

THE HEALTH FOUNDATION
of
GREATER CINCINNATI

All orders require a minimum of ten

BREAKFAST OPTIONS

Continental

Assorted Breakfast Pastries – Select 3
Homemade Muffins, Assorted Breakfast Breads, Fresh Bagels,
Plain & Fruited Croissants, Whole Wheat English Muffins
Presented with Cream Cheese & Butter

3.00 per guest

Add fresh fruit salad of Cantaloupe, Honeydew, Strawberries and Seedless Grapes
\$4.50 per guest

Quick Start

Choice of: (select one)
*Coffee Cake Squares
Quintessential Cinnamon Crumb, Caramel Apple or Blueberry Buckle
*Sliced Bunt Cake
Spiced Pear, Orange Glazed, Lemon Glazed
*Schnecken
Caramelized Sticky Cinnamon Rolls

Presented with Butter

3.40 per guest

(minimum order of 10 per item)
Add fresh fruit salad of Cantaloupe, Honeydew, Strawberries and Seedless Grapes
\$4.90 per guest

New York Morning

Fresh Assorted Bagels
Presented with Cream Cheese & Butter
Assorted Light Yogurt with Granola
Fresh Whole Fruit

4.50 per guest

Replace the Whole Fruit with Strawberry Pineapple Salad
\$5.25 per guest

Warm Up

Egg Casserole with Country Sausage, Bell Peppers, Sautéed Onions
and Shredded Cheddar
Skewers of Melon, Pineapple and Strawberry
Baskets of Assorted Bagels and Croissants
With Cream Cheese and Butter

7.30 per Guest

Breakfast Ole

Breakfast Burritos
Scrambled Eggs, Sautéed Red & Green Peppers,
Cheddar Cheese and Salsa Wrapped in a Flour Tortilla
Country Bacon Strips or Sausage Links
Baskets of Homemade Muffins with Butter and Jam
Skewers of Melon, Pineapple and Strawberry

7.75 per Guest

Additional Items Available

Fresh Fruit Salad of Melons, Grapes, Pineapple and Strawberries
\$1.85 per guest

Granola Bars
.90 per guest

Fruit Yogurt Smoothies
\$1.50 per guest

Nutrigrain Bars
.95 per guest

Fresh Whole Fruit
.95 per guest

LUNCH OPTIONS

BOX LUNCHES

Minimum Order of 10 Per Type

Choice of Sandwich and (2) Sides with Dessert Square

Sandwiches.....8.95

- **Turkey Club with Bacon** on Whole Wheat Bread with Lettuce and Tomato and Condiments
- **Bacon and Egg Salad** on a Bagel with Lettuce and Tomato (Available without Bacon)
- **Albacore Tuna Salad Stuffed Pita** with Shredded Lettuce
- **Black Forest Ham and Smoked Mozzarella** on Rosemary Bread with Roasted Garlic Spread
- **Cranberry Pecan Chicken Salad** on Croissant or Whole Wheat Bread with Lettuce
- **Roast Beef, Caramelized Onions and Sliced Tomato** with Horseradish Cream Cheese on Thick Dark Rye
- **Italian Hoagie** on French Loaf with Ham, Salami, Provolone, Tomato, Onions & Lettuce with Mustard and Mayonnaise
- **Roasted Garden Vegetables** Splashed with Vinaigrette on French Loaf

Sides

Country Red Skin Potato Salad
Bowtie Pasta Salad with Basil Vinaigrette
Black Bean and Corn Salad
New York Style Slaw
Macaroni Egg Salad
Tomato, Cucumber & Onion Salad
Fresh Fruit Salad
Pretzels or Potato Chips

Choice of Salad with Dessert Square

Salads.....8.95

- **Turkey Cobb Salad** with Carrots, Bacon Tomatoes and Crumbled Bleu Cheese with Ranch Dressing and Roll with Butter
- **Chef's Salad** with Chicken, Diced Ham, Monterey Jack & Cheddar Cheeses, Shredded Carrots, Tomatoes and Hard Boiled Egg and Italian Dressing served with Crusty Roll with Butter
- **Greek Salad** mixed Greens with Pepperoncini, Black Olives, Red Onion, Roma Tomatoes and Feta Cheese with Herbed Vinaigrette Dressing and Pita Bread Triangles
- **Chicken Caesar Salad** with Montreal Dusted Chicken- A Unique Cracked Black Pepper & Seasoning Blend and Sliced French Bread with Butter

