

Healthy Meal Sample Menu

PRIVATE PARTIES φ COCKTAIL PARTIES φ CORPORATE LUNCHEONS φ HOLIDAYS φ WEDDINGS φ BABY SHOWERS φ BIRTHDAYS

Edible Endeavors Catering, a company driven to create "prepared from scratch" food that is alive with flavor and nutrition, offers a full array of menu options with almost limitless customization capabilities. Our chefs, along with a dedicated management and service staff, team up to provide an exceptionally catered, delicious dining experience for your event, where each detail is to your exacting specifications. A customized menu will be created to suit your personal tastes once you've decided to utilize our services.

This menu has been specially created to suit the individual needs of your special event! The selections below are merely suggestions and additional options are available to you if desired.

Monday Lunch Menu:

- 6 oz Roasted Chicken Breasts
- Olive Oil, Shallot & Garlic Braised Charred Asparagus
- Wild & Whole Grain Rice Blend

Tuesday Dinner Menu:

- 6 oz Cedar Grilled Lemon~Dill Salmon w/ Shrimp & Lobster Scampi Garnish
- Roasted Broccoli w/ Garlic & Red Bell Peppers
- Warm Red Quinoa & Asparagus Salad

Wednesday Lunch Menu:

- 6 oz Roasted Chicken Breasts
- Olive Oil, Shallot & Garlic Braised Charred Asparagus
- Wild & Whole Grain Rice Blend

Thursday Dinner Menu:

- 6 oz Pan Seared Herb Encrusted Tilapia Filet (45g)
- Whole Green Beans
- Wild & Whole Grain Rice Blend

Friday Lunch Menu:

- Chevre & Italian Seasoned Turkey Patties Over Fresh Spinach & Shaved Red Onion Ensalata
- Roasted Broccoli w/ Garlic & Red Bell Peppers
- Zucchini & Squash Vegetable Medley

Special Instructions: Lighter Fare.

Pricing: Per person cost dependent upon selection.



Thank You! We Appreciate Your Business!

