

## TAKE TIME FOR BREAKFAST

Breakfast is the most important meal by providing the energy needed to jump-start the day

### ON THE GO | \$6.49

Bundled breakfast includes fresh cut fruit salad, 20 oz. bottled water and a choice of 6 oz. low fat yogurt and Nutra Grain bar

### FRESH START CONTINENTAL BUFFET | \$7.99

Fresh fruit platter, orange juice, coffee, hot tea, assorted fresh baked low fat muffins, mini bagels with light cream cheese, jellies, and margarine

### CEREAL CREATIONS | \$8.99

Orange juice, skim milk, coffee and hot tea, assorted cereal served with toppings including: bananas, apples, strawberries, blueberries, raisins, dried cranberries, and slivered almonds

### HEARTWARMING BUFFET | \$9.99

Cholesterol free scrambled eggs, turkey sausage links, oven roasted home fries, fresh sliced seasonal fruit salad and freshly squeezed orange juice

## LUNCHTIME MEALS THAT FIT

Each meal comes with a 20 oz. bottled water and a choice of: Baked Lay's classic potato chips, Nabisco 100 calorie pack or whole fruit

### SALAD MEALS THAT FIT | \$9.49

- Chicken Caesar salad
- Tuna Nicoise salad classique
- Tri-County Salad, pick 3 salad options:  
chicken, tuna, broccoli, fruit, pasta,  
couscous, orzo, Greek, or garden

### SANDWICH MEALS THAT FIT | \$9.49

- Tuscan pesto roasted
- Portobello mushroom wrap
- Albuquerque chicken wrap
- Chipotle turkey wrap - made with 98% fat free turkey, reduced fat American cheese on a whole wheat tortilla

## BOUNTIFUL BUFFET

Buffets do not mean feeling guilty later

### LIGHT & HEALTHY SALAD BUFFET | \$14.99

A selection of marinated grilled chicken, citrus grilled tuna, and balsamic grilled flank steak. Tossed mixed greens, balsamic roasted vegetables, served with fat free Italian and low fat ranch dressing. Whole wheat rolls, Unsweetened Tea & Ice Water

### PIZZA BUFFET | \$12.99

This meal comes with a tossed salad and two dressings, diet sodas, and bottled water

Design a personal healthy pizza. Choose the toppings and the crust.

Crust: herb crust, wheat crust or flat bread

Toppings: low-fat cheese, pepperoni, mushrooms, onions or green peppers

### CLASSIC HEALTH LUNCH | \$13.95

House Salad with fat free dressings, wheat and multigrain rolls, balsamic vegetable medley, wild rice, rosemary & garlic chicken breast, Splenda creamy cheesecake and unsweetened tea

### HOME COOKING HEALTHY | \$15.95

Spinach salad with raspberry dressing, oat bran rolls, green beans, oven roasted potatoes, teriyaki chicken breast, Splenda apple crisp and sugar-free lemonade

## REPLENISH AND REFUEL

Healthful snacks can help keep your hunger in check, and your blood sugar levels even and your mind sharp

### FRESH VEGETABLE CRUDITÉS | \$2.99

A selection of fresh vegetables served with fat free hummus, low fat ranch dressing, and bottled water

### CRISPY CRUNCHY SNACKS | \$4.29

A variety of baked chips, pretzels, Nabisco 100 calorie packs, fresh whole fruit, and bottled water

### YOGURT AND GRANOLA BREAK | \$3.29

A variety of low fat yogurts, Nutra Grain and granola bars, served with bottled water

### FRESH FRUIT BASKET | \$1.99

A basket of fresh seasonal whole fruit for healthful snacking and bottled water

### FRUIT PARFAIT | \$1.99 EACH

Made with low fat vanilla yogurt

- strawberries & cream
- red, white and blueberries
- Mandarin orangecicle

### ASSORTED HOMEMADE COOKIES | \$8.99/DOZEN

Made with Splenda

- Date and Pecan
- Chocolate Chip
- Macadamia Coconut
- Raspberry & White Chocolate
- Peanut Butter Chocolate Chip

## BEVERAGES

Bottled water	\$1.75
Flavored bottled water	\$1.95
Assorted bottled juice	\$2.00
Sugar-free lemonade (per gallon)	\$9.00
Assorted sodas (diet, caffeine-free, Zero)	\$1.25
Assorted Tazo Beverages	\$2.75
Low Fat Milk	\$2.25
Coffee & Hot Tea service (per gallon)	\$12.99

## YOUR HEALTH YOUR WAY

Your Health Your Way is Sodexo's innovative wellness program designed for your healthy lifestyle. It aims to make healthy eating simple and delicious for our customer.

The program combines sensible nutrition guidelines with a collection of satisfying menu items made from top quality ingredients with healthful cooking techniques. It's all designed to help you meet your individual nutrition needs.

All Your Health Your Way meals meet credible nutrition criteria:

- Less than 600 calories
- Less than 30% calories from fat
- No more than 3 grams saturated fat
- Less than 100 mg cholesterol
- Less than 1000 mg sodium
- At least 3 grams fiber

Our snacks and beverages also meet specific guidelines and have been approved by Sodexo registered dietitians.

For more information, visit our website where you will find information about our menu offerings, nutrition information for individual servings from our catering menu, nutrition tips and wellness tools.

[www.yourhealthyourwayonline.com](http://www.yourhealthyourwayonline.com).

## CATERING TO YOUR HEALTHY LIFESTYLE

### ORDERING GUIDELINES

To serve you in the best possible way, we request three business days notice for any catering function to guarantee your specific order and time. More time is preferred. Every effort will be made to accommodate your last minute requests.

All prices are per person unless otherwise specified and do not include sales tax. There is a \$20.00 minimum on all services. A 24-hour cancellation notice is required on all catering services to avoid billing.

All services include disposable dishware, unless china service is requested. China service is available for an additional \$3.00 per person.

We can bill all functions when order is done through a university department. We also accept cash, checks, American Express, MasterCard or VISA.

Tell us when and where you would like your order delivered. Our catering staff will unpack and set up your order. There is a 10% delivery charge for all orders. All equipment will be picked up by the end of the business day unless you make other arrangements.

For assistance with all of your catering needs, please call us at 205-996-6565 or e-mail us at [uab.edu/catering](mailto:uab.edu/catering)

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