



Northern  
Arizona  
*catering*



*guide*  
**TO HEALTHY CATERING**

Northern Arizona Catering is committed to providing the finest quality meals and services. This guide offers healthy, well-balanced, mindful menus featuring enticing flavors with an emphasis on plant-based foods. There are a variety of options to enhance your menu with whole foods and nutrient rich recipes.

Our Catering Manager and Executive Chef are happy to meet with you to customize your healthy catering event to meet your needs and budget. Please keep in mind your event menu is based on seasonal availability. Place your order two weeks prior to your event to ensure we have enough lead time to work with our suppliers.

Contact Northern Arizona  
Catering for your order:  
928-523-4981 | [catering@nau.edu](mailto:catering@nau.edu)

For pricing and more nutritional detail go to  
[northernarizona.catertrax.com](http://northernarizona.catertrax.com)



 = vegetarian       = vegan       = Mindful

 Mindful is a program that makes choosing the healthy choice, the easy choice. Mindful foods balance nutrition with enticing flavors to create an indulgent way to enjoy a healthy lifestyle and meet certain nutritional criteria:

- < 600 calories
- < 10% of calories from saturated fat
- < 800mg sodium
- < 35% of calories from fat
- < 100mg cholesterol
- Trans fat free

# BREAKFAST

## SMOKED SALMON PINWHEEL PLATTER

Savory cream cheese filled salmon logs rolled in chopped walnuts and dill and served with sliced baguette

## BREAKFAST TACOS

Turkey sausage with scrambled egg whites and home fries with onions on a wheat tortilla

## BUILD YOUR OWN BREAKFAST SANDWICHES

Create your own breakfast sandwich by choosing a combination of bread, egg and meat

### BREAD OPTIONS

Whole Wheat Flatbread  
Whole Wheat Bagel

### EGG OPTIONS

Scrambled Egg Whites

### MEAT OPTIONS

Turkey Bacon  
Turkey Sausage

## STEEL CUT OATMEAL

Steel cut oatmeal with toppings and choice of milk

### TOPPINGS

Banana      Strawberries  
Peanut Butter      Walnut Pieces  
Blueberries

### MILK

Soy Milk  
Fat Free Milk  
2% Milk

## A LA CARTE

### CUBED FRUIT

A seasonal array of sweet melon, pineapple, oranges, grapes and berries

### HOME FRIES WITH ONIONS

Diced potatoes caramelized with onions, salt, and pepper



## LUNCH AND DINNER

### PREMIUM SANDWICHES

All sandwiches include choice of side salad, chips, dessert and water or iced tea.

#### PORTABELLO RUSTICO

Roasted balsamic portobello mushroom, fresh mozzarella, roasted tomato salsa, baby spinach & tomato on a multi-grain roll

#### HUMMUS, AVOCADO, ROASTED VEGGIE WRAP

Balsamic roasted eggplant, zucchini, red peppers & onions finished with lettuce, avocado & hummus spread on a tortilla

#### ROASTED VEGETABLE MULTI-GRAIN SANDWICH

Roasted squash, peppers, red onion complimented by herbed goat cheese with field greens on a multi-grain roll

#### TWISTED TURKEY WRAP

Roast turkey, cranberry sauce, bistro sauce, spinach, tomato rolled in a flax seed & herb encrusted whole grain tortilla

#### PICNIC GRILLED CHICKEN SANDWICH

Grilled chicken breast on a baguette with cilantro slaw, tomatoes & honey mustard

### CHIPS

#### BAKED POTATO CHIPS

#### SUN CHIPS



### SIDE SALADS

#### ORZO AND PEPPER SALAD

Rice shaped pasta, black olives, red and yellow peppers and fresh basil with a light Caesar dressing

#### ARTICHOKE HEARTS SALAD

Artichoke hearts with minced fresh Italian parsley

### DESSERT

#### FRESH FRUIT SALAD

Make it healthier by requesting whole grain breads or tortillas, and asking for condiments on the side.

# LUNCH AND DINNER

## PREMIUM SALADS

All salad selections are accompanied with baked flatbread, dessert and water or iced tea.

### GREEK SALAD

Mixed greens tossed with cucumber, olives, onion, feta and light balsamic vinaigrette

### NAPA VALLEY CHICKEN SALAD

Creamy chicken salad laced with tarragon on field greens, red grapes, carrots, granny smith apples and toasted walnuts

### SOUTHWEST GRILLED CHICKEN SALAD

Crisp romaine, grilled chicken, black bean salsa, cheddar jack and baked tortilla strips with avocado chipotle dressing

### CLASSIQUE NICOISE SALAD

Tuna tossed with red bliss potatoes, kalamata olives, cage-free hard-boiled egg, green beans and red onion over mixed baby greens with honey balsamic dressing

### GRILLED CHICKEN TABBOULEH SALAD

Lemon sage chicken, traditional tabbouleh, grape tomatoes and kalamata olives on a bed of greens with baked pita crouton

## DESSERT

### FRESH FRUIT SALAD



## LUNCH AND DINNER

### SERVED LUNCHES & DINNERS

All served meals include a choice of a salad, two accompaniments, freshly baked dinner rolls with butter, choice of dessert, coffee, hot and iced teas.

### ENTREES

#### LEMON BASIL CHICKEN

Chicken breast marinated in basil, fresh squeezed lemon juice, seasoned with a salt-free lemon pepper blend & grilled

#### CRANBERRY DIJON CHICKEN & SWEET POTATOES

Sweet and savory cranberry dijon basted chicken breast plated with spiced sweet potato mash and zesty garlic green beans

#### GRILLED TILAPIA WITH MANGO JICAMA RELISH

Grilled tilapia with peppery mango jicama relish, garnished with shredded coconut and lime zest

#### MARINATED PORTOBELLOSWITH QUINOA PILAF

Balsamic-sweetened portobello mushrooms with a quinoa and zucchini pilaf seasoned with fresh basil, rosemary and garlic

#### VEGETARIAN PAELLA WITH EDAMAME

Saffron rice baked with tomatoes, carrots, edamame and black olives

### SALADS

#### GREEK SALAD

Classic Greek salad of firm tomatoes, cucumbers, red onion, kalamata olives and feta drizzled with a light vinaigrette

#### MARKET SALAD

Mixed greens, cucumber, feta cheese, grape tomatoes, homemade herb croutons and balsamic vinaigrette



## VEGETABLES

### BROCCOLI WITH SAUTEED CARROTS

Crisp sweet carrots and crunchy fresh broccoli

### FRENCH GREEN BEANS AND CARROT MEDLEY

Sweet julienne carrots and fresh haricot verts

### SAUTEED BROCCOLI RABE

Broccoli rabe sauteed with olive oil, garlic and red pepper, seasoned with hot red pepper flakes

### JULIENNE OF CARROTS AND FENNEL WITH PEARL ONIONS

Crisp sweet carrots, crunchy fresh fennel, and pearl onions, lightly seasoned

### BUTTERNUT SQUASH

Oven roasted butternut squash seasoned with olive oil, salt, pepper and fresh parsley

### ROASTED FRESH SEASONAL ASPARAGUS

Oven roasted fresh asparagus with oregano



## DESSERT

### APPLE AND RAISIN STRUDEL

Granny smith apples, dried cranberries, raisins, walnuts and cinnamon baked in pastry served with honey & Greek yogurt

### LEMON MERINGUE

Tart lemon filling in a flaky pastry crust, topped with a cloud of meringue

## BEVERAGES

COFFEE & TEA SERVICE

ICED TEA

BOTTLED WATER

ICE WATER STATION