**Each lunch choice is available in quantities of 10 or more. Exceptions are made when including Vegetarian and Gluten-Free requests.**

Labeling boxes with individual names is available with an upcharge of $2.00/box

*NOTE: All Scratch Baked Cookies Are Made With Vegetable Shortening OR Butter*

## Breakfast

**Available all day**

**Assorted Danishes** ..... $14.00/Dozen

**Assorted Muffins** ..... $13.00/Dozen
**Blueberry, Banana nut, Plain**

**Assorted Bagels**..... $14.00/Dozen
**Plain, Blueberry, Everything, Asiago, Cinnamon Raisin (*Includes cream cheese*)**

**Mixed Fruit Bowl** ..... $30.00

**Apple or Orange Juice** ..... $1.50/each

**Coffee To-Go** ..... $25.00 (approx. 12 servings)

## Here at Sassy Gourmet

**Trainees learn food preparation, baking, catering, cafeteria service, cashiering, and related food service utility work.**

We offer a wide variety of luncheons for your business meetings.

We can deliver a self-serve luncheon or our popular boxed lunch

PLUS we have a large assortment of extras. You know... those little things that make everyone happy like cookies, veggies trays, etc!

## Things to Remember:

We are open Monday thru Friday

Delivery times are: 10:00 am to 2:00 pm

We ask that orders be placed 72 hours in advance.
*(There is a $25 delivery fee.)*

CPARC
The Arc of Cumberland & Perry Counties

Sassy Gourmet is the catering component of the food service training program within CPARC.

**You will find us at the S. Wilson Pollock Center for Industrial Training**

**262 Silver Spring Road**
**Mechanicsburg, PA 17050**

Contact Us For Your Catering Needs

### *How To Order?*

**Call Us At:** 717-766-8512
and ask for *The Sassy Gourmet!*
**Email Us At:** sassyg@cparc.org
**Fax Us At:** 717-766-0434
**OR**
**Order Online At:**
www.cparc.org/programs/sassy-gourmet/

# Sassy Gourmet

## 2026 Catering Menu

**717-766-8512**

CPARC
The Arc of Cumberland & Perry Counties

# Extras

**Additional items that pair perfectly with our meals!**

## Fruit Tray

**A selection of "in season" fruits with dip**

Small (Serves 10~16) ..... $31.00

Medium (Serves 16~20) ..... $40.25

Large (Serves 20~28) ..... $48.50

## Veggie Tray

**Baby carrots, celery, broccoli, cauliflower, and dip**

Small (Serves 10~12) ..... $27.00

Medium (Serves 14~16) ..... $32.25

Large (Serves 20~25) ..... $37.50

## Tossed Salads

**Cheese, tomatoes, eggs, and green peppers**

Small Bowl (Serves 10~12) ..... $27.50

Large Bowl (Serves 18~20) ..... $39.25

## Pasta Salad

**Tomato, black olive, onion, and green pepper**

Small (Serves 12~15) ..... $34.00

Large (Serves 16~20) ..... $45.00

## Macaroni Salad

Small (Serves 12~15) ..... $34.00

Large (Serves 16~20) ..... $45.00

## Potato Salad

Small (Serves 12~15) ..... $34.00

Large (Serves 16~20) ..... $45.00

## Lettuce, Tomato, and Onion Tray

$2.50/Person

## Pretzels or Chips

$6.50/Bowl

## Bottled Water

$1.50 each

## Canned Soda

**Pepsi, Diet Pepsi, Sprite, Root Beer, Brisk Tea**

$1.25 each

# Luncheons

**Our luncheons are large platters that serve 10 or more people.**

*Note: Prices shown are per-minimum of 10 servings are required to order. Vegetarian substitutions may be specified.*

## #1 Cold Buffet

**$13.00 per person**

Sliced Smoked turkey, smoked pit ham, roast beef and American cheese. All accompanied by Brioche rolls, Pretzel rolls, and croissants. Also included are a bowl of chips, pickles, our scratch baked cookies, a beverage, and a choice of pasta, potato, or macaroni salad.

