

HELPING HANDS MENU – HIGH HOLIDAYS

Orders must be placed 5 days in advance - no later than 9/19/22 for Rosh, 9/28/22 for Yom

Starters

Chicken Soup	With noodles or matzoh balls – or both! (on the side)	1 qt. (3-4 svgs)	\$24
Gefilte Fish Terrine	Garnished with parsley and red horseradish	¼ mold (5 svgs)	\$20
Vegetarian Chopped Liver	Made with mushrooms, onions, HB eggs and walnuts <i>or</i> lentils, onions and walnuts	1 pint	\$15

Side Dishes

Tzimmes	Traditional oven-roasted vegetable stew featuring sweet potatoes, carrots, pearl onions and mixed dried fruit. (GF)	10-12 svgs	\$45
Noodle Kugel	A traditional favorite.	10-12 svgs	\$35
Mushroom-Quinoa Casserole	Red and white quinoa, with a combination of wild mushrooms. Made with almond milk. (GF, DF)	10-12 svgs	\$45
Potato Kugel	Crispy on the outside, creamy on the inside. Potatoes flavored with onion.	10-12 svgs	\$40
Asparagus Salad	Poached asparagus with lemon dressing (on the side), including chopped tomatoes, kalamata olives, capers and basil	10-12 svgs	\$40

Main Course

Brisket	Tender, with braised carrots and onions	1 lb, cooked	\$28
Cornish Game Hens	Roasted, citrus and spice marinated or apricot glazed	1 hen	\$18
Chicken Marbella	Savory marinated chicken, roasted with prunes & olives; choose thighs or breasts	Per portion 10 pcs.	\$10 \$80
Cauliflower Marranca	Casserole of cauliflower, mushrooms, onion, kasha and grated cheddar (can sub brown rice or millet for kasha)	8-10 servings	\$40

On the Lighter Side

Sweet Smokehouse Salmon	Dry rubbed salmon fillets, pan-roasted	Per portion per lb., cooked	\$15 \$24
Poached Salmon	With horseradish, dill or mustard sauce. Side decorated with cucumber "scales".	Per portion per lb., a side	\$15 \$28
Quiche	Lorraine, florentine, caramelized onion and mushroom or broccoli-cheddar	9" deep dish	\$26
Quinoa-Stuffed Peppers	Filled with a mixture of quinoa, chickpeas, baby spinach, currants and feta (GF, can be DF). (minimum order 3)	Per portion	\$8
Blintz Soufflée	Cheese blintzes en casserole with sides of blueberry coulis and sour cream	10-12 servings	\$35

Desserts

Apple Cake	Delicious, bundt-style	Whole/half	\$32/\$17
Honey Cake	With warm autumn spices	Loaf	\$18
Rugelach	Traditional, with cinnamon and walnuts	1 dozen	\$12
Brownies	Chocolate-y goodness, with walnuts (optional) (GF)	1 dozen	\$16