

**HELPING HANDS MENU – THANKSGIVING 2022**

*Orders must be placed by Thursday, November 17th*

**Starters**

Butternut Squash & Apple Soup	Smooth and velvety, balanced sweetness (vegan)	1 qt. (3-4 svgs)	\$20
Chestnut Soup	Silky smooth, yet earthy	1 qt. (3-4 svgs)	\$20
Smoked Salmon Cheesecake	Savory; good as an appetizer or hors d'oeuvres (can be GF)	6" (10-15 svgs) 9" (20-30 svgs)	\$30 \$50

**Side Dishes**

(\*half sizes available 4-6 svgs)

Corn Bake	Rich and creamy, like a pudding.	10-12 svgs*	\$35
Sweet Potato & Kale Gratin	Thinly sliced sweet potatoes, layered with Tuscan kale, laced with parmesan cheese, baked in creamy sauce. (GF)	10-12 svgs	\$45
Savory Bread Pudding	Rich and flavorful, featuring wild mushrooms, diced bell pepper, celery and onion, laced with parmesan,	10-12 svgs*	\$50
Mushroom-Quinoa Casserole	Red and white quinoa, with a combination of wild mushrooms. Made with almond milk. (GF/DF)	10-12 svgs*	\$50
(Fairly) Traditional Stuffing	Multiple breads, celery, onion, mushrooms, apples, chestnuts, etc. With or without sausage.	10-12 svgs*	\$40-\$45
Oven-Roasted Green Beans	With roasted red onion and grape tomatoes, or cranberries and walnuts	10-12 svgs*	\$38
Cauliflower and Parmesan Cake	Cauliflower florets in an eggy "cake," with red onion rings on top. (can be GF)	9" (8-12 svgs)	\$45
Baby Spinach with Berries, Pecans & Goat Cheese	Elegant and delicious (can substitute field greens)	10-12 svgs*	\$35
Brussels Sprout, Apple and Pomegranate Salad	Crunchy and fresh, with toasted walnuts and shaved parmesan	10-12 svgs*	\$35
Cranberry Mold	Delicious jelled fruit and nuts, very refreshing	1 mold	\$25
Cranberry Relish	Fresh cranberries, oranges and pecans for a delightful zing	1 pint	\$15

**Vegetarian Main Courses**

Butternut Squash Lasagna	Baked with baby spinach for an extra nutritious punch	8-10 servings	\$70
Quinoa-Stuffed Peppers	Filled with a mixture of quinoa, chickpeas, baby spinach, currants and feta, garnished with a creamy basil sauce (GF, can be DF). (minimum order 3)	Per portion 8 or more	\$8 \$5 ea.

**Desserts**

Praline Pumpkin Squares	The goodness of pumpkin pie in a bar	1 dozen	\$16
Tiramisu	Light and full of flavor	9"x13"	\$50
Dark Chocolate Terrine with Orange Sauce	Rich and satisfying	10-12 servings	\$50
Pumpkin Cheesecake Parfaits	Delicious pumpkin cheesecake in individual servings (minimum order 4)	Per portion 8 or more	\$4 ea. \$3.25 ea.