



# Viva Vitality!

*Food can be healthy and taste good too!*

It's time...time to lighten up, time to trim, time to live! Enjoy these healthy menus without compromising great flavor and variety. Show your guests that you care with three new menus featuring low-calorie, moderate portions and fresh wholesome ingredients.

It doesn't get much better than that!

Please order for a minimum of 15 guests.

## Welcoming Wake Up

Pumpkin Apple Spice Mini Muffins

Fresh Fruit Display

Bottled Water

And your choice of

Warm Oatmeal with toppings to include raisins, walnuts, low-fat milk and brown sugar

Or

Crustless Feta Florentine Vegetable Quiche

(made with low cholesterol egg substitute)

\$8.50 per person

## Light and Lively Lunch

Assorted Multigrain Sandwich Thins

Turkey with pesto, lettuce & tomato

Ham with stone ground mustard, lettuce & tomato

Chicken with guacamole, roasted red pepper,  
lettuce & feta cheese

Fresh Vegetables with black bean dip

Fresh Fruit Display with low-fat yogurt dip

Homemade Health-Nut Cookies

\$9.95 per person

## Oh So Slender Supper

Whole Wheat Pasta with chicken,  
lightly tossed with olive oil, garlic,

diced tomatoes,  
fresh basil and parmesan cheese

Fresh Garden Salad

with parmesan-herb vinaigrette

Multi-Grain Bread with buttery spread

Angel Food Cake with fresh fruit

\$12.50 per person

**Call (585) 467-4400 Today**

**[www.tastefulconnections.com](http://www.tastefulconnections.com)**

Please place your order at least one day in advance. Delivery and tax are additional.

For your convenience we accept all major credit cards when you place your order.