

Food For Thought Catering

Legacy's Preferred Caterer

STATIONARY HORS D'OEUVRES SAMPLINGS

Served chilled or room temperature

Hummus made with “chickpeas”, white beans, tahini, garlic, parsley and fresh lemon juice, drizzled with extra virgin olive oil and fresh chopped parsley, served with crumbled feta cheese, olives, sweet red pepper strips and cucumbers

Fresh salsa made with ripe tomatoes, sweet onion, colorful peppers, cilantro and lime juice

Pureed, roasted garlic-sweet butter-anchovy dip (bagna couda), exotic and powerful

Dried tomato and white bean dip made with garlic, scallions, lemon juice and oregano

Homemade creamy herb cheese made with a medley of cheeses and lots of herbs

Creamy cheese torte layered with sun-dried tomatoes, pesto and pine nuts

Creamy bleu cheese torte layered with candied pecans, sun-dried cranberries and figs

Tzatziki- homemade local yogurt blended with chopped cucumber, garlic, lemon juice, fresh dill, parsley, cumin and extra virgin olive oil, nice with veggies or alongside hummus with pita

Imported and domestic cheeses with seasonal fruit, bread rounds and assorted crackers

Fresh mozzarella cheese garden tomatoes and fresh basil drizzled with olive oil

Garden crudités- seasonal veggies served with a homemade buttermilk-dill dip

Fresh seasonal fruit platter on or off the rind with a vanilla-honey-lime-yogurt dip

Fresh asparagus spears- or bread sticks wrapped with smoked or peppered turkey, drizzled with a balsamic glaze, Parmesan cheese and cracked pepper

Tortilla rollups- fresh flour tortillas filled with a variety of favorites, including:
slow-roasted beef with horseradish cheese, field greens and chives
smoked turkey, lemon-scented asparagus, spinach and dilled cheese

Sushi- colorful assortment served with wasabi, fresh ginger and soy

Smoked or cured salmon served with a caper-red onion-lemon relish, chopped egg, black bread and a dilled sour cream

Sashimi-grade tuna encrusted with peppercorns, seared, sliced and served medium-rare with a wasabi-ginger-sesame dressing served on a bed of sweet vinegar rice

Antipasti- bitter greens topped with blanched asparagus or green beans, hard-boiled egg, olives, roasted peppers and garlic, Italian tuna, anchovies, beef salami and sharp provolone



STATIONARY HORS D'OEUVRES SAMPLINGS

Served warm or room temperature

Homemade quiche-bread- moist like quiche but not too “eggy” and it cuts like bread

Nice as a side with salad, soup or any meat or fish entrée, your choice:

Broccoli, aged Vermont cheddar, green onion, sautéed sweet onion and cumin

Spinach, sun-dried tomato, provolone, Asiago, fresh basil and cracked pepper

Vegetable and cheese medley-season’s finest sautéed veggies and herbs

Poultry or beef sausage, onion, smoked gouda and rosemary

Your Favorite Ingredients Can Create The Perfect Quiche Bread!

Fresh veggies, assorted bread rounds, crackers, flatbread, tortilla chips and/or spiced-honey pita triangles can accompany any of the above dips!

Served warm

Old-fashioned favorite-smoked poultry sausage and mini beef meatballs

cooked in brown sugar, BBQ, teriyaki, soy, ginger, honey, mustard, sweet onion, green pepper and pineapple

Apricot-chili meatballs made with ground turkey or beef

Sherried spinach-Parmesan-artichoke au gratin served with French bread

BUTLERED HORS D'OEUVRES SAMPLINGS

Served cold

Tomato and onion bruschetta tossed with fresh herbs and olive oil, served on bread rounds

Smoked salmon bruschetta with tomato-avocado salsa served on cucumber rounds

Mini Mexican tacos filled with flaky white fish, lime juice and cilantro, garnished with shredded cabbage, red onion, tomato salsa and a dash of hot sauce

Rice-stuffed grape leaves served with tzatziki sauce (cucumber-yogurt with fresh dill)

Flour tortilla rollups filled with homemade black bean hummus, julienned sweet red pepper, Kalamata olives, and feta, sliced and served in spirals, garnished with chopped parsley

Mini pastry dough cups filled with:

- A sweet and savory chicken salad with poached chicken or turkey, apples, grapes and raisins, tossed in a sweet, creamy sour cream dressing
- Curried chicken with toasted almonds
- Smoked salmon with capers, fresh dill and chopped red onion

Your Favorite Ingredients Can Create The Perfect Pastry Cup!



