



Low Fat Menu Selections

Hope College Catering brings you... A Healthy Choice!

Breakfast Selections

Yogurt and Granola Parfait **Delivery \$3.75 Pick up \$2.35**
Crunch Granola layered with Low Fat Fruit Yogurt and Topped with
Fresh Berries (12 oz. disposable to-go container or 10 oz. goblet)

Oatmeal **\$2.25**
*Warm Oatmeal Served with Skim Milk and Raisins. Banana or Berries
Available Upon Request*

Egg Beaters Scramble **\$6.95**
*Egg Beaters Combined with Your Choice of Vegetables. Served with
Fresh Fruit, Mini Muffin and 100% Juice*

Lunch Selections

Citrus Salad **Delivery \$7.95 Pick up \$5.95**
*Mixed Greens with Craisins, Mandarin Oranges, Red Onion and Citrus
Vinaigrette. Grilled Julienne Chicken Breast or Roasted Tofu Upon
Request.*

Chef Salad **Delivery \$7.95 Pick up \$5.95**
*Seasonal Green Leaf Blend with Shredded Carrots, Broccoli, Red onion,
Cucumber, Cherry Tomatoes, Chickpeas, Hardboiled Egg and Your
Choice of Fat Free Ranch, Oil and Vinegar, French or Raspberry
Vinaigrette. Grilled Julienne Chicken Breast or Roasted Tofu Upon
Request.*

Half Wrap Sandwich **Delivery \$7.50 Pick up \$5.50**
*Your Choice of Deli Turkey, Ham or Hummus with Lettuce, Tomato and
Light Dressing. Served with Pretzels and Fruit Cup.*

Healthy Choice Soup Du Jour **Delivery \$2.00 Pick up \$1.00 Cup**
 Delivery \$3.00 Pick up \$2.00 Bowl
Served with Crackers or Homemade Pita Chips