

# Angel Food Catering

## Healthy Low Fat & Low Cholesterol

### Luncheon Buffet Menus (Dinner Portion Buffets Available See Sections Headings)

Menu Options Limited for groups 10 or more guests.  
Most of these menus can be served-plated for an additional service charge

#### Vegetarian ~ Healthy Options Buffets: Dinner Portions Add Additional \$ 2.00/Guests

*Whole Wheat pasta or Brown Rice available upon request*

##### ~ Healthy Options #1~

**\$10.50/guest**

Semolina Pasta Primavera al Pesto  
Roasted Vegetables  
Marinated Italian Three-Bean Salad w/ Vinaigrette & Herbs  
Dessert Option

##### ~ Healthy Options #2~

**\$10.75/guest**

Tri-colored Fettuccini w/ Sun Dried Tomato Pesto & Sautéed Vegetables  
Grilled Marinated Vegetables  
Caesar Salad w/ Croutons & Caesar  
Dessert Option

##### ~ Healthy Option #3~

**\$10.25/guest**

Vegetarian Lasagna w/ Marinara or Spinach Tomato Roulade w/ Tomato Reduction  
Brussel Sprouts w/ Pecan & Shallots  
Garden Salad w/ Fresh Vegetables & House Italian  
Dessert Option

##### ~ Healthy Options #4~

**\$9.95/guest**

Mediterranean Angel Hair Pasta w/ Fresh Feta, Tomatoes,  
Olives & Artichoke, Garlic & Herbs  
Green Beans Medley  
Greek Salad w/ Balsamic Vinaigrette  
Flat Bread w/ Herbed Garlic Oil Dip

##### ~ Healthy Options #5~

**\$10.25/guest**

Sesame Vegetable Rice Stir-fry w/ Brown Rice  
Mandarin Spinach Salad w/ Sweet & Sour Vinaigrette  
Ginger & Orange Glazed Carrots  
Orange & Melon Slices

##### ~ Healthy Option #6~

**\$ 11.25/Guest**

Roasted Vegetable Stuffed Portabella Mushrooms  
Roasted Garlic Whole Wheat Couscous  
Arugula Pear & Walnut Salad  
Fresh Fruit Salad

##### ~ Healthy Option #7~

**\$ 9.50/Guest**

Vegetarian Chili w/ Beans w/ Toppings: Onions, Salsa, Pepperocini & Low Fat Mozzarella  
Southwestern Vegetable, Corn & Rice Sauté  
Fiesta Salad w/ Spicy Ranch  
Tortilla Chips & Pico de Gallo

~ Healthy Option #8~ \$ 9.95/Guest  
Thai Coconut Curry Stir Fry  
Yellow Rice Pilaf  
Gingered Sweet Potatoes  
Melon Slices  
Dessert Option

~ Healthy Option # 9~ \$ 10.50/Guest  
Baked Stuffed Tomato w/ Parmesan Cheese  
Green Bean Medley  
Fennel, Orange & Red Onion Salad  
Dessert Option

~Healthy Option # 10~ \$ 9.95/Guest  
Gazpacho (Soup Served Cold)  
Mini Vegetable Relish Platter w/ Savory Italian Dip  
Spinach Salad w/ Tahini Honey & Fresh Lemon Dressing  
Dessert Option

~Healthy Option # 11~ \$9.95/Guest  
Grilled Vegetable Tossed w/ Basil Pesto & Pinenuts over  
Choice of Whole Wheat Pasta or Multigrain Rice Pilaf  
Vegetable Medley  
Feta, Roma Tomatoes, Cucumbers & Red Onion w/ Red Wine Vinaigrette  
Dessert Choice

~Healthy Option # 12~ \$ 10.95/guest  
Apple Stuffed Acorn Squash  
Ratatouille w/ Vegetables & Herbs Braised in Ex. Virgin Olive Oil  
Vegetable Rice Pilaf w/ Wild Rice

**Chicken/Turkey ~ Healthy Options Buffets:** (Dinner Portions Add Addition \$ 2.00/Guest)

~ Healthy Options #13~ \$10.25/guest  
Chicken Piccata w/ Lemon Caper Reduction  
Whole Wheat Pasta w/ Marinara  
Garden or Caesar Salad w/ House Italian  
Dessert Option

