

Healthful Menu Ideas

UCLA Catering is pleased to offer our clients the following menu ideas inspired by UCLA's "Healthy Campus Initiative" that encourages us all to *Eat Well!* Contact a UCLA Catering Sales & Event Manager for pricing and event proposals.

Breakfast & Brunch Options

- Brunch Buffet
 - Cage-Free Scrambled Egg Whites with Kale, Onions, Peppers, & Lowfat Cheese
 - Chicken Apple Sausage
 - McCann's Irish Whole Grain Oatmeal
 - Individual Lowfat or Nonfat Yogurt
 - Fresh Fruit Salad
- Smoked Salmon Platter: Thinly sliced smoked salmon, tomatoes, red onions, lemons, & capers
- Burrito with scrambled egg whites, turkey sausage, bell peppers, & sweet red onions in a whole wheat tortilla
- Frittata made with scrambled egg whites, sundried tomato, & spinach
- Gourmet Yogurt Bar: Nonfat Greek yogurt with assorted berries, toasted almonds, toasted coconut, muesli, & honey

Sandwiches & Wraps

- Chicken Pesto Sandwich: Chicken breast, red onion, & pesto on whole grain bread
- Portobello Sandwich: Sliced grilled portobello mushrooms, roasted bell peppers, red onions, & feta spread on multigrain bread
- Vegetarian Wrap: Black beans, grilled vegetables, roasted corn, jack cheese, & cilantro dressing in a whole wheat wrap (vegan without cheese)

Gourmet Side Salads

- Roasted Brussels Sprouts & Beets with Bermuda Red Onion & Shallot-Red Wine Vinaigrette
- Pearl Cous Cous with Roasted Mixed Vegetables, Dried Apricots, & Lemon-Mint Vinaigrette
- California-Style White Quinoa with Avocado, Tomato, Cucumber, & Champagne Vinaigrette

Entrée Salads

- Baby Kale Salad (vegetarian): Tender leaves of locally-grown baby kale with julienne of fresh pear, grape tomatoes, Cotija cheese, & citrus dressing
- Sonoma Salad: Grilled chicken, field greens, candied walnuts, grapes, apples, blue cheese, & walnut oil dressing
- Salmon Niçoise: Grilled filet of Pacific salmon, field greens, fresh green beans, tomatoes, red potatoes, Niçoise olives, hard-cooked eggs, & shallot vinaigrette

Appetizers

- Kale Guacamole with Whole Wheat Lavosh
- "Eat Your Greens" Platter: Crisp-cooked snap peas, asparagus, & broccoli with roasted tomato relish
- Middle Eastern Medley: Pita wedges, hummus, & baba ghanoush (roasted eggplant dip)
- Grilled Vegetable Display with Balsamic Reduction

Served Meals (starter, entree, two sides, & dessert)

- Chipotle Chicken: Roasted chicken breast with smoked chipotle sauce
 - Field Greens, Beets, Oranges, & Bermuda Onions with Citrus Dressing
 - White Quinoa Pilaf-style
 - Spinach Sautéed with Extra Virgin Olive Oil
 - Seasonal Fresh Fruit
- Roasted Stuffed Peppers (vegan): Bell peppers filled with a savory blend of grilled vegetables & couscous
 - Baby Curly Endive with Bosc Pear, Heirloom Cherry Tomatoes, & Apple Cider Vinaigrette
 - Fingerling Potatoes
 - French Green Beans
 - Angel Food Cake with Fresh Berries

Please Note: These menu ideas are intended for people in good health who want to be mindful about what they eat. If you would like to provide options for guests with specific medical conditions or restricted diets, please consult with medical professionals and let your Catering Sales Manager know. We are happy to work with you to develop customized menus to meet guest needs.