



MARCH FEATURES

2010



BREAKFAST

Oat Groats with Toppers 34.50 (Serves 10-15)

Toppers include: raisins, apricots, craisins, walnuts, and low fat milk

Groats: Grain with a high nutritional value, moist chewy texture and a natural sweetness



SOUP

Lemon Chicken Orzo 20.50 Gallon (Serves 10-15)

(crackers, bowls & spoons and ladle are included)

Traditionally called "Avgolemono" we substitute orzo for the rice



SIDE SALAD

Mediterranean Quinoa (KEEN WAH) Salad 2.50

The "SUPER FOOD" grain tossed with feta, toasted almonds and roasted red pepper

Quinoa: A complete protein grain

ENTREE SALAD

El Paso Chicken Salad 4.25

Grilled chicken, mixed greens, roasted corn, cheddar cheese, spicy sesame sticks with a southwestern ranch dressing

Mediterranean Quinoa (KEEN WAH) Salad with Grilled Chicken - 5.50

Add tender sliced grilled chicken to our "super food" salad to create a delicious entree



SANDWICH

Reuben Wrap 3.75

Corned beef, sauerkraut, Swiss cheese and a splash of Thousand Island dressing.

Chicken Muffalatta "Burger" 3.75

Assemble your own ground chicken burger. Comes with lettuce, tomato, mexi-ranch dressing and rolls

ENTRÉES

Crispy Ranch Chicken 5.50

Ranch marinated chicken rolled in puffed wheat and baked. Served with cinnamon sweet potatoes

Beef Stroganoff 7.50

A Food for Thought classic, tender beef, egg noodles in a sour cream sauce



Oat Crusted Filet of Salmon 8.95

Slow roasted and served with steamed broccoli and a lemon beurre blanc



Chicken Strips Catalina 4.50

Marinated breast of chicken grilled and topped with a sweet pepper sauté, served with brown rice

DESSERTS

Irish Cream Chocolate Cheesecake Bar Trays

6 Bars (in container w/lid) 9.45 Small (10 bars) 15.25

Medium (16 bars) 24.25 Large (20 bars) 30.25

Gourmet Decorated Shamrock Sugar Cookie Trays

Box (15) 11.00

Medium Tray (40) 29.75

Small Tray (25) 17.00

Large Tray (50) 38.25

Spring Dessert Tray - \$53.85 (46 piece)

Strawberry tartlets, cannoli, lemonicous bars, mini pretzels, strawberries, chocolate pecan bites, frosted sugar cookies

