



Guide to Healthy Meetings and Events

Lunch

Venues: Costco, Safeway, Whole Foods



Costco Pre-Made Platters

- Turkey and Cheese Roll-up Wraps
- Chinese Chicken Salad Kit

Safeway Made-to-Order Catering Menu

- All Rolled Up - Lavash Sandwich Tray
- Classic Tea Sandwich Tray
- Primo Taglio Party Platter (need to add whole grain breads, wraps, rolls)

Whole Foods Made-to-Order Catering Menu

- Box Lunches (includes salad, fruit, and beverage): Classic, Vegan, or Wrap Box Lunch
- Salads: Classic Greek Salad, Spinach Salad with shitakes, Field Greens with spiced nuts
- Quesadilla platter: grilled shrimp, jack cheese, cilantro and lime
- Assorted breads platter
- Seasonal grilled vegetable platter
- Mediterranean platter

Sandwiches

- Made-to-order sandwiches. Choose healthier sandwiches on whole grain breads/wraps/rolls with lean meats and no cheese or low-fat cheese (when available). Request that made-to-order sandwiches and salads pack their dressings and spreads on the side.
- Make your own sandwich platters
 - Whole grains: Whole wheat bread, wheat pita, whole grain tortilla wrap
 - Lean meats selections: Turkey, Ham, Roast Beef, Turkey Pastrami
 - Low fat cheese slices: Jarlsberg Lite Swiss, Alpine Lite Cheeses
 - Veggie toppings: lettuce, tomatoes, cucumbers, onion

Salads

- Made-to-order or ready-made from the deli section. Request cheese on to be in a side container and look for vinaigrette/oil based dressings or low-fat creamy dressings.
- Make your own salad
 - Pre-washed/Pre-cut vegetables
 - Pre-cooked chicken breast strips or salmon, vacuum packed tuna, baked tofu, or lean deli meat
 - Rinsed beans: garbanzo or kidney beans
 - Vinaigrette dressing or low-fat creamy dressing
 - Croutons (fat free)
 - Crumbled feta, parmesan, or blue cheese

Additional items

- Costco *Dolma served with cucumber yogurt*
- Costco *Okami Edamame (soybeans)*
- Whole Foods *Asian Noodle Platter*
- Whole Foods *Spinach Orzo Salad*

Sushi with low sodium soy packets

- California rolls
- Vegetable rolls
- Salmon or Tuna rolls



Eat Well Berkeley is sponsored by Health*Matters, UC Berkeley's Wellness Program, and the City of Berkeley Health Department.

