



We invite you to sample our tasty "goodies" prepared with care to meet your catering needs. Our goal is to serve you with wholesome food that is tastefully presented at a sensible price. The "Sassy Gourmet" is designed to be the baking and catering component of the S. Wilson Pollock Center for Industrial Training's (PCIT) food service training program.

PCIT and the "Sassy Gourmet" provide training in the areas of food preparation, baking, catering, cafeteria service, cashiering and related food service utility work.



Each lunch choice is available in quantities of 10 or more. Exceptions are made when including vegetarian and gluten free requests.

All scratch cookies are made with vegetable shortening.

We ask that orders be placed

48 hours in advance

Any deviation in the menu may result in increased prices.

Luncheon beverages include: Pepsi, Diet Pepsi, 7-Up and Bottled Water

Open: Monday - Friday

Delivery Hours:

11:00 a.m. - 3:00 p.m.

S. Wilson Pollock Center for Industrial Training
262 Silver Spring Road
Mechanicsburg, PA 17050

A Service of



Sassy Gourmet



LUNCHEON MENU

A Catering Service of The Arc of
Cumberland & Perry Counties
(CPARC)

Ask for Sassy Gourmet!

Phone: 717-766-8512

Fax: 717-766-0434

sassyg@cparc.org

www.cparc.org

LUNCHEONS

#1 Cold Buffet

Sliced smoked turkey, Virginia ham, roast beef, and American cheese. All accompanied by Brioche, Pretzel, and French Round rolls. Also included are chips, pickles, our scratch cookies, potato or macaroni salad, and a beverage.

\$9.45 Per
Person

#2 Grilled Chicken Spinach Wrap

Grilled chicken, onion straws, cheddar cheese, and lettuce with BBQ/Ranch sauce in a spinach wrap. Our own fresh made pasta salad, bowl of chips, a beverage, and of course our scratch cookies are included with this choice.

\$10.00 Per
Person

#3 Mini Sandwiches

Smoked turkey, Virginia ham, and our famous chicken salad (made with walnuts and red grapes) are paired up with an assortment of mini rolls to make just the right sized sandwich. Accompanied by bowl of mixed salad greens topped with cran-raisins, mandarin orange slices, and walnuts; assorted dressings; a bowl of chips; scratch cookies; and a beverage.

\$10.00 Per
Person

#4 Wraps

An assortment of soft tortillas wrapped around tuna salad, Virginia ham, and smoked turkey. Accompanied by a bowl of fresh fruit salad, pasta salad, beverage, and our scratch cookies.

\$10.00 per
person



BOXED LUNCHEES

#1 The Wrapper

A whole wheat tortilla stuffed with smoked turkey and parmesan garlic spread or Virginia ham and honey mustard spread. Both choices come with American cheese, tomatoes, and leaf lettuce. Your choice potato or macaroni salad. All boxes come with a fruit cup, our scratch cookies, chips, and beverage.

\$9.45
Per Box

#2 The Traditional

An excellent sandwich of your choice (smoked turkey, Virginia ham, or roast beef) and American cheese on a soft Brioche roll. Your choice of potato or macaroni salad. All boxes come with fruit cup, our scratch cookies, chips, and beverage.

\$9.45
Per Box

#3 The Vegetarian

Fresh mozzarella cheese, spinach, and tomato slices with balsamic vinaigrette wrapped in a spinach tortilla. To compliment this wrap, we give you an apple, chips, our scratch cookies, and a beverage.

\$9.75
Per Box

#4 Gluten Free Chicken Salad

Gluten free chicken salad with seedless grapes and cherry tomatoes on a bed of lettuce accompanied by a cup of yogurt, apple, gluten free cookie, and a beverage.

\$9.75
Per Box

#5 Chicken or Tuna Croissant

A generous portion of white albacore tuna or chicken salad on a croissant topped with lettuce and tomato. Your choice of macaroni or potato salad. Accompanied by chips, fruit cup, our scratch cookies, and a beverage.

\$9.75
Per Box

#6 Gourmet Italian Wrap

Capicola ham, Virginia ham, salami, and provolone cheese with lettuce, tomato, and Italian dressing in a garlic herb wrap. Your choice of macaroni or potato salad. A fruit cup, chips, our scratch cookies, and beverage complete this lunch box.

\$9.75
Per Box

#7 Crispy Chicken Salad

Mixed greens with crispy chicken, wontons, cheddar cheese, hard boiled egg, and tomato. Bread stick and assorted dressings are included. Our own scratch cookies and beverage complete this lunch box.

\$10.00
Per Box

8 Chef Salad

Virginia ham, smoked turkey, roast beef, and Swiss cheese on a bed of fresh salad greens. Garnished with hard cooked eggs, tomatoes, and green pepper. Breadstick and assorted dressings are included. To complete this lunch, our scratch cookies and a beverage are included.

\$10.00
Per Box

EXTRAS

Fruit Tray

A selection of seasonal fruits with dip

Small/Serves 10-16.....\$26.30
Medium/Serves 16-20.....\$34.05
Large/Serves 20-28.....\$42.00

Veggie Tray

Baby carrots, celery, broccoli, cauliflower, and dip

Small/Serves 10-12.....\$22.85
Medium/Serves 12-16.....\$27.40
Large/Serves 20-25.....\$32.10

Tossed Salad

With cheese, tomato, eggs, and green peppers

Small bowl/Serves 10-12.....\$22.95
Large bowl/Serves 18-20.....\$33.45

Finger Sandwiches

Tuna, chicken, and ham salad sandwiches

Medium/Serves 12-15.....\$33.60
Large/Serves 16-20.....\$45.15

Lettuce, Tomato, and Onion Tray

Per Person.....\$1.30

Pretzels or Chips

Per Bowl.....\$5.00

Bottled Water

Each.....\$1.50

Canned Soda

Each.....\$1.25

BAKED TREATS

Scratch cookies: Chocolate chip, oatmeal
raisin, soft sugar, and peanut butter \$8.00 Per
Dozen

Gourmet chocolate brownies with
chocolate chunks \$9.50 Per
Dozen