BUTLERED HORS D'OEUVRES SAMPLINGS

Served warm

Mini pastry dough cups filled with:

- Grilled chicken, pesto, mozzarella and Parmesan cheese and roasted garlic
- Filet mignon, gorgonzola cheese, caramelized onions and wild mushrooms
- Brie, apples, pears, brown sugar and candied pecans
- Cheese medley with fresh herbs
- Sage poultry or beef sausage with cheddar and green onion
- Grilled vegetables and homemade honey-barbecue sauce

Curried chicken tenders served with a mango-pineapple-soy dip

Indonesian chicken or beef satay served on skewers with a peanut-ginger-chili dip

Chicken sake skewers- chicken is coated with pineapple, sake and sesame oil, rolled in chopped cashews then baked and served with an Asian sweet chili sauce

Spicy green onion corn cakes topped with goat cheese

Spanakopita- Greek phyllo dough pastries filled with spinach, feta cheese and pine nuts

Pot stickers- traditional Chinese dumplings filled with chicken and veggies, pan sautéed and served with a sesame-soy-chili-ginger dip

Vegetarian spring rolls served with a teriyaki-honey dipping sauce

Potato-toasted almond croquettes- mini balls of mashed red-skinned potatoes blended with diced onion, cayenne, smoked soy (vegetarian) and fresh parsley, served with a peppercorn-sour cream sauce

Brown rice cakes made with honey, onion and cilantro, served with a toasted sesame-rice wine vinegar dip made with honey, grated ginger and soy

Sweet potato wontons- flower-shaped wonton cups filled with pureed sweet potatoes, mango chutney, curry, ginger, garlic and green onion topped with sautéed shredded carrots

Panko-roasted asparagus and green beans served with a lemon-Dijon-cream dipping sauce



ENTRÉE IDEAS

Served warm, room temperature or chilled

Grilled favorites, including:

Flat iron steak OR Chicken- boneless, skinless breasts

AWESOME if marinated in fresh citrus juices, spices, olive oil and vinegar or with my signature rub of curry, chili powder, kosher salt, thyme, dried ginger, dried mustard, jerk seasoning, nutmeg, paprika and dried onion

Sausages (your choice of poultry or beef or both), fresh or smoked

Tuna, Salmon, Catfish, Tilapia *best if kept simple and light!*

Grilled favorites can be served with a variety of delicious sauces:

Salsa verde, a rustic cold salsa made with pureed cilantro, parsley, thyme, olive oil, garlic, sweet onion and chopped jalapeño or chili (optional)

Tzatziki (see description under Hors D' Oeuvres above)

Pineapple-onion chutney or salsa made with fresh cilantro, honey and apple cider vinegar

Caper, red onion, shallot, fresh herb, olive oil mignonette

Grilled items can be served on a platter, garnished with fruit, or on a bed of fresh field greens with a side of pasta or red potato salad, a veggie and a bread selection...perfect outdoor entertaining menu...light, colorful, basic selections, sure to please any palate!

Famous beef ribs first rubbed with a fabulous dry rub of cumin, paprika, chili powder, garlic powder, kosher salt, black pepper, ginger, dry mustard and brown sugar then basted with a wonderful homemade BBQ sauce-rich, savory, sweet and sassy all-in-one-BBQ base, soy, worcestershire, rum, crushed fresh garlic and chili paste, slow-grilled until tender! Extra of this amazing BBQ sauce is served on the side!

