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Healthy Snacks

Package 1

**Whole Grain Bagel Tray
Low Fat Yogurt
Milk & Juice
Disposables**

Price per person \$6.99 (minimum 25 people)

Package 2

**Whole Grain Bagel Tray
Fruit Tray
Milk & Juice
Disposables**

Price per person \$7.99 (minimum 25 people)

Healthy Lunch Packages

Package 1

Assorted Sandwiches

(chicken, turkey, lean roast beef, vegetarian with hummus, egg salad,
tuna/salmon salad on whole grain bread)

Vegetable Odyssey

Tossed Salad

Low Fat Yogurt or Pudding

Milk & Juice

Disposables

Price per person \$12.99 (minimum 10 people)

Package 2

**Whole Grain Rolls and Becel Margarine
Whole Wheat Penne with Chicken and Vegetables
Tossed Salad
Low Fat Yogurt or Pudding
Milk & Juice
Disposables**

Price per person \$12.99 (minimum 10 people)

Package 3

**Whole Grain Rolls and Becel Margarine
Chicken or Beef Stirfry
Streamed Brown Rice
Tossed Salad
Low Fat Yogurt or Pudding
Milk & Juice
Disposables**

Price per person \$12.99 (minimum 10 people)

Package 4

**Whole Grain/ Whole Wheat Pita
Chicken Souvlaki
Tossed Salad
Oven Roasted Potatoes
Low Fat Yogurt or Pudding
Milk & Juice
Disposables**

Price per person \$12.99 (minimum 10 people)

Package 5

**Whole Grain Rolls and Becel Margarine
Boneless Grilled Chicken Breast
Oven Roasted Potatoes
Tossed Salad
Low Fat Yogurt or Pudding
Milk & Juice
Disposables**

Price per person \$12.99 (minimum 10 people)

Package 6

**Whole Grain Rolls and Becel Margarine
Oven Roasted Beef with Low Fat Gravy on the Side
Oven Roasted Potatoes
Tossed Salad
Low Fat Yogurt or Pudding
Milk & Juice
Disposables**

Price per person \$12.99 (minimum 10 people)

Package 7

Assorted Sandwiches and Wraps
(chicken, turkey, lean roast beef, vegetarian with hummus, egg salad,
tuna/salmon salad on whole grain bread)
**Homemade Vegetable soup
Tossed Salad
Low Fat Yogurt or Pudding
Milk & Juice
Disposables**

Price per person \$12.99 (minimum 10 people)

Above prices are subject to HST. Delivery charge may apply.

Substitutions:

Yogurt or Pudding with Deluxe Carved Fruit additional..... \$2.00p.p.

- All foods are trans fat free.
- Salad dressings are low in fat
- All juices are 100% juice.
- Whole grain bread choice lists either 'whole' or 'whole grain' in front of the type of grain as the first or second ingredient on the product ingredient list, or contains two grams (2g) fibre per 50 grams of bread.
- Low fat yogurt is 2%MF or less. Low fat cheeses are 20% MF or less.
- Milk and chocolate milk are 2% MF or less.
- Sandwiches made with low fat mayo.
- Healthier fats are used in and on all food products, and include those that are unsaturated and non-hydrogenated such as liquid vegetable oils (e.g., canola, olive,) and soft, tub-type margarines.