



# Amanda's Healthy Cooking

## Catering

SML- 10 LRG-20

### TRAYS (SML/LRG)

#### CHICKEN PICCATA

100/190

A classic Italian dish that is made with thin slices of chicken, sautéed in a lemon and caper sauce over brown rice.

#### ORANGE CHICKEN & BROCCOLI

125/200

A healthier version of traditional Chinese orange chicken and broccoli, served with a side of fluffy jasmine rice.

#### Ziti & Meatballs

85/125

Ziti tossed in a San Marzano sauce with Italian style meatballs and topped with parmesan cheese.

#### Cauliflower Florets

95/185

Cauliflower florets tossed in our signature orange sauce over brown rice, marinated cabbage.

#### KOREAN BEEF

95/185

Made with lean ground beef cooked in a special Korean spice rub and then in a BBQ sauce. Scallions, drizzle of light mayo & hot sauce on top.

#### LASAGNA ROLL UPS (LRG ONLY)

80/140

Two italian cheese blended lasagna roll ups topped with san marzano sauce and parmesan.

#### ASSORTED WRAP PLATTER

120/240

Crispy chicken cutlets and vegan wraps.

### SIDES/SALADS (SML/LRG)

#### BROCCOLI

35/65

Special seasoned, steamed broccoli drizzled in olive oil and served with fresh lemon.

#### ROASTED SWEET POTATOES

6/lb

Special seasoned, slow roast sweet potatoes.

#### CLASSIC EGG SALAD

6/lb

#### PASTA SALAD

6/lb

#### KALE SALAD

35/65

Fresh kale salad with a tricolored couscous & quinoa blend w/ balsamic vinaigrette.

#### BRUSSELS SPROUT SALAD

40/75

Shaved brussels sprouts, cherry tomatoes, feta cheese, red onions..

### PICKINGS

#### POPCORN CHICKEN

9/lb

Lightly breaded crispy chicken. Request for dipping sauce.

#### VEGGIE PLATTER

55

Mixed veggies accompanied with a light ranch sauce

Email us: [amandashealthycooking@gmail.com](mailto:amandashealthycooking@gmail.com)

Phone: 203-640-8245

Is there something you wanted that isn't listed? Please don't hesitate to reach out we are happy to accommodate if we can!