~ Healthy Options #14~ \$9.95/guest  
Chicken Del Ray w/ Artichokes & Roasted Red Peppers in White Wine Sauce over  
Choice of: Whole Wheat Pasta or Multigrain Rice  
Italian Vegetable Sauté w/ Freshly Shredded Parmesan  
Caesar Salad w/Homemade Croutons & Caesar Dressing  
Dessert Option

**~ Healthy Options #15~** **\$10.75/guest**

Grilled Italian Marinated Chicken Breast  
Whole Wheat Pasta w/ Sun Dried Tomato, Pesto & Toasted Almonds  
Caprisi Salad w/ Tomato, Basil, & Fresh Low Fat Mozzarella Slices  
Dessert Option

**~Health Option #16~** **\$9.50/Guest**

Chicken Jambalaya w/ Andouille Sausage  
Red Beans & Rice  
Spicy Cabbage Slaw w/ Lime Vinaigrette  
Corn Bread w/ Spiced Honey Butter

**~ Healthy Options #17~** **\$9.95/guest**

Turkey **or** Chicken Parmesan w/ Provolone & Tomato Reduction  
Whole Wheat Pasta w/ Peppers, Onions & Mushrooms in Marinara  
Peas & Carrots w/ Mushrooms  
Caesar Salad w/ Croutons & Caesar Dressing

**~ Healthy Options #18~** **\$10.25/guest**

Spicy Grilled or Blackened Chicken Breasts w/ Peach Mango Salsa  
Black Beans & Rice  
Southern Style Salad w/ Olives, Tomatoes, Pepperocini, Cheese  
Salsa & Spicy Ranch Dressing  
Dessert Option

**~ Healthy Options #19~** **\$9.95/guest**

Roasted Turkey Breast Slices w/ Roasted Fresh Pineapple  
Roasted Vegetable Medley  
Michigan Cherry Salad w/ Ranch & Raspberry Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter

**~ Healthy Options #20~** **\$10.25/guest**

Seasoned Jamaican Jerk **OR** Blackened Chicken Breast  
Spicy Rice Pilaf w/ Pica De Gallo  
Spicy Cabbage Slaw w/ Vinaigrette  
New Orleans Fruit Salad w/ Mangos, Papayas, Kiwi,  
Strawberries, Grapes & Star Fruit in Red Wine Vinaigrette (as available)

**~ Healthy Options #21~** **\$10.25/guest**

Pre-Carved Turkey Breast Slices  
Apple, Walnut & Rice Stuffing  
Baked Whole Sweet Potatoes w/ Spiced Honey Butter  
Green Beans w/ Red Peppers\*  
Cranberry Relish

**~ Healthy Options # 22~**

**\$9.50/guest**

Hearty Beef or Chicken Chili w/ Beans  
Topping Including: Salsa & Pepperocini & Onions & Low Fat Mozzarella  
Cabbage Slaw in Red Wine Vinaigrette  
Corn Bread w/ Spiced Honey Butter  
Dessert Option

**~Healthy Menu #23~**

**\$ 11.50/Guest**

Turkey Scaloppini w/ Mushrooms & Onion in White Wine Sauce  
Italian Vegetable Medley  
Semolina Pasta Tossed In White Wine Lemon Sauce  
Dessert Choice

**~ Healthy Option # 24~**

**\$ 9.95/Guest**

Monterey Chicken Breasts or Chicken Breast Creole or Chicken Santa Fe w/ Grilled Peppers & Onions  
Southwestern Hash Browns or Southwestern Rice Pilaf  
Fiesta Salad w/ Olives, Cucumber, Tomatoes, Green Onions & Shredded Cheese w/ Spicy Ranch & Salsa  
Tortilla Chips w/ Pico De Gallo

**~ Healthy Option #25~**

**\$ 9.95/Guest**

Grilled Lemon Rosemary Chicken Breasts  
Multigrain Vegetable Rice Pilaf w/ Toasted Almond  
Broccoli Pecan Salad (w/ or w/o Bacon) OR Broccoli Au Gratin  
New England Salad w/ Ranch & House Italian

