & Roasted Red Peppers
in White Wine Sauce over Choice of:
Whole Wheat Pasta or Multi-Grain Rice
Italian Vegetable Sauté w/Freshly Shredded Parmesan
Caesar Salad w/Homemade Croutons & Caesar Dressing
Dessert Option

~ Healthy Option #15~

\$10.75/guest

Grilled Italian Marinated Chicken Breast
Whole Wheat Pasta w/Sun Dried Tomato, Pesto & Toasted Almonds
Caprese Salad w/Tomato, Basil, & Fresh Low-fat Mozzarella Slices
Dessert Option

~Health Option #16~

\$9.50/guest

Chicken Jambalaya w/ Andouille Sausage
Red Beans & Rice
Spicy Cabbage Slaw w/Lime Vinaigrette
Corn Bread w/Spiced Honey Butter

~ Healthy Option #17~

\$9.95/guest

Turkey or Chicken Parmesan w/Provolone & Tomato Reduction
Whole Wheat Pasta w/Peppers, Onions & Mushrooms in Marinara
Peas & Carrots w/Mushrooms
Caesar Salad w/Croutons & Caesar Dressing

~ Healthy Option #18~

\$10.25/guest

Spicy Grilled or Blackened Chicken Breasts w/Peach Mango Salsa
Black Beans & Rice
Southern Style Salad
w/Olives, Tomatoes, Pepperocini, Cheese, Salsa & Spicy Ranch Dressing
Dessert Option

~ Healthy Option #19~

\$9.95/guest

Roasted Turkey Breast Slices w/ Roasted Fresh Pineapple
Roasted Vegetable Medley
Michigan Cherry Salad w/Ranch & Raspberry Vinaigrette
Cracked Wheat Rolls w/Spiced Honey Butter

~ Healthy Option #20~**\$10.25/guest**

Seasoned Jamaican Jerk or Blackened Chicken Breast
 Spicy Rice Pilaf w/Pico de Gallo
 Spicy Cabbage Slaw w/Vinaigrette
 New Orleans Fruit Salad
 w/Mangos, Papayas, Kiwi, Strawberries, Grapes & Star Fruit
 in Red Wine Vinaigrette (as available)

~ Healthy Option #21~**\$10.25/guest**

Pre-Carved Turkey Breast Slices
 Apple, Walnut & Rice Stuffing
 Baked Whole Sweet Potatoes w/ Spiced Honey Butter
 Green Beans w/Red Peppers*
 Cranberry Relish

~ Healthy Option # 22~**\$9.50/guest**

Hearty Beef or Chicken Chili w/Beans
 Toppings Include: Salsa, Pepperocini, Onions, and Low-Fat Mozzarella
 Cabbage Slaw in Red Wine Vinaigrette
 Corn Bread w/Spiced Honey Butter
 Dessert Option

~Healthy Menu #23~**\$ 11.50/guest**

Turkey Scaloppini w/Mushrooms & Onions in White Wine Sauce
 Italian Vegetable Medley
 Semolina Pasta Tossed In White Wine Lemon Sauce
 Dessert Choice

~ Healthy Option # 24~**\$ 9.95/guest**

Monterey Chicken Breasts or Chicken Breast Creole
or Chicken Santa Fe w/ Grilled Peppers & Onions
 Southwestern Hash Browns or Southwestern Rice Pilaf
 Fiesta Salad w/ Olives, Cucumber, Tomatoes,
 Green Onions & Shredded Cheese w/Salsa & Spicy Ranch Dressing
 Tortilla Chips w/Pico de Gallo

~ Healthy Option #25~**\$ 9.95/guest**

Grilled Lemon Rosemary Chicken Breasts
 Multigrain Vegetable Rice Pilaf w/Toasted Almond
 Broccoli Pecan Salad (w/or w/o Bacon) or Broccoli Au Gratin
 New England Salad w/Ranch & House Italian Dressings

~Healthy Option # 26 ~**\$ 11.25/guest**

Chicken al Orange over Sautéed Spinach w/Orange Wedges
 Citrus Whole Wheat Couscous
 Michigan Cherry Salad w/Ranch & Balsamic Vinaigrette
 Whole Wheat Rolls w/Spiced Honey Butter

