

# *Lite & Fit Corporate Event Menu*

## ***Salads***

*Grilled Zucchini, Yellow Squash and Portobello Mushroom Couscous Salad  
with Sundried Tomato Pesto*

*Baby Mixed Greens Salad with Aged Balsamic and Shallot Vinaigrette  
Grape Tomato, English Cucumber and Red Onion Salad with Citrus-Basil Vinaigrette*

## ***Entrées***

*Poached Atlantic Salmon with Fresh Dill, Quinoa Herb Medley, Lemon White Wine Spice  
Spice Rubbed Grilled Chicken Breast with Caramelized Pineapple Salsa and Basmati Rice  
Penne Pasta with Roasted Red Pearl Onion, Asparagus and Tomatoes with Basil-Balsamic Jus*

## ***Desserts***

*Lemon Chiffon Cake with Seasonal Berries & Whipped Cream  
Sliced Fresh Fruit*

*Coffee, Tea and Decaffeinated Coffee*

