



HEALTHY
CHOICE
MENU

Commitment to Quality
Service and Value

(713) 974-5442

www.tjscatering.net

Why Choose TJ's for Your Catering?

- EXPERIENCE:** TJ's Catering is family-owned and operated catering establishment with over 60 years experience. TJ'S Catering has been recognized as one of Houston's oldest and top ten Catering companies for the past nineteen years.
- QUALITY:** TJ's Catering is committed to bring superior quality food and service to special event catering.
- VARIETY:** We cater everything from corporate breakfasts to company picnics, box lunches to seven course seated dinners, plus executive luncheons, cold or hot buffets receptions, party platters and special events.
- SERVICE:** For dependability and reliability, our policy of limited bookings inspires you that TJ's will dedicate all of it's resources to the success of your event.
- VALUE:** We provide generous portions at fair prices.
- CONVENIENCE:** TJ's Catering's objective is to make your entertaining easy.



WHY HEALTHY CHOICE ?... Latest Medical Reports are out on how the increase in **Obesity** has reached epidemic proportions in our society today. We at TJ's felt it was time to develop menu options that do not compromise taste for good healthy eating. Since we use fresh quality products brought to us on a daily basis for our day to day catering . The transition to the Healthy Choice menu was not a difficult one to make. The carbohydrates (sweet potatoes, long grain white rice, quinoa) we use are 50 or below the glycemic index. When we combine our proteins (chicken, beef, fish) selections with the right carbohydrates and fresh vegetables you will be left with a meal that will boost your metabolism, not put you to sleep. In addition TJ's is committed to **Low Sodium, Natural Sugars and No Saturated or Trans fats** cooking principles so that you will get the results that you deserve!

HOW TO PLACE YOUR ORDER

Call **713-974-5442** to schedule your booking and delivery requirements. Our Fax **713-974-6464**.



DEADLINE is **12:30 PM** the day **BEFORE** delivery.

- YOU are responsible for cancellations or changes after 2:00 P.M.
- If a change is required, call as soon as possible.
- Seasonal availability may require substitutions, but you will be notified.

MINIMUM ORDER is for ten or more guests.

- Certain areas of Houston and surrounding suburbs are subject to special minimums and delivery charges.

PROFESSIONAL SERVING PEOPLE are available at an additional charge.

- Specialty disposable plates, etc. also available.
- For formal occasions, rental of china, silver, chafing dishes and linen require additional charges.



PAYMENT may be made by company check or American Express, Visa, Discover, or, Master Card, unless prior arrangements have been made. A deposit may be required to reserve your date.

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BREAKFASTS OPTIONS

PRICED PER PERSON

(minimum ten persons)

YAYA'S OATMEAL

Made with Old fashion Rolled Oats with Organic no Sugar Added Apple Sauce and Cinnamon topped with Fresh Blueberries and Walnuts, Fresh Fruit Display and Orange Juice \$12.95



CONTINENTAL BREAKFAST

Old World Seven Grain Roll with honey and Smart Balance Spread. Raisin Bran Muffin, Cranberry Muffin, Assorted Yogurt and an Assorted Fruit Display. \$13.95

MEDITERRANEAN FRITATA BREAKFAST

Old World Frittata made with Egg Whites, Red and Green Bell Peppers, Green Onions, Tomatoes, Sliced Mushrooms, Fresh Basil and Feta, Salsa and an Assorted Fruit Display. Orange Juice \$15.95



The following items may be used to create your own breakfast:

Fresh Seasonal Fruit cup (8oz.)	\$3.95
Assorted Juices, or Bottled Water	\$1.95

Coffee Service: \$1.75

Includes Urn, sugar, sweet n' low, creamers, cups



LUNCHEON SALADS

PRICED PER PERSON

(minimum ten persons)

BASIL MINT QUINOA SALAD

Quinoa tossed with Sliced Carrots, Celery, Fresh Basil and Mint, and Dried Apricots, Fresh Lime Juice and Extra Virgin Olive Oil
Served over a bed of Crisp Iceberg and Romaine Lettuce
\$6.95

CHICKPEA QUINOA AND TOMATO SALAD

Quinoa tossed with Green Onions, Grape Tomatoes, Minced Garlic, Parsley, Fresh Lemon Juice, Lemon Zest and Extra Virgin Olive Oil
\$6.95

RED AND GREEN CABBAGE SALAD

Red and Green Cabbage Shredded and tossed with carrots, Rice Wine Vinegar a touch of Sea Salt and Extra Virgin Olive Oil
\$3.95

TABOULEH AND CHICKPEA SALAD

Quinoa tossed with Chickpeas, Fresh Parsley and Mint, Green Onions, Tomatoes, Fresh Lemon Juice and Extra Virgin Olive Oil
\$6.95

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HEALTHY MENU OPTIONS

PRICED PER PERSON

(minimum ten persons)

MEDITERRANEAN BLACKENED CHICKEN

Boneless Breast of Chicken Seasoned with Mediterranean spices pan seared and covered with Caramelized Onions, Fire Roasted Tomatoes Served with a Seasoned Rice with Roasted Pine nuts. Tossed Salad \$13.95

BAKED ZITI

Penne Pasta tossed Roasted Green and Red Bell Peppers, Mushrooms, Lean Ground Turkey Covered with our own Marinara Sauce and topped with Parmesan Cheese served with Tossed Salad \$12.95

ACAPULCO CHICKEN

Boneless Breast of Chicken Seasoned and Grilled then covered with our Special Salsa Served with a Rice Pilaf Tossed Salad \$13.95

SALMON WITH SUMMER SALSA

Atlantic Salmon seasoned and baked served with a Salsa made with Pineapple, Red Onion, Jalapeno, Cilantro and Fresh Lime Juice served with Roasted Sweet Potatoes Tossed Salad, \$16.95

SOUTHWESTERN PASTA

Fettuccini Pasta with Chicken Strips, Red Onions, Red Bell Pepper, Black Beans, Corn, Tossed with a light Sauce made with Roasted Garlic, Caramelized Shallots, White Wine, 1% Milk and Light Chicken Stock Tossed Salad, \$13.95

EDDIE'S THREE BEAN CHILI

A Blend of Kidney, Pinto and Black Beans, Lean Ground Turkey, Onions, Bell Peppers, Celery, Jalapeno, Diced Tomatoes, Chili Spices with Cheddar Cheese and Green Onions on the side served with Tossed Salad and Wheat Roll \$12.95

GRILLED BEEF TENDER

WITH A CHIPOLTE MADREA GLAZE

Strips of Tenderloin Grilled to perfection and glazed with a Chipotle Madera Sauce and served with Roasted Red Onions, Bell Peppers, Mush rooms, Served with a Rice pilaf and Tossed Salad \$16.95

DESSERTS

Fresh fruit Kabobs \$1.95
Italian Cream Cake Squares \$2.95

Assorted Dessert Bars \$1.65
Chocolate Raspberry Cake Squares \$2.95

Ice Tea with Cups Ice and Condiments
\$1.25 p.p.

Sodas \$1.95 each

Bottled water \$1.95

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