ELEGANT COLD ENTREES

Penne Pasta with Chicken, Vegetables and Parmesan Vinaigrette..... 8.95

Quill Shaped Pasta with Fresh Chicken Breast, Vegetables and Parmesan Vinaigrette. Served with Traditional Caesar Salad, Fresh Fruit Kabobs and French Bread with Butter.

Cranberry Chicken Salad 9.30

Homemade Chicken Salad on a Bed of Red Leaf Lettuce. Served with Bowtie Pasta Salad, with Basil Vinaigrette, Fresh Fruit Salad and French Bread with Butter.

Pork Loin and Wild Rice Salad with Sundried Cherry Vinaigrette 9.30

Tender Roast Loin of Pork, Wild and Brown Rice, Assorted Grilled Vegetables and Pinenuts with a Sweet Tart Sundried Cherry Vinaigrette. Served with a Bibb and Watercress Salad with Oranges and Cornbread with Butter.

Chicken & Wild Rice Salad with Vegetables & Sundried Cherry Vinaigrette 9.70

Tender Shredded Chicken, Herb Scented Wild Rice and Fresh Vegetables tossed in Homemade Sundried Cherry Vinaigrette. Served with Pineapple Strawberry Salad and French Bread with Butter.

Asian Beef Salad with Asparagus, Peppers, Cashews & Ginger Vinaigrette.....9.95

Sliced Medium Rare Roast Beef, Fresh Asparagus, Sweet Bell Peppers and Savoy Cabbage with Thai Ginger-Lime Vinaigrette. Served with Golden Jasmine Rice Cakes and Pineapple Strawberry Salad.

Three Bean, Orzo and Parmesan Salad.....9.95

Rice Shaped Pasta, White Kidney and Green Beans, Tomatoes and Freshly Grated Parmesan tossed in Herbed Vinaigrette. Served with a Crisp Caesar Salad and Garlic Bread Sticks.

Grilled Chicken and Goat Cheese Pasta Salad.....10.10

Pasta Spirals, Grilled Chicken Breast, Goat Cheese, Fresh Plum Tomatoes and Black Olives in Vinaigrette. Served with a Bistro Salad, French Bread and Butter.

Poached Orange Roughy in Grape

Leaves.....13.45

Poached, Fresh Filet of Orange Roughy, tucked into a pocket of Grape Leaves with a Lemon Roasted Yellow Pepper Cream Sauce. Served with Green Bean and Potato Salad and Tomato Basil Foccacia.

Asian Grilled Salmon with Noodle

Pillows.....13.75

Glazed Grilled Salmon on a Bed of Bibb Lettuce and Vegetables tossed in Cucumber Vinaigrette. Accompanied by Golden Noodle Pillows.

Lobster and New Potato Salad with Asparagus and

Corn.....15.95

Sweet Medallions of Lobster Tail with Sliced New Potatoes, Tender Corn and Avocado on a Bed of Fresh Greens with Tarragon Dressing. Served with Garlic Crostini and Fresh Fruit Salad.

ELEGANT COLD ENTREES

Valencia Orange Marinated and Spiced Fanned Breast of Chicken
On a Bed of Romaine and Spring Mix with Tomatoes and Mango Vinaigrette

\$12.00 per Guest

Breast of Chicken with Prosciutto and Gorgonzola – Roulades of Chicken Breast
stuffed with Prosciutto and Gorgonzola served on a Fresh Green Salad with
Asparagus, Yellow Squash and Pistachio Dressing

\$13.00 per Guest

Salmon Nicoise Salad on a Bed of Mixed Greens, Green Beans, Red Potatoes,
Roma Tomatoes, Hard Boiled Eggs, Black Olives and Vinaigrette Dressing