Poultry, Pork or Beef ~ Healthy Option Buffets

Dinner Portions add additional \$ 2.50/Guest

~Healthy Option #27~

\$ 9.75/guest

Roast Beef or Chicken & Broccoli Calzone
Garden Salad w/House Italian
Fresh Melon Slices
Dessert Option

~ Healthy Option #28~

\$9.95/guest

Stuffed Pepper, Choice of: Chicken, Turkey or Beef w/Tomato Reduction
or Roasted Peppers Stuffed w/ Artichoke, Vegetables, Feta & Rice w/Tomato Reduction
Michigan Cherry Salad w/Ranch & Balsamic Vinaigrette
Cracked Wheat Rolls w/Spiced Honey Butter
Fresh Fruit Salad

~ Healthy Option #29~

\$11.25/guest

Chicken, Pork or Beef Kabobs (4oz Meat w/ Vegetables) (For Dinner Portion add \$3.00)
Brown Rice w/Saffron
Mediterranean Salad w/Balsamic Vinaigrette
Pita Wedges w/Hummus

~ Healthy Option #30~

\$10.25guest

Fajitas w/Sautéed Onions & Peppers
Choose Two Fillings: Ground Beef, Roast Beef (add\$.50/guest), Sliced Seasoned Turkey,
Chicken or Beans & Rice
Southwestern Rice Pilaf w/Corn & Tomatoes
Fiesta Salad w/Olives, Cucumbers, Tomatoes, Green Onions & Shredded Cheese
w/Spicy Ranch Dressing
Pico de Gallo
Dessert Choice
(Add .75/Guest to add Tortilla Chips & Salsa)

Pork ~ Healthy Option Buffets

Dinner Portions add additional \$ 2.50/Guest

~ Healthy Option #31~ \$10.75/guest

Pork Loin Slices w/Mushroom Demi-Glaze or Port Wine Demi-Glaze
 Stuffed Acorn Squash Wedges w/Dried Fruit & Nut Stuffing
 Harvest Apple Slaw
 Braided Cracked Wheat Rolls w/Spiced Honey Butter

~Healthy Option #32~ \$ 11.95/guest

Pork Loin Slices
 w/Port Wine Glaze or Citrus Reduction or Apple & Onion Sauce
 Acorn Squash Wedges w/ Dried Fruit & Nut Stuffing
 Harvest Apple Slaw
 Garden Salad w/Red Vine Vinaigrette & Honey Mustard Dressing

~Healthy Option # 33~ \$ 9.50/guest

Sweet Potatoes, Sausage & Peppers Sauté
 Braised Cabbage or Sauerkraut
 Cracked Wheat Rolls w/Spiced Honey Butter
 Dessert Option

~ Healthy Option #34~ \$10.95/guest

Pork Loin Slices w/Merlot Apricot Reduction or Other Reductions
 Roasted Apples & Sweet Potatoes
 Green Bean Almandine
 Cabbage & Carrot Coleslaw w/Vinaigrette

~Healthy Option # 35~ \$ 10.95/guest

Port-a-Prince Pork w/Orange Mango Salsa
 Black Bean Succotash
 Roasted Sweet Potatoes
 Dessert Option

~Healthy Option #36~ \$ 11.50/guest

Mandarin Orange Pork Loin
 Sesame Vegetable Rice Stir Fry
 Steamed Broccoli
 Fresh Fruit Salad

~Healthy Option # 37~ \$ 11.50/guest

Rosemary Dijon Pork Loin Slices w/Demi-Glaze
 Black Bean Cakes w/Roumalade
 Steamed Green Beans w/Red Peppers
 Creole Cream Pudding

Beef ~ Healthy Option Buffets

Dinner Portions add additional \$ 2.50/Guest

~Healthy Option #38~

\$ 9.50/guest

Sesame Beef Stir Fry w/Brown Rice
Steamed Cauliflower & Broccoli
Melon Slices
Fortune Cookies

