

The background of the entire page is a vibrant collage of fresh vegetables. It includes several whole carrots with green tops, sliced beets showing their concentric rings, and bunches of asparagus with pinkish tips. There are also some green leaves and olive branches scattered throughout. A central white rectangular box contains the text.

Presented By Laker Food Co Catering

FLAVOR IN BLOOM

Flavor-Forward,
Plant-Powered

January 1st - April 30th

SUSTAINABLE STARTS

Includes beverage.
Available for 12 or more guests

SALMON SNACK BOX \$13.79 per person
Baked salmon, hard boiled egg, cream cheese and Everything flavored baguette chips PF 300 Cal/Each

BREAKFAST SNACK BOX \$9.49 per person
Strawberry yogurt, red grapes, apples, toasted cereal crunch v, PF, EW 370 Cal/Each

MEZZE SNACK BOX \$7.89 per person
Hummus, tomato-cucumber salad, zucchini slaw, roasted eggplant, quinoa tabbouleh, and feta, served with pita wedges v, EW, WG, EW 470 Cal/Each

FRUIT AND CHEESE SNACK BOX \$7.09 per person
Hard-cooked egg, red seedless grapes, sharp Cheddar cubes, wheat crackers and creamy peanut butter v 430 Cal/Each

HEARTY HUMMUS

Choice of Side Salad and Hummus Platter.
Includes choice of beverages and Craveworthy® Cookies.
Available for 12 or more guests. \$20.09 per person.

SIDE SALAD (CHOOSE 1)

Garden Salad VGN, EW, EW 25 Cal/5 oz. serving
Spring Market Salad WG, EW 490 Cal/9 oz. serving
Spring Green Goddess Salad EW 380 Cal/12 oz. serving
Lemon-Herb Beet Salad VGN, EW, EW 110 Cal/3 oz. serving
Sweet Potato Tahini Salad VGN, EW, EW 130 Cal/4 oz. serving
Apricot Brussels Sprout Slaw v, EW, EW 150 Cal/4 oz. serving

HUMMUS PLATTER (CHOOSE 1)

Harissa BBQ Chicken Hummus EW, EW 300 Cal/11 oz. serving
Chicken and Quinoa Topped Hummus EW, WG, EW 260 Cal/10 oz. serving
Moroccan Chicken Topped Hummus WG, EW 550 Cal/10 oz. serving
Mediterranean Topped Hummus v, WG, EW 290 Cal/10 oz. serving
Roasted Veggie Topped Hummus v, WG, EW, EW 240 Cal/8 oz. serving



NATURE'S TABLE

Choice of one (1) salad, one (1) vegetable side, and one (1) entrée.
Includes choice of beverages and Craveworthy® Cookies.
Available for 12 or more guests. \$20.09 per person.



SALAD (CHOOSE 1)

Garden Salad VGN, EW, EW 25 Cal/5 oz. serving
Spring Market Salad WG, EW 490 Cal/9 oz. serving
Spring Green Goddess Salad EW 380 Cal/12 oz. serving
Lemon-Herb Beet Salad VGN, EW, EW 110 Cal/3 oz. serving
Sweet Potato Tahini Salad VGN, EW, EW 130 Cal/4 oz. serving
Apricot Brussels Sprout Slaw v, EW, EW 150 Cal/4 oz. serving

VEGETABLE SIDE (CHOOSE 1)

Chimichurri Roasted Carrots VGN, EW, EW 170 Cal/7 oz. serving
Roasted Parsnips, Asparagus and Artichoke v, EW, EW 110 Cal/4 oz. serving
Portobello and Brussels Sprouts Sauté VGN, EW, EW 260 Cal/6 oz. serving
Chermoula Roasted Vegetables VGN, EW, EW 500 Cal/13 oz. serving

ENTRÉE (CHOOSE 1)

Apricot Habanero Glazed Chicken
Apricot habanero glazed chicken with smoked paprika potatoes and a lemon arugula salad EW, EW 370 Cal/8 oz. serving
Pretzel Crusted Chicken
Pretzel crusted chicken breast with cauliflower rice and grilled asparagus, drizzled with honey cream EW, EW 530 Cal/13 oz. serving
Penne and Sausage
Whole grain pasta, Italian sausage, sautéed bell peppers, onions and garlic in tomato sauce EW 370 Cal/7 oz. serving
Cauliflower Parmesan
Cauliflower quinoa cake topped with pomodoro sauce EW 390 Cal/12 oz. serving
Curried Lentil Stew
Seasoned lentils cooked with cauliflower, kale, and carrots served with grilled pita, basmati rice and raita v, EW, EW 400 Cal/15 oz. serving

EW: Eat Well, PF: Plant Friendly, WG: Whole Grain,
V: Vegetarian, VGN: Vegan, EW Low Carbon



Low Carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at eatcoolfood.org





LIMITED TIME OFFER

Menu Available
January 1st - April 30th 2025



TO ORDER OR FOR MORE INFORMATION:

CATERING@GVSU.EDU
WWW.GVSU.CATERTRAX.COM
616.331.3342

PLACE YOUR ORDER TODAY!

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request. The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles (i.e., trays/bowls used) vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.

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