

# tickers

HEALTHY CHOICES CATERING



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

EVENT/MEETING DATE: \_\_\_\_\_ LOCATION/ROOM: \_\_\_\_\_ # OF GUESTS: \_\_\_\_\_

TIME OF DELIVERY: \_\_\_\_\_ TIME OF PICK UP: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ CONTACT NUMBER: \_\_\_\_\_

INVOICE INFORMATION: \_\_\_\_\_ SPECIAL INSTRUCTIONS: \_\_\_\_\_

All prices per person unless otherwise noted

| BREAKFAST |   | PRICE | SERVINGS |
|-----------|---|-------|----------|
|           | Fruit Tray                              |       |          |
|           | Low fat yogurt                          |       |          |
|           | Whole grain crackers and low fat cheese |       |          |
|           | Small muffins (e.g. bran, carrot)       |       |          |
|           | Cereal and ≤2% M.F. milk                |       |          |
|           | Oatmeal with nuts and dried fruit       |       |          |
|           | Yogurt and fruit cup                    |       |          |

| BREAK OPTIONS |   | PRICE | SERVINGS AM | SERVINGS PM |
|---------------|---|-------|-------------|-------------|
|               | Whole grain crackers and low fat cheese |       |             |             |
|               | Fruit Tray                              |       |             |             |
|               | Vegetable platter with Hummus           |       |             |             |
|               | Vegetable platter with Tzatziki         |       |             |             |
|               | Vegetable platter with Mexican Bean Dip |       |             |             |
|               | Whole grain pitas with Hummus           |       |             |             |
|               | Whole grain pitas with Tzatziki         |       |             |             |
|               | Whole grain pitas with Mexican Bean Dip |       |             |             |
|               | Low fat yogurt                          |       |             |             |

| BEVERAGE OPTIONS |                     | PRICE | SERVINGS |
|------------------|---------------------|-------|----------|
|                  | Water (jugs)        |       |          |
|                  | Milk ≤2% M.F.       |       |          |
|                  | 100% Juice          |       |          |
|                  | Coffee (per carafe) |       |          |
|                  | Tea (per carafe)    |       |          |

| LUNCH  |  | HOT CHOICES | PRICE | SERVINGS             |                |
|--|--|-------------|-------|----------------------|----------------|
|    | Broth based soup (e.g. tomato, carrot, chickpea) based on daily selection      |             |       |                      |                |
|  | Pizza – whole wheat crust, roasted vegetables and low fat cheese (large pizza) |             |       |                      |                |
|  | Roasted vegetables on a whole wheat tortilla wrap                              |             |       |                      |                |
|  | Chicken and Vegetable stir fry with brown rice                                 |             |       |                      |                |
|  | Roasted Vegetable Lasagna  |             |       |                      |                |
|   | <b>MAIN COURSE SALADS</b>  |             | PRICE | SERVINGS             |                |
|  | Refreshing Lentil Salad  |             |       |                      |                |
|  | Nutty and Fruity Quinoa Salad  |             |       |                      |                |
|  | Whole wheat pasta with roasted vegetables and goat cheese                      |             |       |                      |                |
|  | Spicy Bean Salad   |             |       |                      |                |
|  | Black bean and whole wheat couscous salad                                      |             |       |                      |                |
|  | Spinach Salad  |             |       |                      |                |
|  | <b>SIDES</b>   |             | PRICE | SERVINGS             |                |
|  | Green Salad  |             |       |                      |                |
|  | Vegetable tray with Hummus   |             |       |                      |                |
|  | Vegetable tray with Tzatziki   |             |       |                      |                |
|  | Vegetable tray with Mexican Bean Dip   |             |       |                      |                |
|  | Whole wheat pita with Hummus   |             |       |                      |                |
|  | Whole wheat pita with Tzatziki   |             |       |                      |                |
|  | Whole wheat pita with Mexican Bean Dip   |             |       |                      |                |
|  | <b>SANDWICHES</b><br>(SERVED WITH LIGHT MAYONNAISE AND NO BUTTER)              |             | PRICE | SERVINGS SAND-WICHES | SERVINGS WRAPS |
|  | Egg on whole wheat   |             |       |                      |                |
|  | Vegetarian on whole wheat  |             |       |                      |                |
|  | Salmon on whole wheat  |             |       |                      |                |
|  | Tuna on whole wheat  |             |       |                      |                |
|  | Roasted chicken on whole wheat   |             |       |                      |                |
| <b>DESSERT OPTIONS</b>   |  |             | PRICE | SERVINGS             |                |
|  | Fruit Salad  |             |       |                      |                |
|  | Fresh Fruit Kebabs   |             |       |                      |                |
|  | Banana Loaf  |             |       |                      |                |
|  | Fruit and yogurt parfait   |             |       |                      |                |