

# NEW! A Healthier Option for Feeding Student Athletes

## Great news!

The Heart of New Ulm's Food Environment Action Team has partnered with Lola Catering of New Ulm to offer both home and visiting coaches a new, healthier option to feed athletes with nutrient-dense food.

- Lola owner Aron Bode is offering **discounted prices** to coaches who need to feed a team outside of "normal" cafeteria hours.
- Free delivery to the Martin Luther College campus is included.

## How it works:

- 1 Choose 1-2 meal options from the menu below to offer to your team. Ask each athlete to choose one of the 2 options.
- 2 Fill out the order form below and e-mail to Aron at [lolastaffnewulm@outlook.com](mailto:lolastaffnewulm@outlook.com). (Take a photo to email if needed). He will contact you to confirm the order.
- 3 Include your name and requested day and time for delivery. All orders require at least 24 hours advance notice.

**Looking for additional options?** Contact Aron via email above or text (507) 276-4868.



## Lola Catering Boxed Meal Order Form (Coaching Discount)

### Croissant Sandwich Boxed Meal (cold) — Includes Chips and Fresh Fruit; **\$10 each**

All sandwiches served on a fresh deli croissant with spring greens, lettuce, tomato and red onion.

Choices:	Qty:
Turkey & Swiss Cheese	_____
Ham & Cheese with American Cheese	_____
BLT	_____
Chicken Bacon Ranch	_____
Southwest Turkey	_____

### Quinoa Rice Bowls (cold); **\$15 each**

<b>Southwest</b> – Quinoa, rice, kale, black bean salsa, pulled chicken, tomato, red onion, pepperjack cheese, bacon, southwest sauce	Qty: _____
<b>Greek</b> – Quinoa, rice, kale, olive, feta, banana pepper, roasted red pepper, chicken, cucumber, shwarma sauce	_____
<b>Banh Mi</b> – Quinoa, rice, kale, shredded pork, asian slaw, cucumber, cilantro, jalapeno, saigon & hoisin sauce	_____

### Wrap Sandwich Boxed Meal (cold) — Includes Chips and Fresh Fruit; **\$12 each** (Half wraps also available for \$8)

#### Vegetarian Wrap

Guacamole or mayo, fresh bell peppers, tomato, cucumber, shredded carrots, spring greens, feta cheese

Qty: Full: \_\_\_\_\_ Half: \_\_\_\_\_

#### Chicken Bacon Ranch Wrap

Chicken, bacon, spring greens, tomato, red onion, ranch, flour tortilla wrap

Qty: Full: \_\_\_\_\_ Half: \_\_\_\_\_

#### Southwest Turkey Wrap

Turkey, black bean corn salsa, spring greens, tomato, red onion, southwest dressing, flour tortilla wrap

Qty: Full: \_\_\_\_\_ Half: \_\_\_\_\_

### Add-on for any order: Peanut butter protein ball (gluten-free); **\$2 each** Qty. \_\_\_\_\_

Coach name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Delivery date & time needed to Martin Luther College:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

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