

Guide for Ordering Hot Lunch or Dinner

This guide is designed to help you make choices that are healthy and delicious when ordering food for a meeting or other work event.

Decide whom you want to call to order the food. It may be a restaurant, caterer or grocery store deli.



After you decide whom to call, start by telling them you are ordering hot lunches or dinners. Ask if they can provide "healthy" choices.

Tell them you can email our guidelines

or

Tell them you want to order from this list:

Ideally, you may choose a **meat, vegetables (1 or 2), fruit or salad, bread, small dessert (OPTIONAL)** and a **beverage** for this meal.

Ask for all condiments on the side, not on the food.

1. Lean meat - chicken, turkey or fish either grilled, baked or broiled (about 3 oz.)
2. Vegetables - one or two
Homemade soup made with vegetables or steamed vegetables or
Plain baked potato (or with low-fat toppings, i.e. non-fat or low-fat yogurt, reduced fat sour cream or salsa)
3. You could order a salad with low-fat dressing or fat-free dressing on the side. No croutons
4. You could have fresh, cut-up fruit
5. You might want to order bread: request whole grain bread or rolls
6. Dessert is optional -
Frozen yogurt, sherbet, sorbet or angel food cake with fruit topping
If these options are not available, choose small portion size cookies, small slice of cake or brownie (2 in. square) or small pieces of chocolate
7. Beverages - Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions)
Milk should be skim or 1% or 2% reduced fat
Diet drinks, i.e. diet sodas, sugar-free lemonade, sugar-free drink mix

*** Keep a list of places that will provide healthy meals for future reference.

*** Tennessee state employees should review the Department of Finance and Administration policy regarding cost of food. Please refer to Section 37 of the [Comprehensive Travel Regulations](#) for a schedule of allowable food costs.

Use the following guide to order:

Order This:	Not These:
<p>Meats Baked, broiled or grilled lean meats, chicken, fish or turkey (about 3 ounces)</p>	<p>Fried chicken, chicken salad, bologna, pastrami, salami, pepperoni, hot dogs</p>
<p>Vegetables Soups made with vegetables Steamed veggies (avoid creamed sauces) Plain baked potato (or with low-fat toppings, i.e. non-fat or low-fat yogurt, reduced fat sour cream or salsa)</p>	<p>Soups made with cream or half and half Fried veggies, cream sauces, loaded baked potato Salads with regular dressing</p>
<p>Salads Salads with low-fat or fat free dressing on the side Pasta salad with low-fat dressing</p>	<p>Salads with regular dressing and/or fried chicken</p>
<p>Fruit Fresh cut-up fruit</p>	<p>Canned sweetened fruit, juice drinks</p>
<p>Breads Whole grain breads and rolls</p>	<p>Croissants, white breads and rolls</p>
<p>Desserts Lower fat and calorie desserts - frozen yogurt, sherbet, sorbet or angel food cake with fruit topping If these options are not available, choose small portion size cookies, small slice of cake or brownie (2 in. square) or small pieces of chocolate</p>	<p>Ice cream, cheese cake, pies, large slices of cake</p>
<p>Beverages Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions) Milk should be skim or 1% or 2% reduced fat Diet drinks, i.e. diet sodas, sugar-free lemonade, sugar-free drink mix</p>	<p>Soft drinks or sweet tea</p>

Grocery Store Lunch/Dinner Choices

You may decide you want to purchase lunch or dinner items at the grocery store.

The following items are available at most grocery stores:

- Protein choices: baked, broiled or grilled chicken, turkey or fish
- Vegetables: steamed or roasted vegetables
- Fruit: whole fruit, low-fat/low-sugar fruit salads
- Grain choices: pasta or rolls/bread – should be whole grain



Your situation may require a catered meal.

Contact the caterer of your choice, ask if they can provide a healthy menu for a lunch or dinner. They may ask you what you mean by healthy. You may offer to email our guidelines for hot lunch or dinner or email them the following menu options or just order using these options.

Examples of Catered Meals

Option 1:

Meal should include a portion of protein, a vegetable, a fruit and a grain. The use of in season, locally grown produce is always encouraged.

- Protein choices: baked, broiled or grilled chicken, turkey or fish
- Vegetables: steamed or roasted vegetables
- Fruit: whole fruit, low-fat/low-sugar fruit salads
- Grain choices: pasta or rolls/bread – should be whole grain

Option 2:

- Salad buffet - salad bar items/build your own salad (no croutons) fat free, light or vinaigrette dressings
No mayonnaise-based salads
- Grilled chicken strips for salad
- Grains served should only be whole wheat

Option 3/My Plate Lunch/Dinner:

Provide a meal following My Plate recommendations. Avoid oversized portions. Choose the following foods for a meal:

- Protein (meats should be lean or low-fat)
- Vegetable (half of the plate should contain fruits and vegetables)
- Fruit (half of the plate should contain fruits and vegetables)
- Grain (whole grain)
- Low-fat dairy product

Go to www.choosemyplate.gov for a variety of resources, meal ideas, recipes, and more!



Ordering Guide for Catered Hot Lunches

Option 1:

Tilapia with mango salsa
Rice pilaf
Grilled asparagus
Tomato, cucumber and low-fat feta cheese
Whole wheat dinner roll
Lemon sorbet with fresh blueberry garnish
Water, coffee, unsweetened tea

Option 2:

Oven baked chicken
Garlic smashed potatoes
Baby carrots with dill
Whole wheat dinner roll
Berry trifle
Water, coffee, unsweetened tea

Option 3:

Cobb salad with grilled chicken
Balsamic vinaigrette
Whole wheat crackers/bread
Frozen yogurt with fresh fruit topping
Water, coffee, unsweetened tea

Option 4:

Slow roasted boneless pork chop
Rosemary potatoes
Spiced apples
Whole wheat dinner roll
Chocolate chip meringues
Water, coffee, unsweetened tea

Option 5:

Spinach-stuffed chicken breast
Herbed basmati rice
Southern sautéed squash
Tropical mixed fruit – mangoes, papayas and pineapple
Whole wheat dinner roll
Petite artisan cupcake
Water, coffee, unsweetened tea

Ordering Guide for Catered Dinners

Option 1:

Herb encrusted chicken
Broccoli Parmesan
Scalloped potatoes (Use low-fat buttermilk in recipe)
Strawberry salad (chopped lettuce, fresh strawberries, Gorgonzola cheese, light raspberry vinaigrette)
Whole wheat dinner roll
Chocolate mousse (no sugar, no fat) garnished with whipped topping
Water, coffee, unsweetened iced tea

Option 2:

Blackened grilled salmon
Skillet mozzarella zucchini and tomatoes
Local fresh corn
Whole wheat dinner roll
Apple crisp
Water, coffee, unsweetened iced tea

Option 3:

Chicken penne pasta (red sauce)
Basil green beans (haricots vert)
Caesar salad with light Caesar dressing
Whole wheat French bread
Toffee-topped angel food cake
Water, coffee, unsweetened iced tea

Option 4:

Roasted pork tenderloin
Small baked sweet potato
Steamed harvest vegetables
Grilled peaches with honey and yogurt
Whole wheat dinner roll
Water, coffee, unsweetened iced tea

Option 5:

Vegetable barley soup
Turkey tortilla wrap with smoked turkey,
low-fat pepper jack cheese, tomato,
shredded lettuce and avocado slice
Chilled fresh fruit cup
Chocolate yogurt with wafer swirl
Water, coffee, unsweetened iced tea