

## McAlister's Deli

812-657-8501 [McAlistersDeli.com/catering](http://McAlistersDeli.com/catering)

**Breakfast:** Yogurt Bar, Fresh Fruit Tray

**Salads:** Savannah Chopped, Southwest Chicken & Avocado, Grilled Chicken, Garden, Chef

**Sides:** Tomato & Cucumber salad, Superfood Slaw, Steamed Broccoli, Veggie Chili, Fruit or Vegetable Tray

**Main:** Nacho Bar with Veggie Chili, Spud Bar

## Bucceto's

812-348-7600 [Buccetos.com/menus/catering](http://Buccetos.com/menus/catering)

Mega House Salad, Spaghetti with Tomato sauce,  
Diavolo, Diavolo with Chicken

-Consider Vegetable Pizza and light cheese options

## Tropical Smoothie

812-375-1100 [order.tropicalsmoothiecafe.com](http://order.tropicalsmoothiecafe.com)

**Any Bowl** –Consider omitting cheese

**Sides:** Kale Apple Slaw, Whole Fruit

**Smoothies:** Choose 12oz versions with less than 250 kcal

\*Detox Island Green is only 24oz choice <250kcal

## Healthy Meals At Work



A Guide to Catering  
Healthy Lunches

## Healthy Options Include

- **1/2 plate serving of vegetables**
- **Whole grain bread or pasta**
- **Limited Added Sugar:**
  - Fruit as dessert
  - Sauces on the side
  - Unsweetened tea and/or water for drinks
  - Plain bagels, not doughnuts
  - English muffins, not sweet muffins
- **Vegetarian/Vegan Options:**
  - Cheese, Mayo, Dressings on the side
  - Tofu and/or Bean options
- **Limited High Calorie Choices:**
  - Baked, not fried, options
  - Tomato sauce, not alfredo sauce
  - Broth based soups, not cream soups

### Entrees less than

- 750 calories
- 25 grams total fat
- 8 grams saturated fat
- 1350 milligrams sodium

## Panera

812-375-9421 [catering.panerabread.com/](http://catering.panerabread.com/)

**1/2 Sandwich and Salad Platter** request cheese on-the-side

**Breakfast:** Steel Cut Oatmeal, Large Fruit Bowl, Avocado Egg Whites & Spinach on Sprouted Grain Bagel Flat, Mediterranean Egg White Wrap

## Noodles & Company

812-307-4664 [noodles.com/catering](http://noodles.com/catering)

The Med Salad or Chicken Veracruz Salad

Spicy Chipotle Adobo, \*Penne Rosa, \*Spicy Korean Noodles

-Offer Tofu on side as option and consider adding a Salad or requesting Double Veggies (\*high in sodium)

## Papa's Deli

812-378-5799 [papasfamily.net/catering](http://papasfamily.net/catering)

Chef salad or Spinach salad –request eggs, cheese, bacon on side  
Marinated Chicken Breasts with side of green beans, broccoli, corn, spinach salad, or fresh fruit salad

**Sides:** Vegetable Soup, Vegetable Tray

## Fresh Take Kitchen

812-376-0785 [freshtakekitchen.com/catering](http://freshtakekitchen.com/catering)

### Any Salad or grain bowl

Consider Tofu and Vegan options

Consider Cauliflower Rice options

## Johnny Carino's

812-376-0785 [carinos.com/columbus-in/catering](http://carinos.com/columbus-in/catering)

### Party Pans (Parmesan and Chicken on side)

Angel Hair with Artichokes or

Lemon Rosemary Chicken with Vegetable Medley

**Other:** House salad (Parmesan on side)

## Chick-fil-A

812-375-1540 [chick-fil-a.com/catering](http://chick-fil-a.com/catering)

**Entrée:** Grilled Cool Wrap Tray, Grilled Chicken Sub Tray,  
Market Salad (Grilled Chicken on side)

**Side:** Superfood Side, Garden Salad (Cheese on side), Fruit Tray

**Breakfast:** Sunflower Multi-grain Bagels with Fruit Tray

### Decide whether or not food is necessary at your meeting

- Offering food does NOT have to be the norm
- Avoid offering food between meal times
- Offer healthful beverages instead of food when possible
- Use incentives other than food to motivate attendance at meetings (such as raffle prizes, product donations, etc.)
- Involve others in decision-making regarding healthy food for events/meetings

### Other considerations:

- Provide a tobacco-free environment
- Provide water in pitchers or bottles at breaks and meals

### Sides less than

- 250 calories
- 8 grams total fat
- 3 grams saturated fat
- 650 milligrams sodium

## Chipotle

812-376-0785 [chipotle.olo.com/catering](http://chipotle.olo.com/catering)

**Build-Your-Own Bar** is the best option, avoid Burritos.

Brown Rice, Black Beans, Pinto Beans

Lettuce, Fajita Veggies, Guacamole, Salsas

Chicken, Steak, Barbacoa, Sofritas (Vegan option)

## Fazoli's

812-372-3353 [fazolis.com/catering](http://fazolis.com/catering)

Seasonal or Side Salad with cheese and dressing on-the-side

Fresh-tossed Pasta with Marinara and Roasted Chicken

1/2 Portion: Baked Lasagna or Baked Chicken Parmigiano

## Jimmy John's

812-378-5466 [jimmyjohns.com/OrderNow/Catering](http://jimmyjohns.com/OrderNow/Catering)

Offer "Unwhich" options and "#6 The Veggie" Option

Ask for all mayo, cheese and condiments on-the-side

Ask for "double veggies" and/or add a salad from elsewhere

## Applebee's

812-372-4381 [applebees.com/en/menu/catering](http://applebees.com/en/menu/catering)

**Side:** House salad (no cheese), steamed broccoli, green beans

**Entree:** \*Chicken or Shrimp Wonton Stir-fry (\*high salt),  
request chicken/shrimp on side separate from vegetables

\*Grilled Chicken Caesar Salad (\*high salt) with dressing and cheese  
on side

## Bob Evans

866-616-6464 [bobevans.com/Menu/Catering](http://bobevans.com/Menu/Catering)

Breakfast: No catering options meet requirements

Boxed Lunch Premium Salads with cheese on the side

(Garden Salad, Cranberry Pecan Chicken or Wildfire Chicken Salad)

Grilled Chicken Dinner with

green beans, corn, baked potato, or carrots

## Pizza

812-376-0200 [zwanzigz.com/pizzeria](http://zwanzigz.com/pizzeria)

Add vegetable toppings: onions, peppers, tomatoes, etc.

Avoid meat toppings: pepperoni, sausage, ham

Consider light cheese, thin crust, cheese-less options

Add large Veggie Salad