

DESSERTS

SMALL serves 8-10 people
LARGE serves 16-20 people

	Small	Large
Assorted Dessert Platter	\$ 30	\$ 60
Cookie Platter	\$ 20	\$ 35
Ice Cream Bar (Choose 2 Flavor of Ice cream & Assorted Toppings)	\$ 40	\$ 75
Hershey's Ice Cream pack (Assorted box of bars, Italian Ice, and Sundae Cups)	\$ 40	\$ 75
Dip N Dots	\$ 50	\$ 100
Candy Kababs	\$ 65	\$ 120

BEVERAGES

SMALL serves 8-10 people
LARGE serves 16-20 people

	Price
20oz Water, Soda, & Tea	\$ 4
1/2 Gallon Tea or Lemonade	\$ 12
2 Liter Soda	\$ 6
Kaldis Coffee Tote	\$ 25

ANY EVENT.
BIG OR SMALL...
WE CATER!
IT'S THAT SIMPLE!



**\$100 MINIMUM ORDER.
10% DELIVERY FEE.**

48 HOUR NOTICE APPRECIATED.

Healthy Meal Creations
a catering company



**SIMPLE
&
FRESH**



(314) 456- 8649

Roya@healthymealcreations.com



APPETIZERS & SIDES

SMALL serves 8-10 people
LARGE serves 16-20 people

	Small	Large
Fresh Fruit Tray	\$40	\$75
Cheese & Cracker Tray	\$40	\$75
Veggie Tray	\$40	\$75
Toasted Ravioli	\$40	\$75
Boneless Wings	\$40	\$75
Chicken Tenders	\$40	\$75
Mac & Cheese	\$35	\$65
Pretzel Bites w/Cheese	\$35	\$65
Assorted Chips	\$25	\$50
Pasta Salad	\$35	\$70

BOXED SNACKS

SMALL serves 8-10 people
LARGE serves 16-20 people

	Small	Large
Assorted Fruit Box	\$45	\$90
Protein Box	\$45	\$90
Veggie Box	\$45	\$90



SALADS

Your choice of Balsamic vinegar, Ranch, or Caesar Dressing.

SMALL serves 8-10 people
LARGE serves 16-20 people

	Small	Large
HMC Favorite Salad (Field Greens, Cucumber, Provel Cheese, Walnut, Apples, Peppers, Tomatoes)	\$35	\$65
Caesar Salad (Romaine, Shaved Parmesan, Croutons)	\$35	\$65

BOXED LUNCHES

All Boxed Lunches are served with Chips and Fresh Baked Cookies.

Minimum of 10 Boxes	Per Box
Wraps (Turkey, Teriyaki, Caesar, Buffalo)	\$10
6" Subway Sandwiches (Italian, Turkey, Ham, Club, BMT)	\$10
Salads with Protein (HMC, Caesar, Build your own)	\$12

BAR STYLE

Toppings & Condiments Served
Buffet Style.

Minimum of 10 people **Per Person**

BURGER BAR \$12

Protein: Beef, Veggie, Turkey. **Select 1**

Cheese: Cheddar, American, Provolone

Toppings: Lettuce, Tomato, Pickles, Onions

Condiments: Mayo, Mustard, Ketchup

SALAD BAR \$10

(Romaine Lettuce, Cucumber, Red Onion, Peppers, Tomatoes, Assorted Cheese, Assorted Nuts, Croutons, Cranberries)

Add 1 protein: Chicken, Turkey, Italian, Gyro **\$3.5**

TACO OR NACHO BAR

Protein: Beef, Chicken **Select 1** **\$10**

Toppings: Shredded Cheese, Lettuce, Tomato, Jalepenos, Cheese Sauce, Salsa, Sour Cream