



Catering Menu

To place an order please call (509) 496-0396 or visit:
www.help4women.org/catering
 Open Monday – Friday 8am to 4pm. Delivery available.

Helping Women Succeed Through Training in Food Service

Boxed Lunches \$8.50/person

Your choice of sandwich or wrap, green or pasta salad & a cookie.

- Sandwiches are served on white or wheat bread with mayo and mustard on the side. Lettuce & tomato are optional. -

- Wraps are served on a whole wheat or flour tortilla with fresh garlic herb spread. -

Sandwiches

Turkey & Provolone

Ham & Cheddar

Cranberry Chicken Salad

Classic Tuna Salad

Fresh Garden Vegetable [∨]

Wraps

Turkey & Provolone

Ham & Cheddar

Fresh Garden Vegetable [∨]

Deli Trays

	<u>Small</u>	<u>Medium</u>	<u>Large</u>
Serves:	10	15	20
Meat & Cheese w/ Crackers	\$25	\$38	\$50
Assorted Cheeses w/ Crackers	\$20	\$30	\$40
Vegetable Tray w/ House Ranch ^{∨ GF}	\$20	\$30	\$40
Pinwheel Roll Ups (Turkey, Ham or Garden Veg) [∨]	\$15	\$23	\$30
Fresh Fruit Tray or Kabobs	\$25	\$38	\$50
Caprese Kabobs [∨]			
Salami, Tomato, Provolone, Tortellini w/ Basil Olive Oil Dressing	\$18	\$27	\$35
Sandwich Tray	\$30	\$45	\$60
Wrap Tray	\$30	\$45	\$60

Soup

	<u>Small</u>	<u>Medium</u>	<u>Large</u>
Serves:	10	15	20
Creamy Tomato Bisque [∨]	\$25	\$38	\$50
Savory Chicken and Rice	\$25	\$38	\$50
Hearty Lentil ^{∨ GF}	\$25	\$38	\$50
Seasonal Squash Bisque ^{∨ GF}	\$25	\$38	\$50
Beef Mushroom Barley	\$25	\$38	\$50
Chunky Beef & Bean Chili ^{∨ GF}	\$30	\$45	\$60

Appetizers

	<u>Serves</u>	<u>Cost</u>
Meatballs with House Barbeque Sauce	25	\$45
Artichoke Spinach Dip w/ Crackers [∨]	25	\$45
Salmon Cream Puffs	25	\$45
Stuffed Mushrooms w/ Garlic & Parmesan ^{∨ GF}	25	\$40
Fresh Herb Cheese Ball w/ Crackers [∨]	20	\$20
Ham & Cheese Tart w/ Dijon Sauce	15	\$20
Roasted Red Pepper Hummus w/ Crackers [∨]	15	\$25
Herbed Dill Cucumber Flats ^{∨ GF}	25	\$20

Salads

	<u>Small</u>	<u>Medium</u>	<u>Large</u>
Serves:	10	15	20
Mixed Greens w/Fresh Vegetables ^{∨ GF}	\$20	\$30	\$40
Classic English Pea ^{GF}	\$20	\$30	\$40
Bacon, Onion & Water Chestnut			
Baked Potato ^{GF}	\$20	\$30	\$40
Bacon, Cheese, Onions & Sour Cream			
Asian Chicken	\$25	\$38	\$50
Penne Pasta, Chicken, Onion, Pepper, Spinach, & Almonds w/ Sweet Vinaigrette			
Signature Pasta [∨]	\$20	\$30	\$40
Rotini Pasta, Olives, Tomato, Pepper & Parmesan w/ Italian Vinaigrette			
Strawberry Spinach w/ Almonds ^{∨ GF}	\$20	\$30	\$40



[∨] Vegetarian/Vegan Options Available
^{GF} Gluten Free

Entrées

\$10.00/person

- Minimum Group Size: 10 -

- Beef or Vegetarian Lasagna w/ Green Salad & Roll
- Chicken or Vegetarian Enchilada Casserole w/ Spanish Rice
- Baked Potato Bar w/ Assorted Toppings & Green Salad
- Chicken Florentine w/ Green Salad & Roll

Breakfast

	<u>Serves</u>	<u>Cost</u>
Quiche (Ham & Cheddar, Tri-Meat, Sausage & Mushroom, Fresh Veggie or Spinach & Cheese)	6	\$15
Muffins (Morning Glory, Blueberry Streusel, Lemon Poppy Seed, Cranberry Nut or Banana)	12	\$15/doz
SCONES (Cranberry Orange, Apricot & White Chocolate, Blueberry or Savory Herb)	12	\$24/doz
Cinnamon Rolls	12	\$24/doz
Loaf Breads (Cranberry Nut, Banana, Pumpkin or Blueberry)	8	\$8
Coffee Cake (Classic Cinnamon or Pumpkin)	12	\$15
Turnovers (Apple or Cherry)	12	\$24/doz
Signature Granola <i>GF</i> Banana Chips, Dried Apricots, Dried Cranberries, Sunflower Seeds, Pecans, Coconut, & Oats		\$6.50/lb

Cakes & Cupcakes

	<u>Serves</u>	<u>Cost</u>
Vanilla or Chocolate Frosted Cupcakes	12	\$15/doz
Pumpkin Spice Cupcakes w/ Cream Cheese Frosting	12	\$15/doz
Mini Cupcakes (Chocolate or Vanilla)	24	\$15
Decorated Sheet Cake (Chocolate or Vanilla)	25	\$25
Carrot Cake w/ Cream Cheese Frosting	12	\$30
Signature Gluten-Free Chocolate Cake <i>GF</i>	8	\$20

- Specialty cakes are available upon request. -

Breads

	<u>Cost</u>
Signature Parmesan Garlic Rolls	\$6/doz
Whole Wheat or White Rolls	\$6/doz
Challah Loaf	\$5.00
Signature Parmesan Garlic Loaf (Whole Wheat or White)	\$5.00
Multi-Grain Whole Wheat Loaf	\$5.00
Hand Made Pretzels	\$2.50/each

- Each of our breads are available in a round or braided loaf. -

Cookies & Pastries

	<u>Cost</u>
Signature Cookies Oatmeal, White/Milk Chocolate Chips, Peanuts & Dried Cranberries	\$9/doz
Potato Chip Cookies	\$6/doz
Chocolate Chip Cookies	\$6/doz
Snicker Doodle Cookies	\$6/doz
Peanut Butter Cookies <i>GF</i>	\$6/doz
Sugar Cookies	\$6/doz
Decorated Sugar Cookies	\$9/doz
Triple Chocolate Cookies	\$9/doz
Lemon Bars	\$24/doz
Brownie Bites	\$15/doz
Pecan Toffee Bars	\$24/doz

- Individually packaged cookies are available for \$1.50 each -

Beverages

	<u>\$1/Serving</u>
Lemonade	
Iced Tea	
Coffee	
Hot Tea	

Sales tax will be added to all orders. Paper products are available for an additional cost.

Delivery Fee

\$10 for orders between \$25-\$100
\$15 for orders between \$100-\$200
\$20 for orders between \$200-\$300
\$25 for orders between \$300-\$500

Please call if you have specific requests for items not shown on the menu.

