

## Select Service Caterers of Fine Foods Inc.

### Healthy Choices Box Lunch Menu

All box lunches are accompanied by chilled drink (bottled water, can of Perrier water or small juice)

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|---|---------|
| 1h Grilled chicken breast Greek Salad<br>Meal salad of chopped romaine, red peppers, cucumber, tomato,<br>Black olives and feta with a herb vinaigrette on the side<br>Whole grains roll with butter<br>Fresh fruit salad or yogurt or whole apple                                  | \$16.40 |
| 2h Wrap with your choice of Thai style tuna, chicken and pesto or<br>grilled vegetables filling<br>Chop salad with cucumber, tomato, and peppers<br>Fresh fruit salad or yogurt or whole apple  | \$17.25 |
| 3h Grilled chicken breast, red onion and roasted pepper in a whole<br>wheat pita with hummus<br>Carrot and celery sticks<br>Fresh fruit salad or yogurt or whole apple  | \$14.70 |
| 4h Chilled poached salmon with a yogurt sauce<br>On a bed of spinach and arugula<br>Greek pasta salad<br>Whole grain roll and butter<br>Fresh fruit salad or yogurt or whole apple and muesli cookie  | \$17.50 |
| 5h Salad Platter Box Lunch<br>Potato salad, green salad with vinaigrette dressing on the side,<br>two pieces of cheese and your choice of sliced roast beef, sliced ham,<br>or sliced grilled chicken<br>Whole grain roll with butter<br>Fresh fruit salad or yogurt or whole apple | \$17.50 |

*Prices do not include taxes, set-up, or delivery.*

*Prices may change without notice*