

About HELP'S VTC

Please allow 24 hours advanced notice for all orders.

Delivery Available
Please Inquire about rates

Menu and prices are subject to change

Payment is due prior to delivery. We require a minimum of 24 hours notice for all cancellations. Orders cancelled less than 48 hours before event are subject to a 50% fee. Cancellations that occur less than 24 hours before confirmed pickup/delivery are subject to a full charge (100% cancellation fee).

Most of our menu options can be prepared as Vegetarian, Vegan or Traditionally. Please inquire when placing your order.



HELP's Vocational Training Center employs individuals with disabilities through its full-service, catering company—HELP Cornucopia Catering.

Our employees receive culinary and workplace training, and our customers receive the finest quality ingredients in every dish.

HELP Cornucopia

18228 Sloane Ave
Lakewood, OH 44107

Phone: (216) 767-5499

Email:
cornucopiacatering@helpfoundationinc.org



We use fresh ingredients and locally grown and made products whenever available because WE LOVE LOCAL!



Catering Menu

Telephone
(216) 767-5499

Breakfast Menu

Muffin Tray	\$23.99
An assortment of our famous hand made muffins	
Bagel Tray with Cream Cheese	\$19.99
Breakfast Casserole	\$24.99
Scrambled eggs, hash browns, and 2 kinds of cheese baked with your choice of breakfast meat or vegetables	
Breakfast Sandwiches, Wraps or Burritos	\$5.49 each
Scrambled eggs & cheese with your choice of onion, peppers and mushrooms or breakfast meat on a bagel, croissant, or wrap	
Breakfast Sides by the Pound	
Bacon	\$8.99
Turkey Bacon	\$7.99
Sausage Patties	\$5.99
Hash browns (add cheese \$3.00)	\$3.99

Fresh Salads

All salads are vegetarian and serves 12

Garden Salad	\$19.99
Mixed greens garnished with fresh carrots, cucumbers, onions, cherry tomatoes and your choice of individual dressing packets	
Caesar Salad	\$24.99
Romaine lettuce, parmesan cheese, seasoned croutons, with lemon wedges and creamy Caesar Dressing	
Spinach and Strawberry Salad	\$39.99
Baby spinach, strawberries, red onion, feta cheese, walnuts and a strawberry balsamic vinaigrette dressing	

Local Faves

Quinoa Salad	\$10.99/lb
High-protein quinoa mixed with parsley, carrots, scallions and almonds in a soy-lemon dressing	
Southwest Tofu Pasta Salad	\$7.99/lb
Rotini pasta dressed in Frank's Red Hot and Vegenaize, mixed with garbanzo beans, smoked tofu, cucumbers, red onions, bell peppers, salt and pepper	
Creamy Potato or Macaroni Salad	\$5.99/lb
Our delicious twist on the classic sides	
Classic Dill Chicken Salad	\$7.99/lb
Tender chicken breast, celery, onion, dill, and a mayonnaise dressing combined to create a simple and delicious treat	
Curried Orzo Salad	\$8.99/lb
Orzo, cranberries, broccoli, carrot, and scallions in a coconut curry dressing	

Party Trays

Vegetable Tray - serves 12	\$24.99
Assorted Vegetables served with ranch dip. Low-fat & vegan dips also available	
Seasonal Fruit Tray - serves 12	\$24.99
Assortment of the freshest fruits available. A great choice for breakfast or lunch!	
Wrap Tray—minimum order of 10	\$3.99/person
Choose from turkey, ham, roast beef, or roasted vegetable or select an assortment tray of half sized wraps	
Cheese Tray –serves 12	\$34.99
Cubed cheeses served with crackers garnished with fresh grapes. Gourmet trays available at market price	
Mediterranean Tray - serves 12	\$44.99
An assortment of hummus, tabbouleh, baba ganoush, stuffed grape leaves and peppadews with mini pitas for dipping	

Boxed Lunches

Sandwich or Wrap Boxed Lunch	\$10.99 each
Options Include:	
Ham & Swiss	
Turkey and Swiss	
Turkey Club	
Italian Sub	
Roast Beef & Caramelized Onions	
Roasted Vegetable (V)	
Tofu Salad (V)	
Each boxed lunch contains a sandwich or wrap, choice of potato chips, potato salad or macaroni salad, and a cookie. All condiments and utensils are included.	
Each sandwich is available on wheat, white, sub roll or wrap. Gluten free breads and wraps are available at an extra charge.	
Minimum order of 10	
(V) = Vegan Option	

Desserts

Dessert Tray	\$2.99/person
Featuring seven layer bars, buckeye bliss bars and cookies	
*Minimum order of 12	
Cookie Tray	\$24.99
An assortment of our fresh BIG (3.5 oz) cookies!	
*Serves 12	