**~Healthy Option # 26 ~**

**\$ 11.25/Guest**

Chicken al Orange on Bed of Sautéed Spinach w/ Orange Wedges  
Citrus Whole Wheat Couscous  
Michigan Cherry Salad w/ Ranch & Balsamic Vinaigrette  
Whole Wheat Rolls w/ Spiced Honey Butter

**Poultry, Chicken, or Pork~ Healthy Options Buffets: (Dinner Portions Add Additional \$ 2.50/Guest)**

**~Healthy Option #27~**

**\$ 9.75/Guest**

Roast Beef or Chicken & Broccoli Calzone  
Garden Salad w/ House Italian  
Fresh Melon Slices  
Dessert Option

**~ Healthy Options #28~**

**\$9.95/guest**

Choice of 1 Stuffed Pepper: Chicken, Turkey or Beef w/ Tomato Reduction or  
Roasted Peppers Stuffed w/ Artichoke, Vegetables, Feta & Rice w/ Tomato Reduction  
Michigan Cherry Salad w/ Ranch & Balsamic Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Fresh Fruit Salad

**~ Healthy Options #29~**

**\$11.25/guest**

Chicken, Pork or Beef Kabobs (4oz Meat w/ Vegetables) (For Dinner Portion add \$3.00)  
Brown Rice w/ Saffron  
Mediterranean Salad w/ Balsamic Vinaigrette  
Pita Wedges w/ Hummus

**~ Healthy Options #30~**

**\$10.25/guest**

Choice of Two Fajita Seasoned Fillings: w/ Sautéed Onions & Peppers  
Ground Beef, Roast Beef (add\$.50/guest) Sliced Seasoned Turkey, Chicken or Beans & Rice  
Southwestern Rice Pilaf w/ Corn & Tomatoes  
Fiesta Salad w/ Olives, Cucumber, Tomatoes, Green Onions & Shredded Cheese  
w/ Spicy Ranch  
Pico De Gallo  
Dessert Choice  
(Add .75/Guest to add Tortilla Chips & Salsa)

**Pork~ Healthy Options Buffets: (Dinner Portions Add Additional \$ 2.50/Guest)**

**~ Healthy Options #31~**

**\$10.75/guest**

Pork Loin Slices w/ Mushroom Demi-Glaze or Port Wine Demi Glaze  
Stuffed Acorn Squash Wedges w/ Dried Fruit & Nut Stuffing  
Harvest Apple Slaw  
Braided Cracked Wheat Rolls w/ Spiced Honey Butter

**~Healthy Option #32~**

**\$ 11.95/Guest**

Pork Loin Slices w/ Port Wine Glaze or Citrus Reduction or Apple & Onion Sauce  
Acorn Squash Wedges w/ Dried Fruit & Nut Stuffing  
Harvest Apple Slaw  
Garden Salad w/ Red Vine Vinaigrette & Honey Mustard Dressing

**~Healthy Option # 33~**

**\$ 9.50/Guest**

Sweet Potatoes, Sausage & Peppers Sauté  
Braised Cabbage or Sauerkraut  
Cracked Wheat Rolls W/ Spiced Honey Butter  
Dessert Option

**~ Healthy Options #34~**

**\$10.95/guest**

Pork Loin Slices w/ Merlot Apricot Reduction or Other Reductions  
Roasted Apples & Sweet Potatoes  
Green Bean Almandine  
Cabbage & Carrot Coleslaw w/ Vinaigrette

~Healthy Option # 35~ **\$ 10.95/Guest**  
Port-a-Prince Pork w/ Orange Mango Salsa  
Black Bean Succotash  
Roasted Sweet Potatoes  
Dessert Option

~Healthy Option #36~ **\$ 11.50/Guest**  
Mandarin Orange Pork Loin  
Sesame Vegetable Rice Stir Fry  
Steamed Broccoli  
Fresh Fruit Salad

~Healthy Option # 37~ **\$ 11.50/Guest**  
Rosemary Dijon Pork Loin Slices w/ Demi Glaze  
Black Bean Cakes w/ Roumalade  
Steamed Green Beans w/ Red Peppers  
Creole Cream Pudding