Southern lemon chicken- all-white meat tenders dredged in seasoned flour, lightly sautéed in sweet butter, fresh lemon juice, fresh parsley and green onion

Italian chicken cutlets- seasoned breaded and lightly pan-fried, served with sharp provolone cheese and roasted peppers, (garlic, aioli and crusty rolls optional)

Traditional roasted chicken with carrots, onions, celery and lots of herbs

Roasted chicken with Chianti, tomato pesto, olive oil, red onion, arugula and parsley, served with warm peppered grapes

Curried chicken- (bone in or boneless) with bamboo shoots, green peas, sweet red pepper and onion in a coconut sauce with fresh lime juice and fresh cilantro (nice with Thai rice)

Pan-sautéed curried chicken tenders with sweet red pepper and onions (nice golden finish)

Roulades of chicken breasts stuffed, rolled, baked and sliced into spiral servings: Fresh, blanched asparagus, French Brie and fresh thyme served with candied fruits Manchego cheese, arugula and figs served with a port glaze

Turkey or chicken au gratin- a savory medley of roasted turkey or chicken, green apples, sweet onion, Vermont cheddar cheese and fresh cream, nice over rice or in a pastry nest



ENTRÉE IDEAS (continued)

Served warm, room temperature or chilled

Turkey roulades stuffed with apple-sage stuffing, served with homemade pan gravy

Turkey tenderloin marinated in lime, olive oil, kosher salt, jerk seasonings and cilantro

Italian sweet-n-hot beef sausage and meatballs with sweet peppers, onion, garlic and fresh basil (homemade marinara sauce optional)

Cracked pepper-roasted tenderloin of beef (filet), nice with sautéed mushrooms and sweet onions with a horseradish-chive sauce and baby potato rolls

Pan-sautéed beef or poultry sausages served with a homemade pan gravy

Tuscan meatloaf served with a sassy sauce of stewed mushrooms, onions, tomato and garlic

Greek phyllo pockets filled with some favorites:

Roasted chicken or turkey, feta cheese, fresh lemon juice, oregano and rosemary

Beef tenderloin, caramelized onions, wild mushrooms and rosemary

Pulled beef, chicken or turkey in a smoky-sassy BBQ sauce served with assorted buns and cheddar with extra BBQ sauce on the side...the right touch of sweet, spice and vinegar

Flank steak stuffed and rolled with fresh spinach, shallots, onions, garlic and fresh herbs, served with a merlot-butter sauce

Whole filet of salmon poached, served with sweet-n-sour cucumber relish or dilled cucumber sour cream

Pan-seared white wine tilapia topped with eggplant, fresh tomato, onion, capers and fresh parsley

Sushi-grade tuna served on a bed of wilted greens with a wasabi-lemon sauce

PASTA ANY KIND, ANY WAY...

- Traditional marinara– hearty tomato sauce with or without ground meat, (i.e. beef, chicken, turkey or soy), with tomatoes, onions, garlic and Italian herbs
- Pesto-homemade with pine nuts, olive oil, garlic, lemon, basil and pepper
- Alfredo-homemade cheese-cream based sauce
- Puttanesca-add capers, red pepper and anchovies to the marinara and it's now sassy
- Olive oil and garlic, nice with artichokes, white beans and parsley
- Eggplant, tomato, onion, capers, parsley and olive oil
- Poached or smoked salmon tossed with a fresh dill cracked pepper white cream sauce with tender young green peas, topped with capers and scallions
- Turkey bacon, garden peas, Parmesan, fresh sage and olive oil
- Asparagus spears, spring peas, sautéed garlic and sage with Parmigiano-Reggiano cheese
- Garden peas, sun-dried tomatoes, sautéed shallots, basil, rosemary, parsley and olive oil
- Niçoise-fresh tomatoes, anchovies, garlic, green beans, seared tuna or albacore, new potatoes, hard-boiled eggs and capers, drizzled with olive oil and sherry vinegar and parsley



THE ACCOMPANIMENTS

Some served room temperature, some warm

Smashed potatoes

Traditional, with real butter and cream, roasted garlic and herb, sour cream and chive, horseradish sour cream, wasabi, fennel and nutmeg, yogurt and dill

