Welcome to Northern Class Catering’s Meeting Well program! We are pleased to offer this fresh approach to healthy eating at Northern Kentucky University.

Meeting Well puts a healthy yet affordable spin on catered food on campus, making it easy for you to select healthy and delicious food for all of your catered events. We recognize that in order to continue to be a leading educational institution and an example to our community, we must make it easy for our faculty, staff, students, and guests to engage in healthy behaviors that ultimately lead to healthy lives.

As you consider the meetings and events you will be catering this year, we encourage you to become familiar with the Meeting Well options and to offer them as part of all functions where food is served. A great feature of Meeting Well is that you can choose to offer a full Meeting Well menu or select a few Meeting Well options to complement your overall menu. These new, healthier alternatives are available at comparable prices to other menu items.

Please join us in building and supporting a culture of health and well being that celebrates NKU as a leader in education and health by choosing Meeting Well options at your next event.

Sincerely,

Northern Class Catering                                  NKU Wellness Center
Meeting Well

Meeting Well is your guide to healthy catered food. Part of Northern Class Catering at NKU!

From light refreshments to buffet dinners, Meeting Well selections allow your guests to experience nourishing and healthy choices that leave them feeling energized and satisfied. We make selecting healthy menus easy.

Phone: 859.572.7782  Email: chartwells@nku.edu  Website: nku.catertrax.com

Start Meeting Well Today!
Choose some, choose all...

You can select some Meeting Well items for your next event or choose to serve your guests an entire Meeting Well menu. An event catered with all Meeting Well choices demonstrates that you care about the health and well-being of your guests. Nourishing and healthy choices will leave them feeling energized and satisfied. Or, you can choose to select some Meeting Well items to complement your menu and to provide your guests with healthy and delicious options for their meal or snack break.

Not sure what to choose?
Check out the enclosed sample menus and tip sheet for some new and fresh ideas.

An entire Meeting Well menu earns the Meeting Well designation and will be identified through signage at your event, if you choose. Below is an example of how your menu would be featured.

Lunch Menu
Tuna Salad on Whole Wheat
Hummus, Spinach, Feta & Tomato Sandwich
Green and Herb Salad
Couscous Salad
Soup Du Jour
Fresh Seasonal Fruit
Unsweetened Iced Tea
Fruit Infused Water
The Tips

When creating your menu, follow these tips...

**Breakfast:**
- Opt for whole grain English muffins, breads, or pancakes.
- Offer fresh vegetables to top eggs.
- Order whole grain pancakes for your guests to try.
- Choose low fat dairy products such as milk, yogurt, and cream cheese.
- Have fresh fruit available.
- When choosing breakfast meats, choose Canadian bacon or turkey sausage or bacon.

**Lunch and Dinner:**
- Choose whole grain breads, pastas, or rice.
- Opt for vinaigrettes or low fat salad dressings and condiments and serve them on the side.
- Serve chicken, fish, or turkey as a main entrée or sandwich selection.
- Opt for broth based soups instead of cream based soups.
- For a lighter lunch, serve soup with half sandwiches.
- Ask for bite sized desserts or serve fresh fruit with whipped topping for a portion of the dessert offerings.

**Snack Breaks:**
- Try whole grain pitas and crackers and/or cut vegetables with fresh hummus.
- Offer fresh, seasonal fruit with yogurt dipping sauce.
- Try trail mix, popcorn, or tortilla chips with salsa for fun afternoon snacks.
- Ask for Kashi or other snack bars and serve with fresh fruit and iced tea.
- Offer bite size cookies and desserts with hot tea, coffee, and cut fruit.

**Beverages:**
- Try our refreshing fruit infused waters.
- Offer homemade iced tea or aqua fresca with fruit garnish.
- Request fresh lemon and lime to accompany pitchers of water.
Here are samples of Meeting Well menus...

**Continental Breakfast**
- Low Fat Granola
- Assorted Cold Cereals
- Low Fat Milk
- Low-fat Vanilla Yogurt with Toppings
- Whole Wheat Bagels
- Mini Muffins & Mini Scones
- Assorted Spreads
- Assorted Fruit Juice
- Coffee and Tea Service

**Sandwich Lunch**
- Chicken Tzatziki in Whole Wheat Pita
- Tuna Salad on Whole Wheat
- Hummus, Spinach, Feta & Tomato Sandwich
- Green and Herb Salad
- Soup Du Jour
- Mini Cookies & Mini Brownies
- Fresh Seasonal Fruit
- A Selection of Diet and Regular Sodas
- Unsweetened Iced Tea
- Bottled Water

**Hot Breakfast**
- Oatmeal
- Indian Harvest Sunrise Blend with Vanilla & Almond
  - Served with Dried Fruit and Nuts
- Low Fat Milk
- Frittata with Ham and Vegetable
- Sweet Potato Hash with Peppers
- Seasonal Fresh Fruit
- Fruit, Yogurt & Granola Parfait
- Assorted Fruit Juice
- Coffee and Tea Service

**Hot Entrée Lunch or Dinner**
- Moroccan Spiced Chicken with Sweet Potato & Vegetable Tagine
- Better Mac & Cheese
- Greens and Herb Salad
- Cous-Cous with Red Onion & Chives
- Whole Wheat Bread Rolls
- Mini Dessert Parfaits
- A Selection of Diet and Regular Sodas
- Unsweetened Iced Tea
- Bottled Water

**Break Time**
- Baked Tortilla Chips with Bean Dip & Salsa
- Trail mix
- Trio of Popcorn
- Crudité with Dip
- Coffee and Tea Service
- A Selection of Diet and Regular Sodas
- Fruit Infused Water

**Cold Entrée Lunch or Dinner**
- Entrée Salad with Tossed Greens & Grilled Chicken Breast,
  - Sesame Tofu or Seared Wild Salmon
- Broccoli, Lemon & Garlic with Whole Wheat Pasta
- Fresh Fruit Skewers with Yogurt Dipping Sauce
- Mini Cookies & Brownie Bites
- A Selection of Diet and Regular Sodas
- Unsweetened Iced Tea
- Bottled Water

*Call us to create your own unique menu: 859.572.7782*
Looking for hors d’oeuvres or light refreshments for an upcoming event?

Below is a sampling of what Meeting Well can offer. Mix and match or request your personal favorites for a healthy and crowd-pleasing event.

**Traditional Hors d’Oeuvres**
- Fresh Fruit Skewers with Yogurt Dipping Sauce
- Vegetable Crudite with Fat Free Ranch
- Trail Mix with Dried Fruit and Nuts
- Grilled Chicken Kebobs
- Grilled Vegetable Kebobs
- Mini Cucumber Sandwiches
- Shrimp Cocktail

**The Sweeter Side**
- Fresh Fruit with Whipped Cream
- Assorted Bite Size Desserts
- Mini Dessert Parfaits
- Mini Fruit Tarts
- Chocolate Covered Strawberries

**Asian Flair**
- Baked Vegetable Spring Rolls
- Steamed Edamame
- Steamed Edamame Bean Dumplings

**Mediterranean Experience**
- Bruschetta with Basil & Tomato
- Roasted Red Pepper Hummus with Baked Pita Triangles
- Rosemary Roasted Almonds
- Assorted Olives with Baked Pita Toasts

**South of the Border**
- Baked Tortilla Chips, Salsa, & Guacamole
- Spicy Cashews
- Julienned Vegetable Tortilla

**Beverages**
- Fruit Infused Water
- Iced Tea
- Hot Tea and Coffee
- Bottled Water
- 100% Fruit Juice