**Beef~ Healthy Options Buffets:** (Dinner Portions Add Additional \$ 2.50/Guest)

~Healthy Option #38~ **\$ 9.50/Guest**  
Sesame Beef Stir Fry w/ Brown Rice  
Steamed Cauliflower & Broccoli  
Melon Slices  
Fortune Cookies

~Healthy Option #39~ **\$ 9.75/Guest**  
Ropa Veija~ Shredded Beef Braised in Cuban Broth  
Yellow Rice & Black Beans  
Spicy Cabbage Slaw w/ Vinaigrette  
Dessert Option

~ Healthy Option # 40~ **\$10.50/Guest**  
Beef & Spinach Roulade Stuffed w/ Potatoes, Spinach & Cheese  
Vegetable Medley  
French Provincial Salad w/ Balsamic Vinaigrette & House Italian  
Dessert Option

~ Healthy Option # 41~ **\$10.95/Guest**  
Sliced Roast Beef au Jus  
Broccoli Rice Au Gratin or Steamed Red Skin Potatoes w/ Fresh Herbs  
Garden Salad w/ Low-Fat Vinaigrette & Ranch Dressing  
Fresh Fruit Salad

**~ Healthy Option # 42~** **\$ 11.25/Guest**

Beef Burgundy w/ Carrots, Pearl Onions & Tomatoes  
Wild Rice Pilaf  
Strawberry Spinach Salad w/ Low Fat Balsamic Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter

**Seafood~ Healthy Options Buffets:** (Dinner Portions Add Additional \$ 3.50/Guest)

**~Healthy Option # 43~** **\$ 11.50/Guest**

Poached Salmon (4oz) in a Tomato Court Bouillon  
Mixed Grain Pilaf  
Fresh Vegetable Medley  
Dessert Choice

**~Healthy Option # 44~** **\$ 11.95/Guest**

Grilled Salmon (4oz) w/ Fresh Corn Salsa or Tzatziki Sauce & Cucumbers  
Grilled Vegetables  
Fiesta Salad w/ Spicy Ranch  
Tortilla Chips w/ Pico de Gallo or Hummus

**~Healthy Option # 45~** **\$ 11.50/Guest**

Maple Balsamic Glazed Salmon (4oz)  
Fresh Lemon Herbed Broccoli  
Strawberry Spinach Salad w/ Balsamic Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter

**~Healthy Option # 46~** **\$ 10.50/Guest**

Broiled Salmon Cakes w/ Black Bean Salsa  
Spanish Rice Pilaf  
Spicy Cabbage Slaw w/ Vinaigrette  
Dessert Option

**~ Healthy Option # 47~** **\$ 9.95/Guest**

Broiled White Fish (4oz) w/ Fresh Lemon & Herb  
Parslied Red Skin Potatoes  
Roasted Root Vegetables  
Dessert Option

**~Healthy Option # 48~** **\$ 10.95/Guest**

Paella w/ Rice  
Vegetable Medley  
Traditional Coleslaw w/ Lemon Lime Vinaigrette  
Dessert Option

## **Entree Salad~ Healthy Options Buffets:**

### **~Healthy Option # 49~**

**\$9.95/Guest**

Waldorf Salad (Apples, Celery, Grapes, Dried Cherries, & Honey w/ Almonds)  
w/ Tahini Lemon on a bed of Greens  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

### **~Healthy Option # 50~**

**\$ 9.75/Guest**

Caesar Salad w/ Grilled Chicken Breast Strips w/ Caesar Dressing  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

### **~Healthy Option # 51~**

**\$ 9.95/Guest**

Spinach Salad w/ Turkey Breast Slices, Toasted Walnuts, Mozzarella & Tomatoes w/ Low Fat Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

### **~Healthy Option # 52~**

**\$ 9.95/Guest**

Curried Chicken Breast Slices & Multigrain Rice Salad  
W/ Cucumbers, Roma Tomatoes, & Red Onion w/ Tzatziki Dressing  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

### **~ Healthy Option # 53~**

**\$ 9.75/Guest**

Michigan Cherry Salad w/ Grilled Chicken, Cherries, Walnuts (Plain) & Shredded Cheese w/ Choice of Dressing  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

