



DELIVERED TO YOUR DOOR BUFFET SELECTIONS FALL/WINTER 2009-2010

The following menus have been designed to be dropped off hot and ready to eat or to be delivered at room temperature for you or your staff to heat just before serving.

We will provide complete heating instructions for your convenience.

Chrome and silver chafing dishes can be provided at no additional charge.

Disposable serving pieces are all included.

Disposable plates, napkins, flatware & cups are available for a nominal fee.

All entrees and side dishes you see on these menus can be mix & matched, so please feel free to create your own menu from the selections we've offered here.

(We kindly request a 20 person minimum on all menus.)

A SIMPLE AUTUMN DELIGHT

Seafood Cassoulet

Hel's lighter interpretation of this French Classic combines Jumbo Gulf Coast Shrimp, Snow Crab & Baby Bay Scallops with a traditional blend of White Beans, Plum Tomato, Carrots & Fresh Herbs to create this Hearty Autumn Cassoulet

Burgundy Marinated Tenderloin Kabobs

Chunks of Beef Tenderloin alternated with Mushrooms & Zucchini grilled to medium rare with Chimichurri Sauce served over Argentinean Saffron Rice

Haricot Vert with Carrot Batons & Caramelized Pearl Onions in Champagne Vinaigrette

Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans, Sliced Pears, Crumbled Goat Cheese & Halved Grape Tomatoes with Mustard Maple Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread, Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$23.45 per Guest

FEISTY AND FLAVORFUL

Oven Roasted Halibut with Tomato Concasse
over a bed of Fresh Steamed Lentils with a touch of Cumin

Blackened Extra Firm Tofu seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Lemon & Olive Oil Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Tagine Vegetables
Oven Roasted & Gently Simmered Carrots, Tomatoes, Cauliflower,
Zucchini, Eggplant, Pearl Onions & Radishes in a Spiced Tomato Broth

Spinach Salad with Mandarin Orange & Slivered Almonds
with Tangerine Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$22.20 Per Guest

COSTA DEL SOL

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme and sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Trio of Winter Raviolis (Trio varies weekly)
with Oven Roasted Tomato Cream Sauce & Fresh Chive Garnish

Warm Grilled Vegetables
including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Fresh Baby Lettuces
with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato
in Balsamic Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$16.50 per Guest

A MEXICAN FIESTA

Hel's Steak & Grilled Chicken Fajitas
surrounded by Grilled Peppers & Onions
accompanied by Guacamole, Salsa, Sour Cream, Cheddar Cheese,
Chopped Olives, Scallions, Tomatoes & Warm Flour Tortillas

Your Choice of Chicken or Cheese Enchiladas
with Cheddar & Chihuahua Cheeses

Authentic Spanish Rice with Fresh Scallion, Crushed Tomato & Cumin

Frijoles Refritos
Refried Beans topped with Shredded Cheddar Cheese
or
Steamed Black Beans with Goat Cheese Crumbles

A Mexican Salad
of Jicama, Cucumber, Tomato, Lettuce & Thinly Sliced Red Onion
tossed in Lime Vinaigrette

\$17.15 per Guest

A TOUCH OF ELEGANCE

Seafood & Chicken Paella
Saffron Rice infused with White Wine, Chicken Stock & Simple Spices
tossed together with Tender Chunks of Chicken, Sautéed Shrimp & Roasted Vegetables

Tips of Black Angus Tenderloin braised in Bordelaise
served over Herbed Orzo & tossed with Mushrooms

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper, Carrot,
Broccoli, Cauliflower, Red Onion & Snow Pea
all tossed in Fresh Herb Butter

Mesclun Lettuces with Curly Endive, Crispy Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$20.10 per Guest

A LA PROVENCE

Salmon En Croute

Whole Salmon Fillet stuffed with Fresh Spinach, Asparagus & Baby Bay Shrimp in Seafood Mousse wrapped in a Light Puff Pastry accompanied by Mustard Mayonnaise & Cucumber Dill

