

## Office Favourites

*\*minimum 10 people*

### Signature Lunch 14.69

Gourmet Sandwich Platter  
Veggie and Dip  
Fruit Platter  
Dessert Platter  
Beverages

### Light Lunch 10.49

Gourmet Sandwich Platter  
Veggie Platter or Fruit Platter  
Beverages  
Soup, Salad and Sandwich 10.49  
Gourmet Sandwich Platter  
Soup of the Day  
Choice of Garden or Caesar Salad

### Buffet Lunch 11.59

Meat and Cheese Platters  
Sweet and Sour Meatballs  
Potato Salad, Buns and Butter

### Healthy Lunch 12.49

Garden Salad with Grilled Chicken  
Bean Salad or Chick Pea Salad  
Cheese and Fruit Platter  
Multi Grain Bread with Butter

### Wrap a Lunch 12.95

Gourmet Wrap Platter  
Garden Salad  
Potato or Macaroni Salad  
Cheese and Fruit Platter  
Cookies

## Salad Bar to Go...

### Pasta Salads

Cheddar Broccoli with Ranch  
Seafood Pasta  
Sundried Tomato Pasta  
Tuna Pasta  
Original Macaroni  
Summer Rotini  
Feta pasta  
Chinese Noodles  
Curry Orzo with Chick Peas  
Pad Thai  
Sicilian Pasta  
Chicken Pasta  
Buffalo Chicken Pasta

### Bean and Grain

Seven Grain with Curry  
Edamame and Tomato  
2 Barley Wild Rice  
Cranberry Quinoa  
Lemon Quinoa with Barley  
Tuscany Chick Pea  
Garden Chick Pea  
Potato and Slaws  
Original Potato Salad  
Detox Salad  
Superfood  
Creamy Coleslaw  
Oil and Vinegar Coleslaw  
Vegetarian Broccoli Salad  
Red Skin Potato  
Lite Couscous

### Others...

Crab Salad  
Tomato Mozzarella  
Zesty Parsley  
Garden Salad  
Caesar Salad  
Greek Salad (with romaine)  
Greek Salad (cucumber/tomato/peppers)  
California Salad  
Julienne Salad

*Salad's start at \$2.00 per person.*



# Helen's Deli & Catering

50 James St • St. Catharines

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# Hot and Delicious

*\*minimum 10 people*

*All meals and trays are plus HST*

## Schnitzel Meal

Breaded pork schnitzel, buns, sauerkraut, garden salad and potato salad.

**11.75** per person

## Chicken Finger Meal

Chicken fingers, spiced potato wedges or curly fries, coleslaw and garden salad

**10.49** per person

## Penne Pasta Meal

Penne in tomato sauce, meatballs or sausage, dinner rolls and Caesar salad

**9.99** per person

## Cabbage Roll Meal

Meat and rice cabbage rolls in tomato sauce, buns with butter and garden salad

**8.75** per person

## Meat on a Stick Meal

Breaded pork on a stick, pan fried Pierogi with bacon and sour cream and garden salad

**10.50** per person

*(with breaded chicken on a stick 11.50 per person)*

## Chicken Parmesan Meal

Breaded chicken with mozzarella cheese and tomato sauce, penne pasta with tomato sauce, dinner rolls and Caesar salad

**12.99** per person

## Roasted Beef Meal

Roast beef in gravy, buns, garden salad and potato salad

**12.39** per person

## Schnitzel & Spaetzle Meal

Breaded pork schnitzel, spaetzle noodles in mushroom sauce, red cabbage and garden salad

**12.59** per person

## Grilled Chicken & Rice Meal

Grilled chicken cut into strips, seasoned rice, assorted grilled veggies and garden salad

**9.99** per person

## By the Tray

*Serves 6 to 8 people ~ HOT FOOD*

### Shepherd's Pie

\$35.00

### Macaroni and Cheese

with Ham or Veggie

\$35.00

### Penne Pasta

in tomato sauce

& sausage or meatballs

\$35.00

## Grilled Veggie's

with chicken and seasoned rice \$45.00

## Cheese and Spinach Cannelloni

in tomato sauce (20pc) \$35.00

## Roast Beef in Gravy

(5 lbs of r.b.) \$45.00

## Roasted Chicken

bone in, white and dark, 8 quarters \$25.00

## Penne Pasta

in tomato sauce \$20.00

## Cheese Tortellini

in tomato sauce \$45.00

## Rotini Pasta

in Pesto sauce \$25.00

## Pierogi

with bacon and sour cream (30 pc) \$40.00

add sautéed onions for \$4.00

## Roasted Potato

\$30.00

## Meat and Rice Cabbage Rolls

in sauce (12 pc) \$34.00

## Seasoned Rice

\$20.00

## Grilled Veggie's

\$30.00

## Cooked Sauerkraut

\$35.00

*\*taxes extra and prices subject to change*