### **~Healthy Option # 54~**

**\$ 9.95/Guest**

Michigan Harvest Squash Salad w/ Roasted Butternut Squash, Toasted Pumpkin Seeds, Candied Walnuts, Dried Cherries on a bed of Spinach w/ White Balsamic Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

### **~Healthy Option # 55~**

**\$ 10.50/Guest**

Harvest Cobb Salad~ Mixed Greens, Turkey, Roasted Squash, Granny Smith Apples, Dried Cranberries, Toasted Pumpkin Seeds & Apple Cider Vinaigrette  
Cracked Wheat Rolls w/ Spiced Honey Butter  
Dessert Option

~ Healthy Option # 56~

**\$ 10.50/Guest**

Granny Smith's Spinach Salad~ Spinach, Granny Smith Apples, Gorgonzola (on side), Cajun Spiced Pecans w/ Apple Cider Vinaigrette **or** White Balsamic Vinaigrette

Cracked Wheat Rolls w/ Spiced Honey Butter

Dessert Option

~Healthy Option #57~

**\$ 9.95/Guest**

Taco Salad w/ Lean Seasoned Roast Beef w/ Tossed Greens, Shredded Mozzarella Cheese, Pico de Gallo, Pepperocini, Purple Onions & Spicy Ranch Dressing

Tortilla Chips & Salas

Dessert Option

## Healthy Dessert Option

\$1.95/Guest

Gingerbread w/ Peach Chutney  
Angel Food Cake w/ Fresh Fruit & Whipped Cream on Request  
Sweet Bread Slices or Muffins  
Mini Carrot Harvest Cup Cakes w/ No Frosting  
Chocolate Banana Bread  
Chocolate Zucchini Bread  
Oatmeal & Fruit Bars  
Michigan Bread Pudding  
Yogurt & Fresh Fruit  
Strawberries Romanoff  
Frozen Fruit Cups  
Baked Apples w/ Cherries & Almond  
Poached Pears w/ Orange & Wine Sauce  
Marinated Fruit Salad  
Fresh Melon Slices & Grapes  
Fresh Fruit Slices  
Ginger Bread w/ Low Fat Whipped Cream  
Rice Pudding w/ Dried Cranberries  
Fruit Kabobs w/ Lemon-Lime Yogurt  
Oatmeal Raisin Cookies & Melon Slices  
Oatmeal Raisin Cookie Bars w/ Apples & Bananas (Cut 1/2)  
Fruit Crisps w/ Oatmeal & Brown Sugar Splenda

## Healthy Low Fat Breakfast/Snack Options

Oatmeal Bar including: Dried Fruit, Nuts, Bananas, Sweetener Packets  
& Brown Sugar Splenda \_\_\_\_\_ \$ 1.95/Guest  
Yogurt & Granola \_\_\_\_\_ \$ 1.95/Guest  
Yogurt & Fresh Fruit \_\_\_\_\_ \$ 1.95/Guest  
Bagels (Whole Wheat & Whole Grain) & Cream Cheese \_\_\_\_\_ \$ 1.00/Guest  
Mini Harvest Muffins w/ Oatmeal & Spiced Honey Spread \_\_\_\_\_ \$ 1.95/Guest  
Apple Berry Chutney w/ Cinnamon Crisps  
Or Plain Tortilla Toasted Chips \_\_\_\_\_ \$ 1.95/Guest  
Fresh Fruit Slices \_\_\_\_\_ \$ 1.95/Guest  
Fresh Fruit Salad \_\_\_\_\_ \$ 2.25/Guest  
Whole Fresh Fruit (Apples, Bananas, & Oranges) \_\_\_\_\_ \$ 1.00/Guest  
Cranberry & Peach Chutney w/ Neufchatel Spread  
w/ Crudites \_\_\_\_\_ \$ 1.95/Guest  
Melon Slices \_\_\_\_\_ \$ 2.50/Guest  
Fresh Fruit Platter w/ Yogurt Dip \_\_\_\_\_ \$ 2.50/Guest  
Individual Yogurts (Varieties) (Low Fat) \_\_\_\_\_ \$ 1.25/Guest