



Elyse's Catering, Inc.
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www.elysescatering.com

HEALTHY DINNER MENUS

\$22.95 per person
(minimum of 20 guests)

Selection 1

Baked Salmon - A fresh Atlantic Salmon filet seasoned and poached in a zestful garlic-wine sauce, accompanied with sliced tomatoes, lemons and baked to perfection.

Spinach Salad – Tender spinach leaves, tossed with red onions, toasted almonds, tomato wedges, dried cranberries and mandarin oranges served with a light raspberry vinaigrette

Baked Potatoes – Idaho baked potatoes wrapped in foil and ready for you to top with low fat sour cream, butter, green onions, and/or bacon bits.

Grilled Vegetables – Zucchini squash, broccoli, mushrooms, carrots, cauliflower, leeks, summer squash sprinkled with Italian seasoning, grilled and served hot.

Whole Wheat Rolls

Brownie Bites

Selection 2

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

Sole Provencal – A fresh sole filet seasoned with fresh garlic, basil and simmered in our Provencal Sauce.

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

Green Beans with Almonds – Blanched green beans tossed with almonds.

Crusty Warmed French Bread

Seasonal Fresh Fruit

Selection 3

Tossed Garden 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.

Italian Relish Tray - Dill and sweet pickles, cherry tomatoes, pepperoncini, green and black olives and pickled corn.

Select One of the Following:

Rosemary Chicken Lasagna - Our chicken lasagna is layered with whole-wheat lasagna noodles, sliced mushroom, onions, ricotta, Romano and Parmesan, cheeses in a our zesty rosemary tomato sauce topped with low fat mozzarella cheese.

Chicken Roma – Chicken chunks sautéed with Italian Pear tomatoes, black olives, mushrooms, onions and Italian herbs.

Sliced French Bread

Biscotti Cookies

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:

Herb Roasted Chicken - Whole chicken quarters roasted with garlic, lemon, and herbs until tender .

Ginger Chicken - Chicken quarters marinated in our ginger sesame sauce and baked until golden brown and sprinkled with sesame seeds.

Steamed White Rice

Sliced French Bread

Chocolate Pudding

All dinner items are served with iced water and coffee. Menus include heavy duty disposable plates, real 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.**