Chicken Florentine

Boneless Breast of Chicken sautéed with Sherry Wine & Mushroom served over Fresh Steamed Spinach

Eggplant Timbale

Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheeses

Arugula Salad

with Herb Roasted Potatoes, Haricot Vert, Crispy Pancetta & Roasted Garlic Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread, Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$17.15 per Guest

FROM THE HEARTLAND

Sirloin of Beef

fanned & displayed and served at room temperature on beautifully garnished oversized wood boards accompanied by Tarragon Mayonnaise & Horseradish Sauce and Assorted Freshly Baked Rolls

Stuffed Chicken

Boneless Breast of Chicken with skin wrapped around Hel's Apple Bread Stuffing then oven roasted to golden brown accompanied by Orange Apricot Glacé

Spinach Soufflé Strudel

A delicate & light Spinach Soufflé wrapped in paper thin Phyllo & baked to golden brown

Wagner Spinach Salad

with Caramelized Onion, Crumbled Bleu Cheese, Sliced Strawberries, Candied Walnuts & Poppseed Dressing

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread, Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$16.65 per Guest

A MIDWINTER NIGHT'S DREAM

Tilapia Provencal

Tender Tilapia Fillet dusted with Country Herbs, lightly sautéed & served Provencal Style with Tomatoes & Mushrooms over a bed of Wilted Spinach

Pecan Encrusted Chicken

Boneless Breast of Chicken encrusted with Louisiana Style Chopped Pecans sautéed to golden brown & touched with Lime Beurre Blanc

Long Grain & Wild Rice with Pecans & Dried Wild Cherries

Oven Roasted Acorn Squash with a touch of Brown Sugar & Butter

Midwestern Mesclun Salad

with Grilled Asparagus, Squash & Fresh Grilled Corn tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread, Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$27.65 per Guest

WINTER FRESH

Grilled Salmon brushed with Fresh Herbs & Olive Oil accompanied by Basil Garlic Aioli

Saffron Chicken

Tender Boneless Breast of Chicken simmered in White Wine with Saffron, Dijon & Leek and served over Steamed Spinach with a touch of Cream

Basmati Rice with Fresh Dill

Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom drizzled with Balsamic Reduction

Winter Chopped Salad

with Chopped Romaine, Baby Spinach, Chopped Apples, Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola accompanied by Raspberry Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread, Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$20.60 per Guest

MANGÉ MANGÉ

Chicken Piccata
Boneless Breast of Chicken sautéed in a Lemon Caper Beurre Blanc

Hel's Homemade Vegetable Lasagna
with Ricotta, Parmesan & Mozzarella Cheeses
filled with Bright Fresh Vegetables including Plum Tomatoes, Broccoli & Carrots

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese & Homemade Croutons

A Zesty Antipasto Platter
flowing with Pepperoncini, Mortadella, Genoa Salami,
Mozzarella and Black & Green Stuffed Olives

Freshly Baked Soft Garlic Bread Sticks

\$13.50 per Guest

MY BIG FAT GREEK MENU

Light & Flaky Greek Herbed Tilapia
garnished with a Lemony Apple, Jicama & Radish Slaw

Nick's Oven Roasted Bone-In Greek Chicken Breast*
with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Spicy Vegetable Cous Cous
a Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous in a Curried Red Pepper Marinade

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheeses

Traditional Greek Salad
with Tomatoes, Cucumber, Feta, Kalamata Olives & Thinly Sliced Red Onion
accompanied by Lemon Pepper Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

\$18.50 per Guest

* For Boneless, Skinless Chicken Breast, add \$1.25 per Guest

FEATURED SOUPS FOR FALL/WINTER 2009-2010

All Soups are served with Oyster Crackers

Chicken Corn Chowder

Tomato Wild Rice*

Pumpkin Squash*

Cream of Portobello Mushroom*

Tuscan White Bean

\$29.95 per Gallon
(serves 12-16)

* These Soups can be offered Vegetarian – please ask your Sales Consultant