



Conferences and Catering

CATERING MENUS
HEALTHY OPTIONS

Menus prices are subject to 9% NH meals tax & 19% service charge.

Delivery fees may apply.

Prices valid through June 30, 2014

BREAKFAST

15 Person Minimum

(\$2.00 per person charge if count is under minimum)

Heart Healthy Continental

Fresh Fruit Platter
Assorted Low Fat Muffins with Jam
Whole Wheat Bagels with Light Cream Cheese
Unsweetened Orange & Cranberry Juices
Coffee and Tea
Non-Fat Milk
\$9.55 per person

Heart Healthy Breakfast Buffet

Fresh Fruit Platter
Cage Free Scrambled Eggs
Sliced Whole Grain Mustard & Honey Glazed Cured Ham
Whole Grain Berry Pancakes with NH Maple Syrup
Oven Roasted Potatoes
Coffee and Tea
Non-Fat Milk
Unsweetened Cranberry and Orange Juices
\$14.40 per person

BREAKFAST

15 Person Minimum
(*\$2.00 per person charge if count is under minimum*)

Heart Healthy Brunch Buffet

Fresh Fruit Platter
Baby Spinach & Mixed Greens Salad
Cage Free Vegetable & Parmigiano Reggiano Omelets
Cinnamon Wheat French Toast with Fresh Berries
OR
Wild Maine Blueberry Buckwheat Pancakes
NH Maple Syrup
Sliced Whole Grain Mustard & Honey Glazed Cured Ham
Grilled Chicken with Southwestern Corn and Tomato Salsa
Mixed Grain Pilaf
Seasonal Vegetable Selection
Coffee and Tea
Non-Fat Milk
Unsweetened Cranberry and Orange Juices
\$23.70 per person

Heart Healthier Choices

Whole Wheat Bagel with Light Cream Cheese
Spiced Zucchini-Carrot Bread
Triple Berry Whole Wheat Muffin with All Fruit Jam
Low-Fat Muffins with All-Fruit Jam

LUNCH-BOXED

10 Person Minimum
(\$2.00 per person charge if count is under minimum)

Heart Healthy Boxed Lunch- Option #1

Citrus Marinated Breast of Chicken | Grilled Vegetable Medley
Bed of Field Greens | Cherry Tomatoes
Light Vinaigrette Dressing
Whole Wheat Pita Bread Triangles
Whole Fruit
Low Fat Organic Yogurt
Bottled Water
\$13.50 per person

Heart Healthy Boxed Lunch- Option #2

Choice of...

Sliced All Natural Turkey | Cheese | Lettuce | Local Tomato | Whole Wheat Bulkie
OR
Veggie Whole Wheat Wrap
Appropriate Condiments
Individual Bag of Baked Potato Chips
Whole Fruit
Bottled Water
\$11.40 per person

LUNCH-DELI BUFFETS

15 Person Minimum
(*\$2.00 per person charge if count is under minimum*)

Heart Healthy Deluxe Deli Buffet

Mixed Green Garden Salad with Light Vinaigrette
Whole Grain Pasta Salad
Freshly Sliced All Natural Turkey and Roast Beef
Grilled Vegetable Medley
Sliced Cheeses (Optional)
Whole Wheat Rolls and Assorted Hearty Breads
Baked Potato Chips
Herb Dijon, Country Mustard and Dill Pickle Chips
Unsweetened Iced Tea and Iced Water
\$16.50 per person

Also Available “A La Carte” With Your Delis

Albacore Tuna Salad, Cage Free Egg Salad, Chicken Salad or Organic House Made Hummus

BREAKS

To Complement your Selected Menu
20 Person Minimum
(\$2.00 per person charge if count is under minimum)

Nature Trail Break

Assorted Whole Fresh Fruit, Granola/Nutri-Grain Bars, Assorted Stonyfield Yogurts,
Bottled Water and Assorted Canned Diet Sodas
\$8.60 per person

Heart Healthy Break

Baked Potato Chips, Spiced Mixed Nuts, Pretzels with Honey Mustard, Blue Corn
Tortilla Chips and Tomato Salsa, Bottled Water and Assorted Canned Diet Sodas
\$8.60 per person

Chips and Dip

Option #1

House-Made Pita Chips with Cucumber Dill Hummus and Grilled Vegetable Dip
Bottled Water and Assorted Canned Sodas
\$7.80 per person

Option #2

House-Made Blue Corn Tortilla Chips with Smoky Black Bean Dip and Local
Tomato and Grilled Corn Salsa
Bottled Water and Assorted Canned Sodas
\$9.00 per person

BUFFETS-BBQ

25 Person Minimum
(\$5.00 per person charge if count is under minimum)

Heart Healthy BBQ

Mixed Green Garden Salad with Low Fat Vinaigrette
Black Bean Veggie Burgers
Grilled Chicken Sausage
Whole Wheat Buns
Sliced Cheeses
Lettuce, Local Tomatoes, Grilled Spanish Onions and Bell Peppers
Assorted Condiments
Pickles
Baked Potato Chips
Sliced Seedless Watermelon with Lime Wedges
Iced Tea and Iced Water with Lemon
\$20.35 per person

