

Riviera Maya

812-372-6576

Chalupas, guacamole salad, grilled chicken tossed salad, grilled shrimp tossed salad

Subway

Beam Rd. 812-378-2929 State St. 812-314-2259 Washington St. 812-669-7929

Fresh Fit Choices/Platter, Heart Healthy Meals, Mini subs, Soups, Salad with 6 grams of fat or less

Sweet Rose Bakehouse

812-376-7673

The Garden Wrap, Bakehouse Spring Salad, Fruit and yogurt cup, Fresh fruit cup

Tropical Smoothie

812-375-1100

Under 500 calories: Chicken Pesto flatbread, Baja chicken, Thai chicken salad, Tacos, Cranberry pecan chicken salad sandwich; Healthy sides: Fruit medley and Kale & Apple Slaw;

CHIP (Complete Health Improvement Program)

To be CHIP compliant, consider tofu options

Catering Guide



Things to think about

Decide whether or not food is necessary at your meeting

- Offering food does NOT have to be the norm
- Avoid offering food between meal times
- Offer healthful beverages instead of food when possible
- Use incentives other than food to motivate attendance at meetings (such as raffle prizes, product donations, etc.)
- Involve others in decision-making regarding healthy food for events/meetings

Other considerations:

- Provide a tobacco free environment
- Provide water in pitchers or bottles at breaks and meals
- Remember food safety standards when serving food
- Wash hands before serving foods
- Keep hot foods hot and cold foods cold
- Foods should be left at room temperature for no longer than two hours
- Give participants an opportunity to inform you of dietary needs or restrictions before the event
- Serve foods that are culturally appropriate for attendees

Lower Calorie Options at:

Applebee's
Artisan Food Works
Bob Evans
Carino's
Chick-fil-A
Chili's
Chipotle Mexican Grill
Fazoli's
Jimmy John's
Kroger
Marsh
Noodles and Company
Panera Bread
Papa's Deli
Papa John's Pizza
Red Lobster
Riviera Maya
Subway
Sweet Rose Bakehouse
Tropical Smoothie

Noodles and Company

812-307-4664

Order whole grain pastas, for 500 calories or less. Try the small sizes of: Bangkok Curry, Pesto Cavatappi, Penne Rosa, Whole grain Tuscan Fresca, Japanese Pan noodles, Pad Thai, Med Salad

Panera Bread

812-375-9421

Salads, half sandwiches, cup or bowl of soup, broth bowls

Papa's Deli

812-378-5755

Fruit and vegetable trays, soups, Lemon almond chicken salad,
Box Lunches: Chicken Salad Chef or Tuna Salad Chef

Papa John's Pizza

812-376-9999

Thin crust, light cheese, for fewer calories choose: Chicken & Veggie pizza, Garden Fresh, Hawaiian Chicken, Grilled Chicken & Canadian bacon, Mediterranean Veggie, Tropical Luau

Red Lobster

812-375-1733

Lighthouse selections are lower in calories

Chipotle Mexican Grill

812-376-0785

Burritos, bowls, tacos, salads with lean meats, brown rice, black beans, pinto beans, fajita veggies with fresh salsas, romaine lettuce and guacamole

Fazoli's

812-372-3353

Cherry apple almond salad, side chopped salad, Whole wheat penne with meat sauce, cheese ravioli with marinara, pasta toppings: roasted chicken, broccoli

Jimmy John's

Jonathan Moore Pike 812-378-5466 National Road 812-378-0000

Slim #1 Ham and Cheese, Slim #2 Roast Beef, Slim #4 Turkey Breast, Slim #6 Double Provolone, 8" sub sandwiches: Big John, Turkey Tom

Kroger

812-376-9451

Platters: Fruit & granola, Mini muffin, Antipasto & olive,; Bruschetta, hummus, & Tapenade,; Specialty cheese & fruit, Mozzarella & tomato, Carrot & celery, Fresh fruit, Fresh vegetable, Party subs and Spring salad

Marsh

812-375-5555

Granola and fruit breakfast tray, Caprese tray, Cubed cheese and fruit tray, Fruit party tray, Vegetable crudites, Vegetable party tray, Shrimp platter.

Applebee's

812-372-4381

Look for "Have it All" menu, all items under 600 calories

Artisan Food Works

812-372-9898

Lemon pepper chicken breasts, various pasta, vegetable and fruit salads

Bob Evans

812-378-0442

Fit from the Farm menu, Egg lite breakfast, vegetable tray, soup, salad and wrap combo

Carino's

812-372-2266

Minestrone soup, look for lunch size portions to save calories

Chick-fil-A

Grilled chicken sandwiches and wraps, fruit tray, garden salad, superfood salad tray, Greek yogurt parfait

Chili's

812-348-7596

Fresh Tex Lighter Choices Menu, Caribbean salad with chicken or shrimp, grilled fish tacos