

Elite Services and Catering

Heart Friendlier & Salad Menu

1. *Oriental Grilled Chicken Salad*

Assorted Peppers
Slivers of Almonds, Slivers of Celery
Cranberry Vinaigrette Dressing

2. *Spicy Cajun Chicken Salad*

Cajun Rice & Beans on top of Lettuce
Cajun Ranch Dressing

3. *Pepper Teriyaki Pork Tenderloin Salad*

Garnished w/sauteed red & green Peppers
Grape Tomatoes, Stack Shoestring Potatoes on top
Garnished w/Feta Cheese
Oriental Dressing

4. *Southwestern Taco Salad w/spicy Taco Meat*

Assorted Peppers, Corn & Black Beans
(fresh ground turkey can be substituted at request)
a Creamy Salsa Ranch Dressing

5. *Old Fashioned Cobb Salad*

Diced Grilled & Seasoned Chicken Breast
Bacon bits, Avacado, Blue Cheese atop Fresh Tossed Greens
Blue Cheese Vinaigrette

6. *Chicken Salad with Fennel, Orange & Raspberries*

Orange grilled Chicken Breast atop Mixed Greens & Raspberries
Tangy Raspberry-Orange-Mustard Dressing

7. *Sesame Chicken Salad*

Grilled Chicken Breast in fresh Ginger Root & Rolled in Sesame
Snow Peas, slivers of Carrots, Scallions on a bed of Lettuce

8. *Caesar's Chicken Salad*

Grilled Chicken Breast Cleopatra Style Salad
Caesar's Dressing

9. *Smoked Turkey Salad with Goat Cheese & Walnuts: Low Carb*

Nutrition Information per serving: Calories 218, Fat 34 grams (5.5 saturated)
Carbohydrates 11 grams, Fiber 3.5 grams

10. *Maple-Glazed Pork Chops w/Pumpkin Polenta: Low Cholesterol*

Nutrition Information per serving: Calories 528, Fat 20 grams (7 saturated)
Carbohydrates 50 grams, Fiber 4.5 grams, Protein 38 grams

11. *Italian Tuna Salad: Low Cholesterol*

Nutrition Information per serving: Calories 230, Fat 15 grams (3 saturated)
Carbohydrates 4 grams, Fiber 1 gram, Protein 29 grams

Light Dessert: Angel Food Cake Cubes w/Blackberry Sauce