~Healthy Option #39~

\$ 9.75/guest

Ropa Vieja~ Shredded Beef Braised in Cuban Broth
Yellow Rice & Black Beans
Spicy Cabbage Slaw w/Vinaigrette
Dessert Option

~ Healthy Option # 40~

\$10.50/guest

Beef & Spinach Roulade Stuffed w/Potatoes, Spinach & Cheese
Vegetable Medley
French Provincial Salad w/Balsamic Vinaigrette & House Italian
Dessert Option

~ Healthy Option # 41~

\$10.95/guest

Sliced Roast Beef au Jus
Broccoli Rice Au Gratin or Steamed Redskin Potatoes w/Fresh Herbs
Garden Salad w/Low-Fat Vinaigrette & Ranch Dressing
Fresh Fruit Salad

~ Healthy Option # 42~

\$ 11.25/guest

Beef Burgundy w/Carrots, Pearl Onions & Tomatoes
Wild Rice Pilaf
Strawberry Spinach Salad w/Low-Fat Balsamic Vinaigrette
Cracked Wheat Rolls w/Spiced Honey Butter

Seafood ~ Healthy Option Buffets:

Dinner Portions add additional \$ 3.50/Guest

~Healthy Option # 43~

\$ 11.50/guest

Poached Salmon (4oz) in a Tomato Court Bouillon
Mixed Grain Pilaf
Fresh Vegetable Medley
Dessert Choice

~Healthy Option # 44~

\$ 11.95/guest

Grilled Salmon (4oz) w/Fresh Corn Salsa or Tzatziki Sauce & Cucumbers
Grilled Vegetables
Fiesta Salad w/Spicy Ranch
Tortilla Chips w/Pico de Gallo or Hummus

~Healthy Option # 45~

\$ 11.50/guest

Maple Balsamic Glazed Salmon (4oz)
Fresh Lemon Herbed Broccoli
Strawberry Spinach Salad w/Balsamic Vinaigrette
Cracked Wheat Rolls w/Spiced Honey Butter

~Healthy Option # 46~

\$ 10.50/guest

Broiled Salmon Cakes w/Black Bean Salsa
Spanish Rice Pilaf
Spicy Cabbage Slaw w/Vinaigrette
Dessert Option

~ Healthy Option # 47~

\$ 9.95/Guest

Broiled White Fish (4oz) w/Fresh Lemon & Herb
Parslied Redskin Potatoes
Roasted Root Vegetables
Dessert Option

~Healthy Option # 48~

\$ 10.95/Guest

Paella w/ Rice
Vegetable Medley
Traditional Coleslaw w/Lemon Lime Vinaigrette
Dessert Option

Entree Salad ~ Healthy Option Buffets:

~Healthy Option # 49~

\$9.95/Guest

Waldorf Salad (Apples, Celery, Grapes, Dried Cherries, & Honey w/Almonds)
w/Tahini Lemon on Bed of Greens
Cracked Wheat Rolls w/ Spiced Honey Butter
Dessert Option

~Healthy Option # 50~**\$ 9.75/Guest**

Caesar Salad w/Grilled Chicken Breast Strips w/Caesar Dressing
 Cracked Wheat Rolls w/ Spiced Honey Butter
 Dessert Option

~Healthy Option # 51~**\$ 9.95/Guest**

Spinach Salad w/Turkey Breast Slices, Toasted Walnuts, Mozzarella & Tomatoes
 w/Low-Fat Vinaigrette
 Cracked Wheat Rolls w/Spiced Honey Butter
 Dessert Option

~Healthy Option # 52~**\$ 9.95/Guest**

Curried Chicken Breast Slices & Multigrain Rice Salad
 w/ Cucumbers, Roma Tomatoes, & Red Onion w/Tzatziki Dressing
 Cracked Wheat Rolls w/Spiced Honey Butter
 Dessert Option

~ Healthy Option # 53~**\$ 9.75/Guest**

Michigan Cherry Salad w/Grilled Chicken, Cherries, Walnuts (Plain) & Shredded Cheese
 w/Choice of Dressing
 Cracked Wheat Rolls w/Spiced Honey Butter
 Dessert Option

