



[www.healthymealsbyanna.com](http://www.healthymealsbyanna.com)

215-808-8181

## **BUFFET MENU SELECTIONS**

**\* Minimum 50 people**

\$29.95 per person 1 item, 2 sides with salad and rolls & Fresh Fruit Platter

\$39.95 per person with 2 items, 2 sides, with salad and rolls & Fresh Fruit Platter

\$49.95 per person with 3 items, 2 sides, with salad and rolls & Fresh Fruit Platter

### **POULTRY BUFFET MENU SELECTIONS:**

**Pan Roasted Chicken Breast** with a Wild

Mushroom Ragout

**Chicken Breasts with a Dijon**, Caper and White

Wine Sauce

**Hungarian Chicken Paprika**

**Grilled Chicken Breast with Apricot Salsa**

**Chicken Marsala**

**Chicken Capers Sundried Tomatoes**

**Chipotle Grilled Chicken Breast**

**BBQ Chicken**

**Chicken Tikka Masala**

**Rosemary Grilled Chicken**

**Chicken Vindaloo**

**South West Chicken** with Fresh Pico de Gallo

**Teriyaki Grilled Chicken**

**Chicken Parmesan**

**Grilled Chicken Breast with Cilantro Lime Aioli**

**Lemon chicken**

**Thai Chicken** with Basil

**Southern Fried Chicken**

**Chicken Stuffed with Mushrooms** and Pesto

**Chicken and Sausage Jambalya**

**Chicken and Broccoli Stir-Fry**

### **MEAT BUFFET MENU SELECTIONS:**

**Tender Beef Brisket** with a Caramelized Onion

Sauce

**Marinated Beef Teriyaki**

**Beef with Sautéed Mushrooms**

**Sausage and Peppers**

**Roasted Pork Loin** with Roasted Shallot Demi-Glaze

**Pan-Fried Pork Chops**

**Ribs in Asian BBQ Sauce**

**Lamb Stew**

**Roasted Sliced Ham** with Pineapple Glaze

**Roasted Leg of Lamb** with Mint Au Jus

**Kielbasa and Sauerkraut**

**Sliced Roast Beef**

**House Special Meatballs**

**Veal Parmesan**

## SEAFOOD BUFFET MENU SELECTIONS Additional \$3 pp

**Honey Glazed Salmon**

**BBQ Glazed Salmon**

**Almond Coconut Cod** with Pineapple Salsa

**Roasted Tilapia** with Citrus Wine Reduction

**Grilled Swordfish** with Mango Salsa

**Roasted Cod** with Lemon Beurre Blanc

**Fried Catfish Fillets**

**Clams and Mussels** in Red Sauce

Poached salmon in wine and butter

Teriyaki Shrimp

Shrimp and Walnut Stir Fry

Thai Curry Shrimp and Scallops

Thai Curry Mussels

Tequila Lime Shrimp

Mussels with Chopped Tomato and Basil

Sautéed Shrimp with Peppers and Pesto

## KID FRIENDLY BUFFET MENU

**Mac & Cheese** - your choice of whole-wheat or plain pasta - you can even add broccoli trees to enhance the nutrition of the dish

**Spaghetti** - spaghetti with marinara and mini meatballs

**Baked Ziti** - hearty noodles covered with mozzarella cheese and homemade marinara

**Bowtie Pasta** - for the vegetable lover or finicky child, this dish can be made “a la primavera” or just with delicious homemade marinara sauce

**Chicken Fingers** - lightly breaded and baked until golden brown and served with skinless potato wedges – a much more nutritious alternative to chicken nuggets

**Teriyaki** – (Your Choice of Chicken, Beef or Shrimp) with Teriyaki Glaze served with Jasmine Rice and Broccoli and Carrots

**Cheesy Quesadillas** - Flour Tortillas and a blend of South of the Border Cheeses (Your Choice with Plain or with Vegetables, Chicken, Beef or Shrimp)

**Mini Burrito** - Stuffed with Beans, Cheese (Your Choice of Chicken, Beef or Plain)

Franks & Beans - with 100% beef hot dogs and Southern baked beans

**Mini Burgers** - made with lean sirloin meat, these finger-friendly burgers come with oven-baked skinless French fries

**Sloppy Joes** - made with either ground beef sirloin or lean turkey

**Fried Rice** with (Beef, Pork, Chicken or Shrimp) – made with Jasmine scented rice or brown rice, carrots, onions, scallions, and fried eggs.

**Lo Mein with** (Beef, Pork, Chicken or Shrimp) – made with Lo Mein Noodles, Rice Noodles or Whole Wheat Pasta, Carrots, Mung Bean Sprouts and Scallions

**Asian Stir Fry** (Beef, Pork, Chicken or Shrimp) – with Assorted Vegetables

## **PASTA BUFFET MENUS**

**Mushroom Ravioli** with Cream Sauce

**Penne Pasta with Marinara Sauce**

**Penne Alfredo**

**Sweet Gnocchi** with Parmesan Cheese

**Meat Lasagna**

**Spinach and Ricotta Lasagna**

**Vegetable Lasagna**

**Vegetable Lo Mein**

**Baked Mac and Cheese**

**Sautéed Chicken with Orecchiette Pasta**

**Mushroom Ravioli**

**Butternut Squash Ravioli**

**Potato Gnocchi with Broccoli**, Garlic and Tomato

**Cheese Tortellini** with Sun-Dried Tomatoes Cream

**Hungarian Chicken Paprika** with Egg Noodles

**Chicken Alfredo** – Penne pasta with sautéed

Chicken and Alfredo Sauce

## **OTHER SIDES BUFFET MENU**

**Basmati Rice**

**Wild Rice Pilaf**

**Asparagus and Shitake Risotto**

**Confetti of Vegetable and Herb Rice**

**Cilantro Rice with Black Beans Diced Tomato**

**Cous Cous with Peas and Pearl Onions**

**Wild Mushroom Risotto**

**Toasted Herb Couscous**

**Roasted Red Bliss Potatoes**

**Warm German potato salad**

**Orzo with Mushrooms**

**Coconut Risotto**

## **VEGETABLE BUFFET MENU**

**Sautéed Spinach and Garlic**

**Boursin Creamed Spinach**

**Assorted Seasonal Vegetables**

**Whipped Garlic Mashed Potatoes**

**Buttermilk Mashed Potatoes**

**Sweet Potato Soufflé**

**Roasted Sweet Potatoes**

**Roasted Root Vegetable Medley**

**Assorted Grilled Vegetables**

**Sautéed Green Beans**

**Sautéed Broccoli and Carrots**

**Glazed Carrots**

**Sautéed Broccoli Rabe and Garlic**

**Asian Stir Fry Vegetables**

**Steamed Broccoli with Lemon Zest and Butter**

**Steamed Baby Carrots with Stems in Butter and**

**Parsley**

**Cauliflower Au Gratin**

**Roasted Cauliflower**

**Sautéed Broccoli Cauliflower and Carrots**

**Green Bean Casserole**

**Ratatouille**

**Sugar Snap Peas with Ginger and garlic**

**Braised Bok Choy**