



MENU

The goal of Feed the People Catering is to provide you with a scrumptiously healthy, stress-free, and affordable catering experience. Choose from our list of specialty entrees, gourmet side dishes, refreshing soups and salads, thirst quenching beverages, and delectable desserts to create your ideal meal!

We can also refine most of our dishes to suit your gluten-free, sugar-free, and soy-free dietary needs.

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HOT PLATES

Includes your choice of one entrée, two gourmet side dishes, and a soup or salad. Add one extra side, soup or salad per person for \$3.

Choose One Entrée:

Soy-Fish	\$12 per person
Pastas and Meat Alternatives	\$10 per person
Stir-Fry and Casseroles	\$8 per person

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LUNCH BOXES

Includes your choice of one entrée, a gourmet side dish, soup or salad, and a dessert. Add one extra side, soup or salad per person for \$3.

Soy-Fish	\$11 per person
Pastas and Meat Alternatives	\$9 per person
Stir-Fry and Casseroles	\$7 per person

Or you can order a personal flatbread pizza for \$8, and a dessert is included.

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A LA CARTE

Serves 8 to 12 individuals

Entrées

Soy-Fish	\$48
Pastas and Meat Alternatives	\$40
Stir-Fry and Casseroles	\$32

Soups, Salads and Gourmet Side Dishes

Large (2 quarts)	\$20
Medium (1 quart)	\$10
Small (1 pint)	\$5

Desserts

Cookies	3 for \$2
Vegan Cocoa Mocha Cake	\$3 slice/\$30 sheet
Carrot Cake	\$3 slice/\$30 whole

Original Bean Pie	\$3 slice/\$8 whole
Vegan Bean Pie	\$4 slice/\$10 whole
Blackberry Tart	\$6
Peach Cobbler	\$4 slice/\$12 whole

Beverages

Assorted Organic Sweet Teas	\$2 pint/\$4 quart/\$8 gallon
Homemade Org. Lemonade	\$2 pint/\$4 quart/\$8 gallon
Peanut Punch	\$3 pint/\$6 quart/\$11 gallon
Fresh Ginger Beer and Sorrel	\$4 pint/\$8 quart/\$15 gallon

Environmentally-Friendly Disposable Plates and Flatware for 10 \$10

Ask about our discount prices for schools, summer camps and other youth-oriented activities.

WE DELIVER – Same day order for delivery or pick-up with 5 hours notice (dependant upon the size of the order). Delivery fee is \$5.

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SPECIALTY DISHES

Salads

Sweet & Spicy Kale Salad, Cool Corn & Cucumber Salad, Great Garbanzo Bean Salad, Citrus Fruit Salad, Pomegranate Pasta Salad, Very Veggie Pasta Salad, Berry Walnut Salad, Fried Chik'n Tofu Salad, 5-Bean Salad

Soups

Ethiopian Lentil Stew, Butternut Squash Soup, Navy Bean Soup, Mock-Chik'n Noodle Soup, Vegan "Beef" Stew, Raw Sweet Potato Bisque, Chunky Chili, Daal

Gourmet Sides

Roasted Root Vegetables, Curried Cabbage & Potatoes, Sauteed Asparagus, Maple Glazed Yams, Oven Roasted Butternut Squash, Spicy Sweet Potatoes, Pan-Fried Green Beans, Steamed Veggies, Mac'n Cheese Sea Shells, Vegetable Pakora

Entrées

Mixed Green Won Tons, Italian Nut & Seed Meatballs in Homemade Marinara Sauce, Personal Flatbread Pizza, Spinach Lasagna, Garden Veggie White Lasagna, Cheesy Baked Ziti, Aloo Gobi (curried cauliflower & potatoes), Chana Masala (spicy chickpeas), Eggplant Teriyaki, Jerk Chik'n Chunks, BBQ Soy Chunks, Beer Battered Soy Fish, Coconut Curry Soy Fish, Vegan Quiche, Lentil Loaf, taj's Tao Chik'n, Shrimp Fried Rice, Lemon Pepper Soy Wings, Portabella Steak with Potatoes, Vegan Shrimp'n Grits, Tofu Scramble with Seitan Sausage, Vegan French Toast

Desserts

Cocoa Mocha Vegan Chocolate Cake, Vegan Oreo Cookie Cake, Lemon Glazed Pound Cake, Carrot Cake, Bean Pie, Blackberry Tart, Peach Cobbler, Carob Chip Cookies, Pumpkin Spice Cookies, and an assortment of Breakfast Breads

Beverages

Fresh Homemade Ginger Beer, Sorrel, Peanut Punch, Organic Homemade Lemonade, Organic Ginger Peach Sweet Tea, and Organic Passion Fruit Sweet Tea