Roasted red potatoes with fresh herbs, served room temp. or warm

Grilled red potatoes tossed with onion, garlic and rosemary, served room temp. or warm

Potato salad my way-red potatoes tossed with chopped celery, onion, fresh parsley, kosher salt and cracked pepper in a Dijon-mustard-Spanish sherry-olive oil dressing

Long-grain rice tossed with golden raisins, toasted almonds, nutmeg, and fresh parsley

Long-grain rice cooked in chicken stock and tossed with olive oil and seasonal herbs

Basmati rice- nutty in flavor

Homemade bread stuffing- traditional or with apples, sausage and/or chestnuts

Cous-cous tossed with olive oil, fresh mint and parsley, feta cheese, lemon juice and a little chopped onion, served room temp.

Hearts of palm sprinkled with kosher salt, cracked pepper and olive oil

Traditional seasonal vegetable medley with herb butter or extra virgin olive oil

Cabbage and onion sauté with mustard seed, sweet vermouth, dry mustard, apples, pears and a touch of brown sugar

Sauerkraut- the best slow-cooked with apples and onions, bay leaf, beer, kosher salt, pepper, fennel, sage, thyme, dill and a hint of butter, (turkey bacon optional), great as side to grilled sausages

Roasted cauliflower florets are drizzled with olive oil, cumin, salt, pepper and paprika, then slow roasted until golden-great nutty flavor

Cauliflower puree or mashed florets are cooked in milk then pureed or mashed, tossed with nutmeg, salt and pepper

Roasted Brussels sprouts with shaved Parmesan cheese and olive oil

Sautéed baby spinach with fresh garlic and pine nuts

Green beans sautéed with sesame oil, fresh ginger, green onion and Asian spice

Blanched asparagus and/or petite green beans served with poppy seed-citrus vinaigrette or fresh berry vinaigrette

Roasted asparagus with olive oil and fresh herbs



SOUP, STEWS AND CHILI FAVORITES

Chilled gazpacho topped with chopped cilantro

Tomato and sweet onion bisque topped with fontina cheese (creamy and velvety)

Tuscan white bean with smoked turkey topped with a crispy basil-red pepper oil

Chicken brodo- a light broth with beans, chicken, escarole and cheese-filled tortellini, topped with grated Romano cheese

Pumpkin-squash bisque made with sweet onion, fresh ginger, red curry, lemon juice and cream, garnished with toasted pumpkin seeds

Old-fashioned beef stew- cozy and warming, made with beef tenderloin, not stew meat, homegrown potatoes, onions, carrots and celery, lots of fresh parsley, garden peas, merlot, organic beef stock, garlic, kosher salt, cracked pepper and real butter to make it smooth.
Nice over egg noodles...earthy and hearty!

Homemade white chili with aged cheddar and your choice of turkey, chicken or soy

Homemade red chili with your choice of beef, chicken, turkey or soy. Chili is great served with lots of fun fixin's like sour cream, jalapeños, shredded cheese, olives, chopped tomatoes, salsa and tortilla chips

CASSEROLES

Sweet onion, cheddar, red potato (beef or poultry sausage, optional), nice for breakfast

Traditional lasagna- ground beef, ground turkey or crumbled soy available

Parmesan cheese bake with fresh tomatoes, basil, onion, sweet red pepper, garlic, mozzarella, Romano and provolone (grownup mac-n-cheese)

Kids' mac-n-cheese with bread crumb topping

SOME GREEN SALAD FAVORITES

Spring greens with an herb vinaigrette (simple and refreshing)

Traditional Caesar- nice with a grilled/seared favorite, (i.e. chicken or filet)

Spinach and baby greens tossed with caramelized pecans, sun-dried cranberries and figs, crumbled bleu cheese, slivered red onion and scallions and fresh apple slices, drizzled with a Spanish sherry-fig-pear dressing

Greek salad made with mixed greens and Romaine, feta cheese, tomatoes, olives, marinated peppers and cucumbers tossed with a Greek-oregano vinaigrette

