



# MENU



## Breakfast

### **Fresh Fruit – Have it your way**

Salad (watermelon, honeydew, cantaloupe, grapes, strawberries and pineapple)

Kabobs (honeydew, cantaloupe, pineapple, strawberry or watermelon piece)

Tray (strawberries, grapes, cantaloupe, honeydew and pineapple)

Whole Pieces (banana, apple, or orange)

**Fat Free Muffin Tray** - Blueberry or Morning Medley (raisins, carrots, applesauce and pineapple)

**Fat Free Yogurt** - An assortment of strawberry, blueberry and peach

**Healthy Yogurt and Granola Parfait** - Yogurt and granola topped with a strawberry slice

**Hot and Healthy Oatmeal with assorted toppers** - Toppers include raisins, walnuts, strawberries, brown sugar, and low fat milk

**Vegetable Frittata \*** - An egg based dish full of peppers, zucchini, squash, tomatoes, broccoli and mozzarella cheese

**Sunshine Scrambled Eggs with Canadian Bacon \***

**Canadian Bacon**

*\*Egg beaters available upon request in the Frittata or Sunshine Scrambled Eggs*

**To order, please call 440/946-0383**

The Food for Thought ERC Health Academy approved menu has been designed to follow recommendations from the Dietary Guidelines for Americans, developed by the U.S. Department of Health and Human Services and U.S. Department of Agriculture. A healthy eating plan emphasizes:

- Fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Total fat intake between 20% - 35% of total calories
- Eating less than 2,300 milligrams of sodium per day, which may help reduce the risk of high blood pressure

## Salads

### Side Salads

**Tossed Mixed Green Salad** - Mixed greens, cucumber, tomatoes and carrots

**Fresh Fruit Salad** - Fresh watermelon, honeydew, cantaloupe, grapes, strawberries and pineapple

**Renaissance Salad** - Romaine lettuce, toasted sesame seeds and shredded Romano cheese

**Rainbow Salad** - Mixed greens, cashews, strawberries and kiwi

**Apple Romaine Salad** - Romaine lettuce, walnuts with red and yellow apples

**Spinach Mandarin Salad** - Spinach, scallions, mandarin oranges and sliced toasted almonds

### Entrée Salads

**Health Kick Salad with Turkey** - Mixed greens with turkey, cucumbers, tomatoes, garbanzo beans, pistachios, mozzarella cheese and eggs

**Red Leaf and Apple Salad With Grilled Chicken** - Red leaf lettuce, diced apples, peanuts, raisins and toasted sesame seeds

**Rainbow Salad with Grilled Chicken** - Grilled chicken mixed greens, cashews, strawberries and kiwi

*\*\* Dressing offered with all side and entrée salads is Balsamic, Reduced Fat Ranch or Reduced Fat Italian*

*Full beverages available upon request as well as additional healthy choices.*

**Most items available in minimum quantities of 5 or more.**

# Hot Entrées, Sandwiches & Desserts

## Chicken Entrées

**Grilled Chicken and Vegetables** - Strips of grilled chicken with eggplant, zucchini, squash, onion, red and green pepper. Served with brown rice

**Chicken Stir Fry** – Teriyaki marinated chicken strips with zucchini, squash, red and green pepper, broccoli, and carrots. Served with brown rice

**Summer Marinated Chicken** – Marinated chicken strips served with brown rice

**Grilled Breast of Chicken w/Spiced Pineapple** – Grilled breast of chicken topped with spicy grilled pineapple and served with brown rice

**Ginger Bourbon Chicken w/ Winter Grilled Vegetables** – A house favorite grilled, sliced and served with peppers, mushrooms, squash and onion

**Chicken Cabbage Rolls** – A twist on the traditional. Ground chicken wrapped with tender cabbage in a sauerkraut tomato sauce

## Seafood Entrées

**Shrimp Stir Fry with Brown Rice** – Tender shrimp stir fried with celery, broccoli, water chestnuts, squash, carrots, snow peas, red and green peppers and highlighted with teriyaki sauce. Served with brown rice

**Healthy Grilled Salmon Filet w/ Broccoli** – A parmesan peppercorn flavored salmon served with steamed broccoli

## Vegetarian Entrées

**Vegetable Stir Fry with Brown Rice** - Stir fried mushrooms, zucchini, red and green peppers, broccoli and carrots are highlighted with teriyaki sauce. Served with brown rice

**Grilled Veggies with Brown Rice** – Grilled eggplant, zucchini, squash, onion and red and green pepper. Served with brown rice

**Vegetable Kabobs with Brown Rice** – Skewered mushrooms, red pepper, green pepper, squash, zucchini and red onions are grilled and served with brown rice

## Sandwiches & Wraps

**Healthy Grilled Chicken Wrap** - Grilled chicken in a spinach wrap with tomatoes, lettuce, mozzarella cheese, low fat Italian salad dressing and Cannellini bean spread

**Pico Turkey Wrap** - A whole wheat wrap is filled with Lean Sliced Turkey, Pico De Gallo sauce, fat free ranch and Italian dressings, endive, and roasted red peppers

**Vegetable Baguette** - Baquette bread is filled with Cannellini bean spread, zucchini, squash, roasted red pepper, and fresh spinach

## Desserts

**Fresh Fruit Kabobs** – Honeydew, cantaloupe, pineapple, and a strawberry or watermelon piece

**Dark Chocolate Dipped Strawberries**

To order, please call 440/946-0383



ERC Health has consistently and significantly beat the market relative to annual premium rate adjustments. This fully-insured program, designed for employers with a minimum of 51 eligible employees, provides participating middle market employers the tools necessary to reduce claims and manage health insurance costs. For more information, visit [www.erchealth.com](http://www.erchealth.com).



Food for Thought is one of Northeast Ohio's largest full service catering companies. For over a decade, Food for Thought has been providing quality and creative cuisine for all types of engagements. All menu items are prepared from the freshest ingredients from carefully selected food growers and purveyors. For more information visit [www.foodforthought-ohio.com](http://www.foodforthought-ohio.com).