



Catering Menu

To place an order please call (509) 496-0396.

Open Monday - Friday. Delivery available.

Please allow one week notice for catering orders.

Helping Women Succeed Through Training in Food Service

For more information about our program visit www.help4women.org.

Boxed Lunches

\$7.50/person

Choice of sandwich or wrap, green salad or pasta salad, & cookie.

Sandwiches are served on either white or wheat bread, come with mayo and mustard on the side, and optional lettuce & tomato.

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

Sandwiches

Turkey & Provolone

Ham & Cheddar

Chicken Salad with
Cranberries

Classic Tuna Salad

Egg Salad with Fresh Dill

Fresh Garden Vegetable

(garlic herb spread, cheddar, spinach, tomato,
cucumber, & red onion)

Wraps

Turkey & Provolone

Ham & Cheddar

Fresh Garden Vegetable
(cheddar, spinach, tomato,
cucumber, & red onion)

Deli Trays

Small Medium Large

Serves 10 15 20

Meat & Cheese Tray with Crackers \$25 \$38 \$50

Vegetable Tray with House Ranch \$20 \$30 \$40

Cheese Tray with Crackers \$20 \$30 \$40

Pinwheel Roll Ups (turkey, ham, & vegetarian) \$15 \$23 \$30

Fresh Fruit Tray with House Lemon Dip (seasonal) \$25 \$38 \$50

Fresh Fruit Kabobs (seasonal) \$20 \$30 \$40

Caprese Kabobs (salami, cherry tomato, mozzarella, & tortellini shell with basil olive oil dressing) \$18 \$27 \$35

Sandwich Tray (turkey & provolone, ham & cheddar, chicken salad, tuna salad, egg salad, garden vegetable) \$30 \$45 \$60

Wrap Tray (ham, turkey, & garden vegetable) \$30 \$45 \$60

Appetizers

Serves Cost

Meatballs with House Barbeque Sauce 25 \$45

Artichoke Spinach Dip with Crackers 25 \$45

Salmon Cream Puffs 25 \$35

Stuffed Mushrooms with Garlic & Parmesan 25 \$40

Fresh Herb Cheese Ball with Crackers 20 \$20

Ham & Cheese Tart with Dijon Sauce 15 \$20

Roasted Red Pepper Hummus with Crackers 15 \$25

Herbed Dill Cucumber Flats 25 \$20

Salads

Small Medium Large
Serves 10 15 20

Mixed Greens with Fresh Vegetables \$20 \$30 \$40

Classic English Pea (onion, bacon, & water chestnuts) \$20 \$30 \$40

Sweet & Tangy Coleslaw \$20 \$30 \$40

Baked Potato (bacon, cheese, onions, & sour cream) \$20 \$30 \$40

Asian Chicken (penne pasta, chicken, onion, pepper, spinach, & almonds with a sweet vinaigrette) \$25 \$38 \$50

Signature Pasta (rotini pasta, olives, parmesan, tomato, & pepper) \$20 \$30 \$40

Fresh Fruit with Cream Cheese Dressing (seasonal) \$25 \$38 \$50

Strawberry Spinach \$20 \$30 \$40

Soup

Small Medium Large
Serves 10 15 20

Creamy Tomato Bisque* \$25 \$38 \$50

Savory Chicken and Rice \$25 \$38 \$50

Hearty Vegan Lentil \$25 \$38 \$50

Seasonal Squash Bisque* \$25 \$38 \$50

Beef Mushroom Barley \$25 \$38 \$50

Chunky Beef & Bean Chili* \$30 \$45 \$60

* Vegetarian Option Available



Full Entrees minimum group size of 10 \$9.50/person

- Beef or Vegetarian Lasagna with Green Salad & Roll
- Chicken or Vegetarian Enchilada Casserole with side of Spanish Rice
- Baked Potato Bar with Assorted Toppings & Green Salad
- Chicken Florentine with Green Salad & Roll
- Baked Macaroni & Cheese with Green Salad & Roll

Bread

	Cost
Signature Parmesan Garlic Rolls	\$6/dozen
Multi-Grain Whole Wheat Rolls	\$6/dozen
Challah Rolls	\$6/dozen
Challah (round or braid)	\$4.50
Signature Parmesan Garlic Loaf (round or braid, white or whole wheat)	\$4.50
Multi-Grain Whole Wheat Loaf (round or braid)	\$4.50

Breakfast

	Serves	Cost
Quiche (spinach, tomato & bacon, or ham & cheddar)	6	\$15
Muffins (morning glory, blueberry, lemon poppy seed, cranberry nut, banana)	12	\$12/dozen
Scones (cranberry orange, apricot white chocolate, savory herb)	12	\$15/dozen
Cinnamon Rolls	12	\$15/dozen
Breakfast Breads (cranberry nut, banana, pumpkin, lemon glaze)	8	\$6/loaf
Cinnamon Layer Coffee Cake	12	\$15
Signature Granola *Gluten Free! (banana chips, dried apricots, dried cranberries, sunflower seeds, pecans, coconut, & oats)	varies	\$5.50/pound
Turnovers (apple or cherry)	12	\$12/dozen

Cookies & Pastries

	Cost
Sugar Cookies	\$6/dozen
Potato Chip Cookies	\$6/dozen
Chocolate Chip Cookies	\$6/dozen
Snickers Doodle Cookies	\$6/dozen
Peanut Butter Cookies * Gluten Free Available!	\$6/dozen
3-inch Decorated Sugar Cookies	\$9/dozen
Signature Cookies (oatmeal, white chocolate chips, chocolate chips, peanuts, peanut butter, and dried cranberries)	\$9/dozen
Lemon Bars	\$15/dozen
Chocolate Brownie Bites	\$15/dozen
Nanaimo Bars (cookie crust, vanilla custard, chocolate ganache)	\$24/dozen
Pecan Toffee Bars	\$24/dozen

Cakes & Cupcakes

	Serves	Cost
Vanilla or Chocolate Frosted Cupcakes	12	\$12/dozen
Pumpkin Spice Cupcakes with Cream Cheese Frosting	12	\$12/dozen
Mini Cupcakes (chocolate or vanilla frosting)	24	\$12
Decorated Vanilla or Chocolate Half Sheet Cake	\$25	\$25
Carrot Cake with Cream Cheese Frosting	12	\$20
Cheesecake (raspberry, chocolate, & plain)	12	\$25
Gluten-Free Chocolate Cake	8	\$15

Note: Specialty cakes available. Please call for more information.

Sales tax added to all orders

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
- No delivery charge for orders over \$500

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

