

RWJ Fitness and Wellness Center Catering Menu

Breakfast Assortment

All breakfast packages come with coffee, tea, and water

Continental Breakfast –\$9.75

Mini Muffins
Mini Bagels
Assorted Danish
Cream Cheese, Jelly, Butter
Orange Juice
Fresh Fruit Salad
Creamers, Milk, Sugars, Sweet N Low

Bagels Breakfast –\$6.75

Bagels and Cream Cheese
Orange Juice
Butter, Jelly

Standard Hot Breakfast –\$10.75

Scrambled Eggs
Crispy Bacon
Sausage Links
Home Fries

Healthy Breakfast –\$16.25

Scrambled Eggs
Turkey Bacon or Turkey Sausage
Fresh Sliced Melons (in season)
Fresh Bowl of Berries
Yogurt Muffins
Whole Fresh Fruits
Assorted Yogurt
Granola Bars
Whole and Skim Milk
Orange and Cranberry Juice
Herbal Teas

A La Carte'

Omelette Station – \$4.95
Pancakes – \$3.95
Waffles – \$3.95
French Toast – \$3.95
Fresh Fruit Bowls – \$3.80
Bottled Water – \$2.00
Coffee, Tea, Water service – \$2.00

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Lunch Assortment

Lunch packages served with coffee, tea, decaf, soda water macaroni salad, and a green house salad.

Wraps Package – \$12.50

Turkey Wrap

With swiss cheese, lettuce, and cranberry mayo

Ham, Salami, Turkey Wrap

With roasted pepper and balsamic vinaigrette

Grilled Chicken Wrap

With roasted pepper, fresh mozzarella, lettuce, balsamic vinaigrette

Grilled Vegetable Wrap

With zucchini, squash, tomato on a spinach wrap

Chicken Salad Wrap

With lettuce and tomato

Tuna Salad Wrap

With lettuce and tomato

Roast Beef Wrap

With lettuce, tomato, red onion

Boxed Lunch Package – \$10.50

Sandwich

Chips

Soda

Apple

Hot Lunch/Dinner Package

All hot lunches served with a fresh garden salad, rolls, butter, coffee, tea, water, regular and diet soda

Choose 2 of these options – \$19.90

(add \$2.00 for the seafood and filet options)

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| 1. Baked Tilapia | 13. Chicken Marsala |
| 2. Baked Salmon | 14. Shrimp Scampi |
| 3. Penne Pasta w/ pink vodka sauce | 15. Chicken Picata |
| 4. Pasta Primavera garlic oil | 16. Meatloaf |
| 5. Chicken Caccitore | 17. Chicken Stir Fry |
| 6. Crab Cakes | 18. Sliced Sirloin |
| 7. Filet Mignon | 19. Sausage and Peppers |
| 8. Chicken Cordon Bleu | 20. Pulled Pork |
| 9. Roast Pork with gravy | 21. Eggplant Rollatini |
| 10. Baked Chicken | 22. Meat Lasagna |
| 11. Chicken Francaise | 23. Vegetable Lasagna |
| 12. Mac n Cheese | 24. Baked Ziti |

All entrees will be served with grilled vegetables and/or roasted red potatoes

Desert Selections – \$2.00

1. Cookies and Brownies
2. Italian Cookies
3. Canoli
4. Mini Eclairs
5. Cream Puffs

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A La Carte'

Hummus and Pita Chips - \$1.85

Mediterranean Couscous Salad – \$2.95
Feta, cucumber, roasted red peppers, olives

Soup – \$3.95
Chicken and Rice or Pasta Faglio

Antipasta – \$4.95
Salami, surpasatta, prosciutto, asiago cheese, fresh mozzarella, sliced tomato, red onion, calamatta olives, artichoke hearts, roasted pepper, served with a homemade shallot vinaigrette

Fresh Mozzarella – \$5.50
Sliced fresh mozzarella, sliced tomato, sliced red onion, roasted pepper, fresh basil

Fresh Vegetable Crudite – \$3.85
Broccoli, cauliflower, yellow squash, green zucchini, cherry tomato, celery sticks, carrot sticks, red peppers, scallions, served with a honey cup mustard dip

Fresh Fruit Display – \$3.85
Fresh pineapple, red seedless grapes, sliced cantaloupe, strawberries, blueberries, and any in season fruits

Assorted meat Breads – \$4.25
Fresh stuffed breads:
Sausage peppers & onions
Italian hot dog
Mediterranean
Italian
Buffalo Chicken
(all breads will be made with cheese)

Assorted Cheese Display – \$4.95
Assorted Cheddar and various cheeses displayed with assorted crackers