



# Post Office Catering Group

AMERICAN BBQ • CORPORATE • SPECIAL EVENTS • DELI

## HEALTHY MENU 2012

### HEALTHY NEW WRAP TRAYS

#### Roast Beef & Swiss Wrap .....\$7.50 EACH

Tender Shaved Roast Beef with Low Fat Roasted Red Pepper Mayo, Lorraine Swiss Cheese & Baby Spinach—in a Sun Dried Tomato Wrap.

#### Spicy Turkey Wrap .....\$7.50 EACH

Sliced Pepper Turkey, Pepper Jack Cheese, Chopped Romaine Lettuce & Tomato with Honey Mustard—in a Whole Wheat Wrap.

#### Grilled Chicken Wrap .....\$7.50 EACH

Strips of Tender Grilled Chicken, Baby Spinach, Tomato, Shredded Mozzarella & Low Fat Cajun Mayo—in a Flour Wrap.

### BAGEL TRAYS

#### Turkey Bagel Sandwich .....\$7.50 PP

Boar's Head Sliced Turkey, Lorraine Swiss, Thinly Sliced Cucumbers, Lettuce & Tomato—on a Whole Wheat Bagel—with Low Fat Mayo & Deli Mustard on the side.

#### Grilled Vegetable Bagel Sandwich .....\$7.50 PP

Grilled Marinated Vegetables, Lettuce, Tomato & Low Fat Mayo—on an Everything Bagel—with Low Fat Mayo & Deli Mustard on the side.

#### Ham & Muenster Bagel Sandwich .....\$7.50 PP

Thinly Sliced Boar's Head Ham, Muenster Cheese, Lettuce & Tomato—on an Onion Bagel—with Low Fat Mayo & Deli Mustard on the side.

### Add One or Two Side Salads to your Wrap or Bagel Tray:

Add Choice of One Side Salad .....\$9.95 PP  
Add Choice of Two Side Salads .....\$11.95 PP

- Classic Coleslaw
- Classic Macaroni Salad
- Classic Potato Salad
- Classic Linguini Salad
- Baked Potato Salad
- Fruit Salad
- Marinated Veggie Salad
- Tossed Green Salad & Dressing
- Chopped Salad & Dressing
- Famous Broccoli Bacon Cheddar Salad
- Bowtie Pasta Salad with Pesto & Sundried Tomato
- Homemade Chips

1271 Big Sewickley Creek Road • Sewickley, PA 15143  
1.866.251.3354 • Fax: 724.251.0124  
Email: catering@podeli.com • Website www.podeli.com

### ENTREES (Minimum 10 Guests)

The following packages include One Entree, Salad, One Starch, & One Vegetable, Rolls & Butter—prices include Plastic Table Cloth, Plates, Plasticware, Napkins, Serving Utensils, Salt, Pepper, & Mints.

Minimum 10 Guests .....\$13.95 PP  
Less than 10 Guests .....\$14.95 PP  
Includes One Additional Entree/with 10 Guests .....\$17.95 PP  
Includes One Additional Entree/with Less than 10 Guests ..\$18.95 PP

#### Pan Seared Ginger Honey Chicken Breast

##### Plum Chicken

Grilled with a Sweet & Spicy Plum Sauce.

#### Roasted Tomato & Baby Spinach Chicken

Chicken Roulade Stuffed with Spinach & Diced Tomato.

#### Flat Iron Steak & Mushrooms

Grilled Flat Iron Steak—served with a Medley of Mushrooms in a Peppercorn Sauce.

#### Icelandic Cod

Icelandic Cod Baked with Lemon Pepper & Bread Crumb Topping.

### HEALTHY CONSCIOUS SALADS

Per Side Salad.....\$3.75 PP  
Topped with Herb Chicken .....\$9.50 PP  
Topped with Grilled Steak .....\$9.95 PP

#### Garden Medley Salad

Chopped Romaine Lettuce, Shredded Carrots, Cucumber, Red Pepper, Shredded Red Cabbage & Grape Tomatoes—served with Low Fat Ranch or Lite Italian Dressing.

#### WPOD Classic Salad

Chopped Romaine Lettuce, Mandarin Oranges, Sunflower Seeds, Scallions & Grape Tomatoes—served with Balsamic Vinaigrette or Light Italian Dressing.

### STARCH

#### Steamed Asian Mandarin Rice Couscous with Black Beans

### VEGETABLES

#### Green Beans with Pearl Onions Steamed Broccoli

Add Cheese Sauce

### LOW FAT DESSERTS

Low Fat Fudge Brownies Delicious & Moist! .....\$12.95 DOZEN

Mini Lemon Low Fat Bundt Cakes .....\$13.95 DOZEN

Delicate Little Bundt Cakes with a Touch of Lemon Glaze.

KEY: PP = Per Person