## #2 Grilled Chicken Spinach Wrap

**$13.00 per person**

Grilled chicken, onion straws, cheddar cheese and lettuce with a BBQ/ranch sauce in a spinach wrap. Also included are a bowl of chips, our scratch baked cookies, a beverage, and our house made pasta salad.

## #3 Mini Sandwiches

**$13.00 per person**

Smoked turkey, smoked pit ham and our famous *chicken salad (made with walnuts and craisins) are paired up with an assortment of mini rolls to make just the right size sandwich. A bowl of mixed salad greens topped with cran-raisins, mandarin orange slices and walnuts, and assorted dressings. Also included are a bowl of chips, our scratch baked cookies and a beverage.

## #4 Wraps

**$13.00 per person**

An assortment of wraps made with tuna salad, *chicken salad (made with walnuts and craisins), smoked pit ham and smoked turkey. Also included are chips, fresh fruit, our house made pasta salad, a beverage and our scratch baked cookies.

# Boxed Lunches

## #1 The Wrapper

**$13.00 per box**

A whole wheat tortilla stuffed with smoked turkey and parmesan garlic spread or smoked pit ham and honey mustard spread. Topped with American cheese, tomatoes and lettuce. Also included is fresh fruit, a scratch baked cookie, a beverage, and a +cold side.

## #2 The Traditional

**$13.00 per box**

An excellent sandwich of your choice of smoked turkey, smoked pit ham or roast beef with American cheese, lettuce, and tomato on a soft Brioche roll. Also included is fresh fruit, a scratch baked cookie, a beverage, and a +cold side.

## #3 The Vegetarian/Vegan

**$13.00 per box**

Gluten-free wrap filled with falafel, tomatoes, black olives, red onion, cucumber, green peppers, and a vegan tzatziki sauce. Also included is fresh fruit, a scratch baked cookie, a beverage, and a +cold side.

## #4 Gluten-Free Options

**$13.00 per box**

Any boxed lunch can be made on a gluten-free wrap. Also included is fresh fruit, a gluten-free cookie, a beverage, and potato salad.

## #5 Gourmet Chicken or Tuna Croissant

**$13.00 per box**

A generous white albacore tuna or *chicken salad on a croissant, topped with lettuce and tomato. Also included is fresh fruit, a scratch baked cookie, a beverage, and a +cold side.

# Baked Treats

**Scratch Baked Cookies---$11.00 per dozen**

Chocolate Chip, Oatmeal Raisin, Soft Sugar, and Peanut Butter

**Chocolate Brownies-----$12.00 per dozen**

**NOTE:** All Scratch Baked Cookies are made with vegetable shortening

## #6 Gourmet Italian Wrap

**$13.00 per box**

Capicola ham, Virginia ham, salami and provolone cheese with lettuce, tomato and Italian dressing in a garlic herb wrap. Also included is fresh fruit, a scratch baked cookie, a beverage, and a +cold side.

## #7 Grilled Chicken Spinach Wrap

**$13.00 per box**

Grilled chicken, onion straws, cheddar cheese and lettuce with a BBQ/ranch sauce in a spinach wrap. Also included is fresh fruit, a scratch baked cookie, a beverage, and a +cold side.

## #8 Chefs or Crispy Chicken Salad

**$13.00 per box**

Chef salad includes ham, turkey, and Swiss cheese. Both includes salad greens with hard boiled eggs, tomato, green pepper, bread stick, and a choice of dressing. Includes a scratch cookie and beverage.

***Chicken salad is available with or without nuts**

**+Cold side refers to pasta, potato or macaroni salad. Chosen at random.**

**Any sandwich or wrap can be made on a gluten-free wrap and accompanied by a potato salad.**

*Note: Prices shown are per-person cost, a minimum of 10 boxed lunches are required to order. Vegetarian substitutions may be specified.*