\$14.00 per Guest

Marinated Grilled Chicken Breast Served over Romaine Lettuce Hearts
With Creamy Caesar Dressing, Toasted Brioche, Shaved Parmesan
And Roasted Tomato Wedges

\$12.00 per Guest

Asian Marinated Flank Steak on a Bed of Greens with Cellophane Noodles, Baby
Corn, Mandarin Oranges, Snow Peas and Carrots tossed with Honey Sesame
Vinaigrette

\$13.50 per Guest

Served with Crusty Roll and Butter

Casual and Forkable Menus

- Shepherds Pie.....7.75**
Pie filled with Ground Beef & Vegetables in Mushroom Marsala Sauce topped with Whipped Potatoes. Served with a choice of Salad, Topknot Rolls and Butter.
- Cheese Baked Tortellini Casserole.....8.75**
Cheese Tortellini baked with Mozzarella, Mascarpone, Parmesan, Chunky Tomatoes, Garlic Spinach, Herbs and Marinara Sauce. Served with choice of Salad and Garlic Bread Sticks.
- Turkey Tetrazzini.....8.75**
Turkey, Mushrooms & Vermicelli Pasta in Light Chicken Cream Sauce with Fresh Parmesan. Served with a choice of Salad, Crusty Rolls and Butter.
- Baked Potato Bar.....8.75**
Tender Baked Potatoes with toppings: Cheddar and Jack Cheeses, Crunchy Bits of Bacon, Jalapeno Peppers, Chopped Green Onions, Black Olives, Chili Salsa and Sour Cream
- Chicago Deli Buffet..... 8.95**
Turkey, Roast Beef and Ham with Marbled, Rye, White and Wheatberry Breads, Cheddar, Provolone & Swiss Cheeses, Lettuce, Tomato, Mayonnaise and Mustard. Russet Golden Potato Salad with Mustard and Eggs and Petite Fresh Fruit Kabobs.
- Taco Bar.....8.95**
Seasoned Ground Beef, Chopped Tomatoes, Shredded Lettuce, Cheddar Cheese, Salsa and Sour Cream. Served with Mexican Rice and Cornbread with Sweet Butter. *Replace beef with shredded chicken, add .75*
- Pork BBQ.....9.45**
Pulled Pork BBQ served with Sesame Buns, Traditional Cole Slaw, Saratoga Chips and Crisp Vegetable Relish Tray.
- Gingered Chicken Stir Fry.....9.50**
Gingered Chicken & Broccoli Stir Fry with Sugar Snap Peas in Rich Sesame Soy Sauce. Served with Brown Rice, Fried Wontons and Fresh Fruit Salad.
- Chicken Caesar Lasagna.....9.75**
Layers of Whole Wheat Lasagna Noodles, Chicken and Spinach with a Light Alfredo Sauce topped with Fresh Grated Parmesan. Served with Choice of Salad and Sliced Baguettes with Butter

Grilled Beef Stroganoff.....10.25
Grilled Beef Stroganoff with Buttered Noodles. Served with a choice of Salad, Sliced Baguettes and Butter.

Turkey Meatloaf.....10.50
Seasoned Turkey, Sautéed Onions, Garlic & Peppers with a Thick Ketchup/Worcestershire/Brown Sugar Glaze. Served with Roasted Red Skin Potatoes with Herbs, Sautéed Green Beans and Assorted Rolls and Butter.

Roasted Turkey with Natural Gravy.....10.50
All Natural Roasted Turkey Breast with Gravy. Served with Mashed Potatoes and Sautéed Green Beans. Served with a choice of Salad, and Homemade Biscuits with Butter.

Penne Pasta Primavera with Chicken & Dijon.....10.50
Pasta and Fresh Garden Vegetables with chunks of Tender Chicken in Dijon Cream Sauce. Served with a choice of Salad and Crusty Rolls and Butter.

Pan Seared Chicken.....10.50
Golden Pan Seared Boneless Breast of Chicken with Tangy Lime Sauce served with Oven Roasted Red Skin Potatoes lightly tossed with Olive Oil and Sauteed Carrots with Red Peppers with your choice of salads.

