**McAlister’s Deli**

812-657-8501 *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

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**Bucceto’s**

812-348-7600 *Buccetos.com/menus/catering*

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

-Consider Vegetable Pizza and light cheese options

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**Tropical Smoothie**

812-375-1100 *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*

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**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

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Panera
812-375-9421 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

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Noodles & Company
812-307-4664 noodles.com/catering

The Med Salad or Chicken Veracruz Salad


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

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Papa’s Deli
812-378-5799 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

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

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

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

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

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

Applebees’s

812-372-4381 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

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

Jimmy John’s

812-378-5466 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

Pizza

812-376-0200 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