

# MEETING *well*<sup>TM</sup> Eat · Learn · Live

UMBC Catering is pleased to offer “Meeting Well”, a new Catering Menu to our customers. Endorsed by the American Cancer Society, Meeting Well provides the basis of a healthy catering experience. Meeting Well speaks to not just healthy foods, but proper portioning, stretching and movements that keep your meeting fresh.

Unique aspects of the Meeting Well catering experience include:

- Nutrition and wellness materials available for your guests
- We offer all greenware ranging from plates, utensils, cups, napkins and recycling containers for your event.
- Health and wellness values are accentuated

# Breakfast

## Meeting Well Continental Breakfast

Mini-Low Fat Bran Muffins  
Right Size Whole Wheat Bagels served with Smart Balance Spread, Lite Cream Cheese,  
Preserves and Peanut Butter  
Seasonal Mixed Fruit Bowl  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

5.95 per person

## Meeting Well Natural Booster Breakfast

Low Fat Granola and Kashi Cereal  
Seasonal Fresh Fruit and Low-Fat Vanilla Yogurt  
Mini-Low Fat Bran Muffins  
Right Size Whole Wheat Bagels served with Smart Balance Spread, Lite Cream Cheese,  
Preserves and Peanut Butter  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

7.95 per person

## Meeting Well Hot Breakfast

Oatmeal with Brown Sugar, Raisins and Fat-Free Milk  
Frittata with Ham and Cheese  
Sweet Potato Hash with Peppers and Onions  
Right Size Whole Wheat Bagels served with Smart Balance Spread, Lite Cream Cheese,  
Preserves and Peanut Butter  
Mini-Low Fat Bran Muffins  
Seasonal Fresh Fruit  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

9.95 per person

# Meeting Well Lunch Buffets

## Lite Bites:

Sliced Turkey, White Bean Hummus and Tuna Salad  
Whole Wheat Pitas  
Shredded Lettuce, Sliced Tomato, Sliced Onion and Swiss Cheese  
Greens and Herb Salad with Lite Vinaigrette  
Vegetable Soup  
Mini Cookies and Brownies  
Seasonal Fresh Fruit Medley  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

11.00 per person

## Italian:

Chicken Parmesan  
Whole Wheat Pasta with Alfredo Sauce  
Caesar Salad with Toasted Bagel Croutons  
Artisan Bread Basket with Smart Balance Spread  
Mini Cookies and Brownies  
Whole Fruit  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

12.00 per person

## Homestyle Comfort:

Turkey Meatloaf with Roasted Red Pepper Sauce  
Steamed New Potatoes  
Cauliflower Skordalia  
Iceberg Wedge Salad with Tomato-Basil Relish and Parmesan Cheese  
Mini Cookies and Brownies  
Whole Fruit  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

12.00 per person

## Taste of Southwest:

Spicy Black Bean Chili with Lime Crema  
Brown Rice with Poblano Peppers  
Cilantro-Jicama Slaw  
Tossed Salad with Buttermilk-Avocado Dressing  
Artisan Bread Basket with Smart Balance Spread  
Seasonal Fresh Fruit Platter  
Fruit Infused Water and Coffee & Tea Service with Splenda, Honey, Lemon

11.00 per person

UMBC Catering listens to your needs and welcomes your ideas while working with you in order to design a menu and event that works best for you

# Snacks

Right Size Bagels with Smart Balance Spread, Lite Cream Cheese, Preserves and Peanut Butter	9.00 per dozen
Mini Bran Muffins	7.00 per dozen
Whole Fruit	1.00 per piece
Right Size Rice Krispie Treats	8.95 per dozen
Chili Spiced Popcorn	6.95 per pound
Yogurt Parfaits	3.25 each
Homemade Granola Bars	2.00 each

# Beverages

PRICED BY THE GALLON UNLESS OTHERWISE SPECIFIED. ONE GALLON IS EQUAL TO 16 SERVINGS.

Orange Juice	16.00
Apple Juice	16.00
House Blend Coffee/Decaf	16.50
Iced Green Tea	15.00
Raspberry Iced Tea	14.75
Lemonade	14.00
Fruit-Infused Water	9.00
Sparkeling Cranberry Punch	14.00

# Bottled Beverages

Naked Juice	3.75 each
SOBE Lifewater (vitamin enhanced, zero calories)	1.75 each
10 oz Bottled Apple Juice	1.25 each
10 oz Bottled Orange Juice	1.25 each
G2 (low calorie Gatorade)	2.00 each
12 oz Bottled Water	1.35 each