



Welcome to the Sassy Gourmet!

These meals may come in a plain white box

BUT

There is nothing plain about what is inside!

We have boxed meals for all your meeting needs

How To Order

(This is the easy part)

Call 717-766-8512

Ext. 149

And place your order!

We are open Monday thru Friday

Delivery times: 11:00 am to 3:30 pm

Each menu selection is available in quantities of 10 or more. Exceptions are made when including vegetarian requests.

We ask that orders be placed 48 hours in advance

Thanks!



NOTE

All boxes include the meal of your choice and the following items:

Napkin

Straw

Plastic Silverware

Salt & Pepper

Condiments

&

Moist Towelette

Beverages

Pepsi, Diet Pepsi, 7-Up

and

Bottled Water

S. Wilson Pollock Center For Industrial

Training

262 Silver Spring Rd.

Mechanicsburg, PA 17050

Phone: 717-766-8512

Fax: 717-766-0434

~2011~

The Sassy Gourmet Boxed Lunch Menu

717-766-8512



Please remember.....

Each menu selection is available in quantities of 10 or more. Exceptions are made when including vegetarian requests

We ask that orders be placed 48 hours in advance

Beverages

Pepsi, Diet Pepsi, 7-Up & bottled water



The Wrapper

A whole wheat tortilla stuffed with smoked turkey with parmesan garlic spread or Virginia ham with honey mustard spread.

Both choices come with American cheese, tomatoes and leaf lettuce.

Your choice of potato or macaroni salad.

All boxes come with a fruit cup, made from scratch cookies, chips and beverage.

\$7.75 per box

The Traditional

An excellent sandwich of your choice (smoked turkey, Virginia ham, or roast beef) on a soft Kaiser roll.

Your choice of potato or macaroni salad.

All boxes come with a fruit cup, made from scratch cookies, chips and beverage.

\$7.75 per box

The Vegetarian

Diced cukes, tomatoes, onions, black olives and alfalfa sprouts all rolled into a tomato tortilla wrap that has a raspberry spread.

To compliment this sandwich we give you a fruit cup, bag of baby carrots, made from scratch cookies and beverage.

\$8.00 per box

All baked items are made with vegetable shortening

The Executive

Fresh seafood salad on a tomato basil focaccia roll complimented with a fruit cup,

6 ounce cup of yogurt, and made from scratch cookies and beverage.

\$9.50 per box

The Fisherman

A generous portion of white albacore tuna salad sits on provolone cheese then topped with lettuce and slices of tomato.

All of this is stuffed into a pita!

If that is not enough, we have a small Caesar salad, fruit cup made from scratch cookies and beverage in this box!

\$9.00 per box

Gourmet Chicken Salad

Chicken salad made with red grapes and chopped walnuts with lettuce and tomato on a crispy ciabatta roll.

Fruit cup & pasta salad along with our made from scratch cookies and beverage are included.

\$8.75 per box

Grilled Chicken Salad

A large bed of mixed greens topped with Italian grilled chicken strips and dusted with grated Romano cheese. A petite French roll topped with herb butter, choice of lite creamy Italian or lite creamy Ranch dressing, made from scratch cookies and beverage round off this boxed meal.

\$9.00 per box

Chef Salad

We place strips of Virginia ham, smoked turkey, roast beef and Swiss cheese on a bed of fresh salad greens.

Garnished with hard cooked eggs, tomatoes, slices of red pepper and onions.

We include lite creamy Italian or lite ranch dressings.

To finish your lunch we add packs of saltine crackers, butter, our made from scratch cookies and beverage.

\$9.00 per box

