

Introducing...



CI DINING SERVICES BETTER4U PROGRAM

Providing healthy, wholesome ingredients in our cafés every day allows you to make individual choices regarding your nutrition and dietary needs.

BETTER FOR YOU MENU OPTIONS

Focusing on: Back-to-basics scratch cooking, healthier cooking methods and use of trans-fat-free ingredients.

- **Action Stations** – individually customized offerings prepared with fresh ingredients
- **Sushi Station** – seafood is a healthy alternative protein
- **Salad Bar** – extensive healthy options, fat free and low-fat dressings, condiments
- **Healthy Snacks** – low sodium nuts, Greek yogurts, baked chips
- **Soup Station** – vegetarian offering daily
- **Healthy Beverages** – waters, juices, smoothies, high protein, teas, etc.
- **Fresh-Cut Fruit and Yogurt Bar**
- **Workday Catering** – healthy menu offerings available

LOOK FOR
THIS SYMBOL

to help you easily
identify **Better For
You Menu Options**



BETTER4U =

- Nutrient dense foods
- Low sodium
- Whole grain
- Fruits and vegetables prepared without added fats
- Lean meats and poultry prepared without added fats
- Lower saturated fat selections
- Beverages without added sugar

Corporate Image Dining Services provides culinary solutions that offer outstanding service, innovation and value through our commitment to the customer experience.