~Healthy Option # 54~**\$ 9.95/Guest**

Michigan Harvest Squash Salad w/Roasted Butternut Squash, Toasted Pumpkin Seeds,
 Candied Walnuts, Dried Cherries on Bed of Spinach
 w/White Balsamic Vinaigrette
 Cracked Wheat Rolls w/ Spiced Honey Butter
 Dessert Option

~Healthy Option # 55~**\$ 10.50/Guest**

Harvest Cobb Salad~ Mixed Greens, Turkey, Roasted Squash, Granny Smith Apples,
 Dried Cranberries, Toasted Pumpkin Seeds & Apple Cider Vinaigrette
 Cracked Wheat Rolls w/ Spiced Honey Butter
 Dessert Option

~ Healthy Option # 56~**\$ 10.50/Guest**

Granny Smith's Spinach Salad~ Spinach, Granny Smith Apples, Gorgonzola (on side),
 Cajun Spiced Pecans w/ Apple Cider Vinaigrette or White Balsamic Vinaigrette
 Cracked Wheat Rolls w/ Spiced Honey Butter
 Dessert Option

~Healthy Option #57~**\$ 9.95/Guest**

Taco Salad w/ Lean Seasoned Roast Beef w/ Tossed Greens, Shredded Mozzarella Cheese,
 Pico de Gallo, Pepperocini, Purple Onions & Spicy Ranch Dressing
 Tortilla Chips & Salas
 Dessert Option

Healthy Dessert Options

\$2.25/Guest

Angel Food Cake w/ Fresh Fruit & Whipped Cream on Request
 Baked Apples w/ Cherries & Almond (add \$2.95/guest)
 Chocolate Banana Bread
 Chocolate Zucchini Bread
 Domestic Cheese & Fruit w/ Grapes
 Fresh Fruit Salad w/ Honey Lime Sauce
 Fresh Fruit Slices
 Fresh Melon Slices & Grapes
 Fruit Crisps w/ Oatmeal & Brown Sugar *Splenda* (add \$2.50/guest)
 Fruit Kabobs w/ Lemon-Lime Yogurt
 Ginger Bread w/ Low-fat Whipped Cream
 Gingerbread w/ Fruit Chutney
 Michigan Bread Pudding
 Mini Carrot Harvest Cup Cakes w/ No Frosting
 Oatmeal & Fruit Bars
 Oatmeal Raisin Cookie Bars w/ Apples & Bananas (Cut ½)
 Oatmeal Raisin Cookies & Melon Slices
 Poached Pears w/ Orange & Wine Sauce (add \$3.95/guest)
 Rice or Bread Pudding w/ Dried Cranberries
 Sweet Bread Slices or Muffins
 Yogurt & Fresh Fruit

Healthy Low-Fat Breakfast / Snack Options

Apple Berry Chutney w/ Cinnamon Crisps
or Plain Tortilla Toasted Chips \$ 2.00/Guest
 Bagels (Whole Wheat & Whole Grain) & Cream Cheese \$ 1.10/Guest
 Cranberry & Peach Chutney w/ Neufchatel Spread w/ Crudités \$ 2.85/Guest
 Fresh Fruit Platter w/ Yogurt Dip \$ 2.50/Guest
 Fresh Fruit Salad \$ 2.35/Guest
 Fresh Fruit Slices \$ 2.10/Guest
 Harvest Muffins w/ Oatmeal & Spiced Honey Spread \$ 1.10/Guest
 Individual Yogurts (Varieties) (Low-fat) \$ 1.60/Guest
 Melon Slices \$ 1.75/Guest
 Oatmeal Bar including: Dried Fruit, Nuts, Bananas,
 Sweetener Packets & Brown Sugar *Splenda* \$ 4.15/Guest
 Whole Fresh Fruit (Apples, Bananas, & Oranges) \$ 1.00/Guest
 Yogurt & Fresh Fruit \$ 2.10/Guest
 Yogurt & Granola \$ 2.10/Guest