



SAFARI RESTAURANT AND CATERING

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SAFARI RESTAURANT

Minnesotans can take an exotic culinary journey at safari restaurant in Minneapolis, MN. This cozy eatery is set apart by the unique and inspired dishes that both rich in nutrition and flavor. Grab a plate and surely you will be dazzled by traditional and modern dishes that bursting with aromas. As you chow down, know that you what you are experiencing is the reason Safari is considered the best African Restaurant in Minnesota.

MENU PLANNING AND SAMPLE MENU

At Safari Catering, our primary objectives are to provide a high quality and healthy meals for your clients with consultation with our dietician. With thoughtful, healthy and serious planning, Safari Catering will:

- Ensure that your center participants receive the nutrition they need to maintain or improve their current health status.
- Ensure that foods served at your center meet USDA dietary guidelines.
- Ensure that meals provided at your location will be prepared according to highest food protection service in the industry including but not limited to –
1) Employee health, hygiene and training 2) protection from contamination
3) Time and temperature maintenance 4) proper use of utensils, equipment and chemicals. And 5) use of proper clean physical facility or kitchen.



KEY INGREDIENTS IN OUR MEALS

In order better to provide you food that features high concentration of nutrients we created healthy meals that rich in vitamins and minerals. It is also concentrated in health-promoting phytonutrients and flavonoids to provide with considerable antioxidant protection. Each and every meal we promote a daily key ingredient for better nutrition .

Spinach: You may know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been helping to protect himself against inflammatory problems, oxidative stress-related problems, cardiovascular problems, oxidative stress-related problems, bone problems, and cancers at the same time.



Garlic: Garlic is a wonderful seasoning to add aroma, taste, and added nutrition to your meal. In order to increase the health benefits we often give time to sit the chopped or crushed garlic before we cook.





SAFARI RESTAURANT AND CATERING SAMPLE MENU

200 USDA APPROVED MENU FOR CHILD CARE CENTERS

	KEY INGERIDIENT	LUNCH	SNACK	DINNER
MONDAY	SPINACH	Spinach Pasta Marinara	<i>Fruit Cocktail, biscuits, Juice</i>	Spinach Chicken Quesadilla
TUESDAY	GARLIC	Garlic Chicken and Rice	<i>Vanilla Yogurt, Banana, juice</i>	Sandwich Club- Garlic Bread
WEDNESDAY	CAULIFLOWER	Cauliflower Macaroni Cheese	<i>Peanut Butter Sandwich, Milk</i>	Cauliflower Ground Beef Rice
THURSDAY	CARROT	Carrot Fish on Basmati Rice	<i>Fruit Salad Wheat Crackers</i>	Chicken Nuggets and Fries
FRIDAY	BLACK SEED	Black Seed Veggie with Mashed Potato	<i>Chicken Strips, Granola Bar, Milk</i>	Sandwich Club- Black seed

