

Contact Name

Event date


Pick-Up Location


Pick-Up Time

Soups & Salads

  **Seasonal Soups -** **\$5.50 #**

 **Cobb Salad -** **\$12.00 #**
Mixed Greens, Bacon, Egg, Blue Cheese,
Tomato, Avocado Ranch

 **Spring Harvest Salad -** **\$12.00 #**
Mixed Greens, Tomato, Cucumber, Carrots, Dried
Cranberries, Pickled Red Cabbage, Italian Vinaigrette

 **Strawberry Salad -** **\$12.00 #**
Mixed Greens, Strawberries, Feta Cheese,
Red Onion, Sliced Almonds, Strawberry
Balsamic Vinaigrette


 **Mediterranean Salad -** **\$12.00 #**
Mixed Greens, Tomato, Kalamata Olive, Cucumber,
Garbanzo Beans, Citrus Oregano Vinaigrette

Hand Helds

 **Arugula Pesto Chicken** **\$13.00 #**
Sandwich -
Chicken, Arugula Pesto, Roasted Tomato, Mozzarella

 **Chipotle Turkey Focaccia -** **\$13.00 #**
Turkey, Chipotle Cream Cheese Spread, Lettuce,
Tomato, served on Focaccia Bread

 **Jamaican Jerk Chicken** **\$11.00 #**
Salad on Croissant -
Chicken Breast, Bell Peppers, Jerk Seasoning
served on a Croissant

 **Chicken Caesar Wrap -** **\$13.00 #**
Romaine Lettuce, Grilled Chicken Breast, Parmesan
Cheese, Caesar Dressing, wrapped in a Tortilla

HELP Harvest Sides

 **Sweet Potato Salad** **\$4.00 #**

 **Broccoli Salad** **\$4.00 #**

Grilled Chicken Breast **\$5.00 #**

Macaroni Salad **\$4.00 #**

HELP Harvest Breakfast

Chocolate Chip Muffin **\$2.50 #**

Blueberry Muffin **\$2.50 #**

Croissant **\$2.50 #**

HELP Harvest Power Balls **\$6.00 #**

Fruit Cup **\$5.00 #**

HELP Harvest Beverages

Apple Juice **\$2.00 #**

Orange Juice **\$2.00 #**

Cranberry Juice **\$2.00 #**

Drip Coffee **\$2.50 #**

Bottled Water **\$2.00 #**

Canned Soda **\$2.00 #**

HELP Harvest Baked Goods

Lemon Bread **\$3.00 #**

Brickman's Potato Chips **\$2.00 #**

HELP Harvest Cookies **\$2.00 #**

 *Ingredients grown in the HELP Harvest Greenhouse*  *Indicates food items that can be heated*

*Please submit an advanced order request to Culinary Services Director, Mark Blaszak at least one week prior to the event date at mblaszak@helpfoundationinc.org
All orders must be paid for in full at the time of order unless other arrangements have been agreed upon.

- o Any cancellations within 24 hours of the event will be charged the full amount.
- o Paper products and serving utensils are available for an extra charge.
- o Please be sure to check out the HELP website for the most updated menu as there are seasonal changes.

For more information on HELP's mission please visit the website at
www.helpfoundationinc.org