

Party Foods

Breads



Buffet bread rolls and mini challah



Potato, pumpkin or spinach rolls



Mini Babkas (chocolate, apple-cinnamon or pastry cream)

Savory Treats



Kibbeh: potato, spinach, soy protein or pumpkin



Falafel (chickpea croquettes)



Vegetarian Cabbage Rolls



Mini savory hand pies (Chicken, Veggies, Spinach)



Veggies & Corn croquettes



Borekas: potato-spinach, potato-caramelized onions, or only Spinach

Dips



Hummus (Chickpeas and Sesame paste dip)



Matbucha (Spicy Tomatoes and Peppers sauce)

Mini Sandwiches & Wraps

Sandwiches:
Tuna
Egg Salad,
Spinach Dip,
Cucumber-Mayo,
Hummus-Caramelized Onions



Wraps:

- Tuna, gerkin, shredded carrot, greens
- Grilled vegetables, lettuce and pesto
- Falafel, lettuce, salad, carrots



Sweet Treats



Chocolate Chip Cookies
Vanilla & Chocolate Cupcakes
Brownies
Various Mini Tarts
Sugar & Glazed Donuts



Buffet Style Menu

Rice, Bulgur & Couscous



Mixed Veggies
Spinach and Onions
Yellow Rice with Green Onions
Rice & Red Beans (mixed dish)
Rice & Black Beans
Green Pigeon Peas
Lentils & Onions (Muhhadarah)
Vermicelli Rice
Mixed Veggies
Sweet Corn
Plain OR Mixed Veggies Bulgur
Plain OR Mixed Veggies Couscous



Salads

Mediterranean Chopped Salad
Fatoush Salad (Chopped Salad with
Pita Chips)
Tabbouleh (Bulgur Salad)
Quinoa Tabbouleh (Gluten-Free)
Garden Pasta Salad
Tuna Pasta Salad
Coleslaw
Potato Salad
Dominican Potato Salad (w/Beets)
Morrocan Spicy Carrot Salad
Roasted Beets Salad
Boiled Vegetables salad (Carrot,
Chayote and Broccoli)



Main Dishes



Baked Chicken



Dominican Style Stewed Goat**



Crunchy Tuna meatballs
with Tartar



Chicken meatballs

Chicken Piccata
(Lemon and Capers Sauce)



Tuna meatballs in Tomato Sauce



Braised or Roasted Lamb**



Pan-seared or Baked Salmon**

**UPON AVAILABILITY

Side Dishes & Casseroles

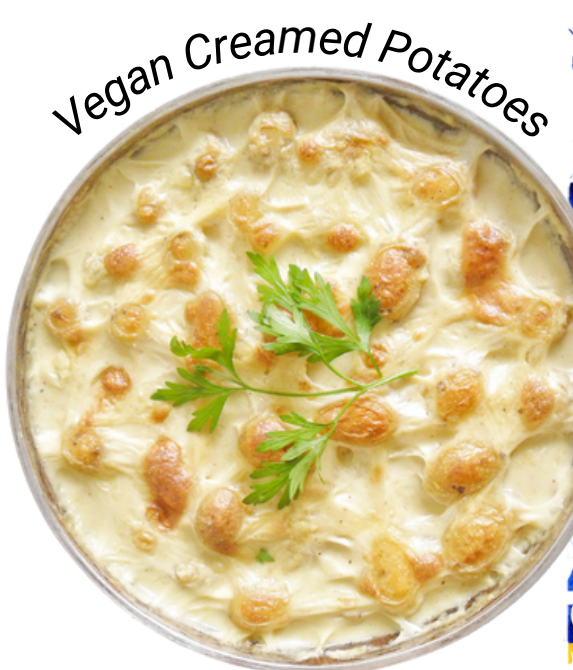
(All Vegan Options)



Maghmour (Lebanese eggplant and chickpeas stew)



Vegan Meatballs (Mushrooms & Eggplants)



Vegan Creamed Potatoes



Ratatouille: Eggplants, Tomatoes and Zucchini



Fried Sweet Plantains



Cassava with Onions & Peppers



Spiced Baked Potatoes



Roasted Mixed Veggies

Eggplant and Sweet Plantains Casserole



Braised Cabbage



Contact Us:
Hannah Abreu
Quotes: lehemhapanim@gmail.com

Sample Menu Lunch

Menu #1

SOUP + WRAP COMBO

Selection of Soup (creamy OR mixed veggies)
Fresh Salad and Chicken wrap
Choice of dessert

Menu #2

FALAFEL

Pita bread served with falafel, hummus and spicy sauce
Chopped salad or Tabbouleh
2 vegetable side dishes (pickled cabbage, morrocan carrots, roasted beets, roasted potatoes OR fried eggplant)
Choice of dessert

Menu #3

THE DOMINICAN LUNCH

Tossed Salad with Lettuce, white cabbage, carrots, cucumber and tomatoes
White rice with kidney beans or black beans on the side
Dominican style braised chicken in tomato sauce
Cornmeal fritters
Choice of dessert

Menu #4

FISH AND POTATOES

Choice of Creamy soup
Tossed salad
Baked Salmon served with mashed potatoes, yucca mash or grilled vegetables
Choice of dessert



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Sample Menu Dinner

Menu #1

PILAF & VEGGIES

Rice Pilaf
Garden Salad or Roasted Vegetables Medley
Baked Chicken with Carrots and Potatoes
Choice of dessert

Menu #2

PASTA DINNER

Lettuce, Spinach and Arugula Salad
Pomodoro Pasta
Chicken meatballs or Vegan Meatballs
Choice of dessert

Menu #3

MEDITERRANEAN FIX

Mediterranean salad (lettuce, arugula, tomatoes, cucumber, onions, peppers, olives)
Mixed veggies Rice or Bulgur
Roasted Lamb with Caramelized Onions
Choice of dessert

Menu #4

PLANT-BASED

Black beans chili OR Chickpeas-Coconut curry
Steamed white rice
Eggplant meatballs OR Vegan Moussaka
Steamed Broccoli OR Sauteed Green beans
Choice of dessert