

Follow Your Path  
To Wellness



# Employee Wellness

CATERING MENU

Contact info:

Necessary details (24  
hours minimum  
advanced notice, etc.)

Sponsored by Chartwells

## BREAKFAST

### *Ready, Set, Go!*

HARD BOILED EGGS  
OATMEAL WITH BERRIES AND/OR ALMONDS  
WHOLE PIECE FRUIT  
COFFEE AND TEA SERVICE

### *Parfait Your Way*

GREEK YOGURT AND/OR COTTAGE CHEESE  
GRANOLA, BERRIES, AND HONEY  
COFFEE AND TEA SERVICE

### *Good Morning, Sunshine*

SCRAMBLED EGGS  
SWEET POTATO, SPINACH AND ONION HASH  
TOAST  
COFFEE AND TEA SERVICE

## LUNCH

### *The Best Thing Since Sliced Bread*

ASSORTED BREAD, MEATS AND CHEESES  
ROASTED ZUCCHINI AND EGGPLANT  
LETTUCE, TOMATO, ONION, PICKLES, CONDIMENTS  
GREEN SALAD

### *Choose Your Own Adventure - Salads*

GREENS  
SLICED MEATS AND CHEESES  
CARROTS, ONIONS, CUCUMBER, CROUTONS  
ITALIAN AND RANCH DRESSINGS