

Healthy Lunches by *KRC*

Introducing KRC Banquets and Catering's healthy selection lunch menu geared towards business and group lunches. All lunches come with one entree, two sides, one dessert, and choice of drinks for \$8 - \$10 a person; delivered for groups of 15 - 30.

All lunches are made with natural ingredients with no preservatives and are designed for a healthy way to stay on track at a reasonable price.

All meals also come with environmentally friendly disposable table service.

Please give at least 24 hours of notice for all orders. All orders are subject to an 18% gratuity.

**To place your order, please contact:
(812) 333-3431**

Other options available upon request.



Banquets & Catering

216 South College Avenue
Bloomington, IN 47404
Phone: (812) 333-3431
Fax: (812) 333-3434
www.KRCcatering.com



Banquets & Catering

Healthy Options Lunch Menu



*The perfect choice for your next
business or group lunch!*

All options are affordable,
made with all natural ingredients,
and contain no preservatives!

Entrees

Beef, Chicken, and Veggie Kabobs
Baked Chicken with Artichokes and Asparagus in a Lemon Dill Sauce
Chicken, Broccoli & Noodle Casserole
Bruschetta Chicken
Baked Chicken Medallions in Dijon Sauce with Pecans
Baked Cod Filet with Fresh Herbs
Baked Tilapia with Green Chilies and Tomatoes
Grilled Pork Roast with Apple and Raisin Demi-Glaze
Beef Stew
Grilled Marinated Flank Steak
Turkey Meat Loaf
Smoked Sliced Turkey
Wheat Penne Pasta in Pesto Sauce with Sundried Tomatoes
Polenta with Tomatoes and Mushroom Ragout
Fresh Vegetable Couscous

Sides

Red Skin Mashed Potatoes
Wild Rice
Brown Rice
White Rice
Basmati Rice with Raisins and Pine Nuts
Roasted Root Vegetables
Cheddar and Chive Potato Souffle
Tossed Salad with Assorted Dressings
Caesar Salad
Spinach and Beet Salad
House Salad with Candied Pecans, Dried Cranberries, and Blue Cheese with Balsamic Vinaigrette Dressing
Orzo Salad with Broccoli & Lemon Shallot Vinaigrette
Veggie Medley
Apricot Carrots
Steamed Broccoli
Haricot Vert
Mashed Cauliflower
Home-Style Green Beans

Desserts

Oatmeal Raisin Cookies
Fruit Cups
Parfaits (yogurt, mousse, & fruit)
Poached Apples
Poached Pears
Vanilla Custard & Fruit
Sorbet
Pumpkin Bars

Drinks

Sweetened and Unsweetened Tea
Lemonade
Assorted Soft Drinks
Coffee
Water