Choice of Salad:

- 1) Traditional Caesar Salad – Romaine with Garlic Toasted Croutons & Freshly Grated Parmesan, with a Creamy Caesar Dressing
- 2) Garden Salad with Romaine & Iceberg, Shredded Red Cabbage, Grated Carrots, Sliced Cucumbers, Green Pepper Strips and Tomato Wedges, with Ranch & Vinaigrette Dressings
- 3) Mixed Greens with Chopped Tomatoes, Cucumbers, Sliced Black Olives & Crumbled Feta with Herbed Vinaigrette
- 4) Spinach with Pickled Onions, Sultanas, Spiced Pecans, and Honey Thyme Vinaigrette

Add vegetables to your order 1.75 per person

Peas & Carrots
Green Bean, Carrot and Water Chestnut Sautee
Fresh Corn
Lima Beans

Add a Cup of Soup with Crackers to any order 1.95 per person

Chicken Noodle, Broccoli Cheddar, Tomato Florentine,
Vegetable, White Chicken Chili

Soup, Salad, Dessert Square 6.50

Your Choice of above Soup & Salad with Dessert Square

HORS D'OEUVRES

Option A

- ❖ Fresh Cut Crudités from Tray of Baby Corn, Red and Yellow Peppers, Jicama, Whole Radishes, Fresh Green Beans, French Cut Carrots and Celery With Smoked Tomato Aioli Dip
- ❖ Domestic Cheese Display of Wisconsin Cheddar and Swiss Cheeses Presented with Red Flame Grapes and Cracker Medley
- ❖ Smoked Turkey, Sweet Red pepper and Cream Cheese Spirals

For 15 Guests	- 65.70
For 20 Guests	- 87.60
For 25 Guests	- 109.50
For 30 Guests	- 131.50

Option B

- ❖ Shredded Vegetable Moo Shu Wraps with Plum Hoisin Dipping Sauce
- ❖ Domestic Cheese Display of Wisconsin Cheddar and Swiss Cheeses Presented with Red Flame Grapes and Cracker Medley

Smoked Salmon Dip with Bagel Chips

\$4.95 per guest

PICKUP DESSERTS

(Choose Three Types)

White Chocolate Macadamia Nut Brownie

Espresso Goopy Bar

Fudgy Brownie

Chocolate Mint Brownie

Coconut Almond Bar

Raspberry Swirl Cheesecake

Chocolate Swirl Cheesecake

Lemon or Lime Square

Cranberry Crunch Bar

Cherry Frangipane Square

French Apple Slice

Pecan Tassie Bar

Chocolate Peanut Butter Bar

1 Dessert per Guest 0.55
2 Desserts per Guest 1.10
3 Desserts per Guest 1.65

COOKIES

(Choose Two Types)

Sugar

Peanut Butter

Butterscotch

Chocolate Chip

Chocolate Cherry Chippers

Oatmeal Raisin

1 Cookie per Guest 0.80
2 Cookies per Guest 1.60

Fresh Angel Food Cake with Seasonal Berries
\$3.25 per guest

AFTERNOON SNACK**

❖ Option A

Assorted Yogurt with Granola and Raisins
Iced Fudge Brownies
Pretzels

4.05 per Guest

❖ Option B

Fresh Fruit with Cinnamon Yogurt Dip
Peanut Butter filled Celery
Assorted Cookies

3.95 per Guest

❖ Option C

Pineapple Strawberry Salad
Trail Mix

3.15 per Guest

Additional Items

Pretzels or Potato Chips

.85 per guest

Fresh Whole Fruit

.95

Trail Mix

\$1.60 per guest

Cheese Display with Crackers

\$1.40 per guest

Cheese & Fruit Display with Crackers

\$2.48 per guest

Peanut Butter filled Celery Bars

\$1.60 per guest

Popcorn

.95

**Prices are subject to change due to the variation of fruit cost.

DISPOSABLE CHARGE**

1-15 Guests	5.00
16-30	7.50
31-45	9.00
46-60	11.00
61-100	15.00

****Prices are not applicable to box lunches.**

DELIVERY CHARGE

A \$25.00 delivery charge is applied to all food orders.