

Charity's Vegetarian Paradise Training Institute ~ Catering

Heart Healthy & Meatless Meals
So Scrumptious they will turn all your
Social & Business Occasions into a feast!

presented by

Dr. Pamela Charity Phoenix

Founder, Food Artist & Author of

"Charity's Vegetarian Paradise Cooking Curriculum"

and "That Girl Can Cook!"



Using only the freshest ingredients, the recipe for Pamela's tasty **Spinach & "Veggie-Meat" Lasagna** has appeared in the Chicago Sun-Times Food Section, and her luscious **Spinach & Chickpea Delight**, a Jamaican soup flavored with coconut, was featured on WGN-TV's Morning Show.

Schedule your special event now!

**Dr. Pamela Charity Phoenix is also available for
Holistic Workshops & Food Demonstrations**

For more Information or to schedule your event call

312.437.0796 or email: pamelaphoenix8@yahoo.com

Sample catering menu on reverse side.

Charity's Vegetarian Paradise Training Institute ~ Catering Menu

Breakfast Special Combination ~

Serves 20, Choice of 3 Dishes \$100

Scrambled Tofu
Veggie Sausage
Yellow Grits
Pancakes
Peace Toast
Burrito
Seasonal Fruit
Banana Walnut/Coconut Muffins
Chocolate or Carob Chip Muffins

Whole Wheat Wraps & Sandwiches from the Grill ~

Serves 20, \$80 per menu item

Tofu w/Portabella Mushrooms
Grilled Veggies & Veggie Meat
Black Bean Burger
Veggie Pastrami with Soy Cheese
Veggie Turkey
Blackeye Pea Wraps
Collard/Kale Wraps

Entree's ~

Serves 20, Price per pan

Spinach/Sausage Lasagna \$80
Jamaican Spinach Chickpea Delight \$60
Jerk White Fish \$120
Onion Baked Chicken Wings \$70
Pecan Oat Burgers \$60
Elijah's Barbeque Veggie Meat \$60
Veggie Turkey & Dressing \$80
Burrito or Taco \$75
Corn Tamales \$80
Falafel in a Pita \$75
Tofu Fish \$70
Pizza \$100
Super Spaghetti \$60
Chunky Chili \$50
Super Stuffed Peppers \$80
Lentil Soup \$40
Veggie Mushroom Steak \$90
Vegetable Fried Rice/Tofu \$60
Fried Noodles with
Peanut or Black Bean Sauce \$65

Live & Natural Delights ~

Serves 20, \$80 per menu item

Corn Husker Salad
Cabbage Coleslaw
Raw Sweet Potato Salad
Almond Pate
Carrot Tuna
Aaron's House Salad
Lettuce Rolls
Hummus (w/garlic, olive, spinach)

Side Dishes ~

Serves 20, \$80 per menu item

Kale/Collard Greens
Stirfry Cabbage
Kiss Your Mama Sweet Potatoes
Curry Rice
Rosemary Potatoes
Black Beans & Rice
Pinto Beans & Rice
Cabbage, Broccoli, Mushroom,
Onion & Garlic Melody
Potato Salad
Turkey Salad

Sauces ~

Serves 20, \$10/container

Black Bean Sauce
Teriyaki Sauce
Soy Sauce
Sweet & Sour Sauce
Peanut Sauce

Dressings ~

Serves 20, \$15/container

Honey Mustard
Olive Oil
Yeast/Garlic Dressing

Schedule your holiday events now!

Prices subject to change.

For more information call

312.437.0796

or email: pamelaphoenix8@yahoo.com