

THE HEALTH FOUNDATION of GREATER CINCINNATI

--All orders must be finalized at least 5 business days prior to each meeting

--All orders require a minimum of ten per product

BREAKFAST OPTIONS

Continental

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

3.25 per guest

Add fresh fruit salad of Cantaloupe, Honeydew, Strawberries and Seedless Grapes
\$4.70 per guest

Lite Bites

Assorted Scones
Plain, Cinnamon, Blueberry or Cranberry Orange
Served with Butter and Jam

3.50 per guest

Add fresh fruit salad of Cantaloupe, Honeydew, Strawberries and Seedless Grapes
\$4.95 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
\$5.95 per guest

Warm Up

Roasted Vegetable Frittata
Skewers of Melon, Pineapple and Strawberry
Assorted Muffins
With Cream Cheese and Butter
7.50 per Guest

“Bonjour”

Quiche
Broccoli Cheddar
or
Quiche Lorraine (Bacon & Swiss)
Country Bacon Strips or Sausage Links
Assorted Breakfast Breads with Butter
Skewers of Melon, Pineapple and Strawberry
7.85 per Guest

Additional Items Available

Fresh Fruit Salad of Melons, Grapes, Pineapple and Strawberries
\$1.95 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 & DINNER OPTIONS

BOX LUNCHES

Minimum Order of 10 **Per Type**

Sandwiches.....\$8.95

Choice of Sandwich and (2) Sides with Dessert Square

- **Egg Salad** on a Croissant with Lettuce and Tomato
- **Roasted Turkey and Smoked Gouda** on Whole Wheat with Honey Mustard and Lettuce
- **Albacore Tuna Salad** on Whole Wheat with Lettuce & Tomato
- **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** Sharp Cheddar, Horsey Mayo, Lettuce and Tomato on Dark Rye
- **Italian Hoagie** on French Loaf with Ham, Salami, Provolone, Tomato, Onions & Lettuce with Mustard and Mayonnaise
- **Vegetarian Muffaletta** Marinated and Pickled Vegetables with Provolone on Italian Loaf

Sides

Country Red Skin Potato Salad
Bowtie Pasta Salad with Basil Vinaigrette
Marinated Israeli Vegetable Salad – *Chopped Tomatoes, Cucumbers, Green Onions, Parsley, with Olive Oil and Lemon Juice*
Black Bean and Corn Salad
New York Style Slaw
Macaroni Egg Salad
Fresh Fruit Salad
Pretzels or Potato Chips

Salads.....\$8.95

Choice of Salad with Dessert Square

- **Asian Salad** Citrus-Herb Marinated Chicken Breast, Romaine and Red Leaf, Fresh cilantro, Sliced Almonds, Sesame Seeds, Crispy Wonton Strips with Asian Sesame Vinaigrette
- **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

Orecchiette Pasta with Chicken and Gorgonzola.....9.25
“Little Ear” Pasta with Shredded Chicken Breast, Crisp Spinach and Apples with a Nutty Bleu Cheese Vinaigrette. Served with Fresh Fruit Salad and Crusty Rolls with Butter.

Cranberry Chicken Salad.....9.50
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.....9.50
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

Asian Beef Salad with Asparagus, Peppers, Cashews & Ginger Vinaigrette.....10.50
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.

Chicken Caesar.....11.95
Marinated Grilled Chicken Breast Served over Romaine Lettuce Hearts With Creamy Caesar Dressing, Toasted Brioche, Shaved Parmesan And Roasted Tomato Wedges. Replace chicken with Roasted Salmon Filet add \$2.00

Turkey Chef’s Salad13.75
With Mixed Greens, Hard Cooked Eggs, Roasted Turkey Breast, Tomatoes, Cheddar Cheese, Garbanzo Beans, Alfalfa Sprouts, Lime Citrus Vinaigrette. Served with Fresh Seasonal Fruit and a Muffin

Honey-Ginger Glazed Salmon.....14.55
Baby Spinach, Mixed Greens, Scallions, Snow Peas, Roasted Shitakes, Red Bell Peppers, Purple Onions, Black & White Toasted Sesame Seeds, Asian Vinaigrette served with Bowtie Pasta Salad with Miso Vinaigrette

ELEGANT COLD ENTREES

Mixed Greens, Grilled Chicken, Crumbled Feta, Tomatoes, Red Onions
Cracked Black Pepper Red Wine Vinaigrette

\$12.95 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

Roasted Rosemary Chicken, Mixed Greens, Grilled Pears, Spiced Walnuts,
Crumbled Mild Goat Cheese and Herb Vinaigrette

\$13.95 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

Grilled Filet Steak Salad, Mixed Greens, Baby Spinach, Watercress, Cherry
Tomatoes, Cranberries, Crumbled Bleu Cheese, Candied Pecans