Heart Healthy Deluxe BBQ

Mixed Green Garden Salad with Low Fat Vinaigrette
Southwestern Style Roasted Corn, Black Bean and Local Tomato Salad with Chili & Lime
Marinated BBQ Chicken Breast
Tamari & Honey Glazed Salmon Filet
Garlic-Herb Marinated Grilled Vegetables
Herb Roasted Sweet Potatoes
Sliced Whole Wheat Baguette and Whipped Butter
Sliced Seedless Watermelon
Iced Tea and Iced Water with Lemon
\$22.80 per person

Angel Food Cake with Sliced Fresh Strawberries & Low Fat Organic French Vanilla Yogurt
Add \$3.00 per person

THEMED BUFFETS

25 Person Minimum
(\$5.00 per person charge if count is under minimum)

Healthy UNH-Santa Fe Buffet

Tortilla Soup
Grilled Beef, Chicken, Peppers and Onions
Shredded Lettuce and Cheddar Cheese
Guacamole, Low Fat Sour Cream, and Home-Made Salsa
Warm Whole Wheat Tortillas
Black Beans and Brown Rice
Watermelon Slices with Lime Wedges
Unsweetened Iced Tea & Iced Water
Lunch \$18.40 per person
Dinner \$21.30 per person

Healthy UNH-Asian Spa Buffet

Miso Soup
Baby Spinach Salad with Ginger Lime Dressing, Toasted Sesame Seeds and Cucumber and Carrot “Flowers”
Grilled Hoisin Beef with Peppers and Broccoli
Spicy Thai Marinated Chicken with Red Curry
Scallion and Lemongrass Brown Rice
Steamed Sesame Vegetables
Unsweetened Iced Tea & Iced Water
Lunch \$21.40 per person
Dinner \$24.30 per person

Healthy UNH-Green Mountain Buffet

Leek and Wild Mushroom Soup
Mesclun Greens with Grilled Red Delicious Apples and Spiced Walnuts; Maple Shallot Vinaigrette
Sautéed Marinated Chicken Breast with Ginger Pear Chutney
Grilled Beef with a Country Mustard Jus
Roasted Garlic Smashed Potatoes
Honey-Glazed Seasonal Vegetables
Whole Wheat Rolls with Butter
Unsweetened Iced Tea and Iced Water
Lunch \$21.55 per person
Dinner \$24.40 per person

THEMED BUFFETS

25 Person Minimum
(\$5.00 per person charge if count is under minimum)

Healthy UNH-Italian Buffet

Mediterranean Three Bean Soup
Medley of Greens with Marinated Olives, Sun-Dried Tomatoes, Sliced Cucumbers, Shaved
Parmesan and Red Wine Vinaigrette
Grilled Chicken Parmesan
Whole Grain Pasta with Fresh Vegetables, Herbs and Olive Oil
Rosemary Focaccia Bread
Unsweetened Iced Tea & Iced Water
Lunch \$16.50 per person
Dinner \$18.30 per person

Healthy UNH-Executive Buffet

Wild Mushroom and Barley Soup
Baby Spinach Salad with Dried Cherries, Chevre, Toasted Walnuts and Orange Poppy Seed
Dressing
Marinated Chicken with Citrus and Fresh Thyme
Petit Filet of Beef with Smoked Tomato Bordelaise
Multi Grain Pilaf
Seasonal Vegetable Medley
Whole Wheat Rolls with Butter
Unsweetened Iced Tea & Iced Water
Lunch \$21.55 per person
Dinner \$23.60 per person

Healthy UNH-White Mountain Buffet

Roasted Corn and Pepper Soup
Baby Field Greens with Toasted Hazelnuts, Grilled Pears and Spiced Orange Honey
Vinaigrette (Crumbled Blue Cheese On The Side)
Seared Chicken Breast with Cranberry Apple Chutney
Haddock with Fresh Lemon-Chive Infused Olive Oil*
Maple Roasted Sweet Potatoes
Seasonal Vegetable Medley
Whole Wheat Rolls with Butter
Unsweetened Iced Tea and Iced Water
***Seafood-Market Price**

THEMED BUFFETS

25 Person Minimum
(\$5.00 per person charge if count is under minimum)

Healthy UNH-Southwestern Buffet

Three Pepper Soup
Chili Lime Carrot and White Bean Salad
Marinated Chicken Breast with a Tomatillo Salsa Verde
Char Grilled Chipotle-Lime Beef Filet
Mexican Spiced Rice
Seasonal Vegetable Medley
Whole Wheat Rolls with Butter
Unsweetened Iced Tea & Iced Water

Lunch \$18.30 per person

Dinner \$20.70 per person

Healthy-UNH Indian Buffet

Spiced Carrot and Ginger Soup
Mixed Greens with Blanched Asparagus, Dried Apricots, Diced Local Apples and Lemon Curry
Vinaigrette
Seafood Medley in a Light Saffron Cream*
Masala Chicken (tomatoes, onions, paprika, cumin, garlic)
Curried Basmati Rice with Raisins, Peas and Sliced Almonds
Steamed Cauliflower and Carrots
Unsweetened Iced Tea & Iced Water

***Seafood-Market Price**