\$14.50 per Guest

Served with Crusty Roll and Butter

CASUAL AND FORKABLE

- Sausage, Macaroni & Cheese Casserole**.....7.95
Macaroni Pasta with Seasoned Sausage and a Rich Creamy Cheese Sauce.
Served with a choice of Salad, Topknot Rolls and Butter.
- Cheese Manicotti**.....8.95
Pasta Shells stuffed with Three Cheeses and topped with Herbed Tomato Sauce,
Shredded Parmesan and Parsley. Served with choice of Salad and Garlic Bread
Sticks.
- Chicken Enchilada Casserole**8.95
Seasoned Chicken, Tomatoes, Chili Beans, Cheddar Cheese, Onion and a
Touch of Jalapeno layered between Corn Tortillas. Served with Salsa & Sour
Cream Mexican Rice and Cornbread & Butter
- Baked Potato Bar**.....8.95
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*
- BBQ Beef**.....9.45
Shredded Beef BBQ served with Sesame Buns, Peppered Slaw, Sweet Potato
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 Spinach Lasagna**.....9.75
Layers of Lasagna Noodles, Chicken and Spinach with a Light Cream Sauce
topped with Fresh Grated Parmesan and Chopped Pecans. Served with Choice
of Salad and Sliced Baguettes with Butter

Classic Salmon Croquettes.....10.25
Served with Macaroni & Cheese, Choice of Salad, Sliced Baguettes and Butter.

Savory Beef Stew10.50
Beef, Potatoes, Mushrooms, Peas & Carrots simmered in a Herbed Sauce.
Served with your choice of salads and crusty bread with 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.....10.75
Golden Pan Seared Boneless Breast of Chicken with Mango Chili Glaze served with Scallion & Herbed Basmati Rice and Sautéed Green Beans & 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) **Fruited Spinach** Salad with Mandarin Oranges, Walnuts, Red Onion, Apples, Golden Raisins and Mushrooms with Honey Thyme Vinaigrette

Add vegetables to your order.....1.75 per person

Peas & Mushrooms
Green Beans Almandine
Fresh Buttered Corn
Broccoli Cheddar au Gratin

Add a Cup of Soup with Crackers to any order.....2.25 per person

Chicken Tortellini, Cream of Broccoli, Tomato Florentine,
Vegetable, Chunky Baked Potato

Soup, Salad, Dessert Square..... 6.95
Your Choice of above Soup & Salad with Dessert Square

HORS D'OEUVRES

Option A

- Crudités with Broccoli, Cauliflower, Carrots, Celery, Cherry Tomatoes, Yellow Squash and Snow Peas served with Ranch and Garlic Caper Dips
- Domestic Cheese Display of Wisconsin Cheddar and Swiss Cheeses Presented with Red Flame Grapes and Cracker Medley
 - Lemon Chicken Skewers with a Snow Pea Presented on a Bed of Sliced Lemons

\$5.25 per guest

Option B

- Tortellini Kabobs with Sundried Tomato Pesto
- Bleu Cheese and Cheddar Terrine encrusted in Almonds Presented with Red Flame Grapes and Cracker Medley
- Traditional or Lima Bean Hummus with Wonton Crisps

For 15 Guests	- 75.35
For 20 Guests	- 95.45
For 25 Guests	- 120.60
For 30 Guests	- 145.75

PICKUP DESSERTS

Always available

Fudge Brownies
Cheesecake Bites
Lemon Bars
Pecan Tassies

May/June

Picnic Cake
Orange Chiffon
Apricot Crunch
Coconut Almond Bar

July/August

White Chocolate Macadamia Nut Brownies
Key Lime Coconut Bars
Pineapple Upside down Cake
Chocolate Peanut Butter Bars

Sept/October

Carrot Cake
Turtle Brownies
French Apple Slice
Espresso Goopy Bars

November/December

Cranberry Turtle Tassies
Toffee Bars
Peppermint Brownies
Plus Holiday Desserts

January/February

Paris Cherry Slice
Caramel Walnut Cake
Raspberry Crunch Bars
Chocolate Peanut Butter Bars

March/April

Espresso Goopy Bars
Black Forest Cake
Pine Apple Upside Down Cake
Blueberry Crunch Bars

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 & Berry Sauce
\$3.25 per guest**

AFTERNOON SNACK

❖ Option A

Chex Mix
Peanut Butter filled Celery
Rice Crispy Treats

\$3.95 per Guest

❖ Option B

Fresh Fruit with Vanilla Brown Sugar Yogurt Dip
Mixed Nuts
Oatmeal Cookies

\$5.05 per Guest

❖ Option C

Corn Tortilla Chips with
Traditional Salsa and Black Bean Dip
Twisted Cinnamon Sticks

\$4.75 per Guest

ADDITIONAL ITEMS

Pretzels or Potato Chips

.85 per guest

Fresh Whole Fruit

.95

Trail Mix

\$1.60 per guest

Traditional Salsa and Corn Tortilla Chips

\$2.55 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

**Disposable charge does not apply to box lunches.

DELIVERY CHARGE

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