Salad Niçoise- medley of fresh tomatoes, anchovies, garlic, green beans, seared tuna, new potatoes, hard-boiled eggs and capers, drizzled with olive oil and sherry vinegar



EXTRAS

- Candied pecans-homemade buttery, sugary, caramelized! *Great on salads or as a tasty, healthful snack!*
- Curried pecans-homemade buttery, savory and spicy, with a hint of red pepper!
- Healthful energy snack-surely “food for thought”-a medley of my candied pecans, sun-dried fruits, sunflower seeds and yogurt peanuts!
- Food For Thought’s signature soy dipping sauce-a blend of Asian ingredients-great as dip for eggrolls, dumplings, on noodles, as a marinade for any meat or fish or over rice!

ASK ABOUT Theme Food Ideas

- Breakfast and brunch ideas, including my B&B homemade French toast with a side of whipped cream and fresh fruit or my orange/cheese-stuffed French toasts sprinkled with homemade granola, served with a side of apple-cinnamon sausages, turkey bacon or soy sausages!
- Assorted Desserts, Including Cakes And Wedding Cakes, Available!
- Weddings, Graduations, Showers, Bar/Bat Mitzvahs, Corporate Functions, BBQs, Picnics, Children’s Theme Parties, Garden Parties, Memorials And More!
- Take-Out, Box Lunches And Delivery Service Available!

Please Ask About Our Package Arrangements

Food For Thought

Full-service catering and party planning

Gina D’Ambrosio

Event Coordinator, Owner And Consultant

717-824-2996

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References And Photo CDs Available Upon Request.

Over 20
Years
Experience!

Food For Thought Catering

Testimonials

"My wife and I do a lot of family and business entertaining. For the past six years Gina has catered every single event we have held, from small luncheons to hosting almost 200 guests. Every event has been meticulously planned and executed, gone off without a hitch, including our most recent party held in the middle of a hurricane. Gina is so highly recommended that many of our friends are now using her services for their events. There is no better caterer in Lancaster! Feel free to contact me for any other questions about her remarkable services."

Glenn Usdin, Lancaster PA

"Over the past few years we've had the pleasure of experiencing Gina's creativity at intimate dinner parties, cocktail parties of 60, and blow-outs of more than 200. No matter the size or budget, Gina always sets a bountiful and beautiful table that's as pleasing to the eye as it is to the palate. Gina is an unflappable, experienced presence in the kitchen whose love of food and hospitality infuses every event. More than that, she puts a playful spin on entertaining that guarantees that your event is the one people will be talking about days after the last dish is put away!"

Chris and George Veronis

"I have had the privilege of having Gina cater several events at my home for personal, professional and charity events. Each event has been unique in that the size of event has ranged from serving a family of four to an event that could have as few as 50 or up to 150 guests. The menu has always been fresh, creative, intensely flavorful and beautifully displayed. Gina has always been very professional and helpful in menu selections, and I love knowing she will coordinate every detail so I can proceed with other tasks involved in hosting a major event. Gina and her staff know exactly what they are doing and provide the perfect amount of service without being overbearing. Finally, as if she hasn't already done enough, as the evening progresses and things wind down, and you finally get a chance to look around, you notice the kitchen looks as though no one had been there. You smile, have a glass of wine and finally get to enjoy the evening. Thank you, Gina!"

*Lisa Whalen DVM
Animal Hospital of Rye*

"Gina has catered several events for us, for work and for family and friends. She plans exceptional menus with a range of prices, and guests always enjoy her meals!"

Dr. and Mrs. Jeffrey Eshleman

"We have had the opportunity to use Gina's catering service and be invited to parties catered by Gina, and they were superb. The food was flavorful and beautifully presented. Gina and her staff were extremely helpful in making the event a success. Suggestions were given for food choices, opportunities to be creative for special needs, and fantastic staff provided. Food is one of the most important components to a successful event and Gina and her staff always deliver the best."

Dr. Lori and Mr. Matt McGowan

"A glowing, true testimonial of all accounts of your professional gastronomic talents, keen sense of food proportions and kid-glove care toward finicky clients."

Marlene Usdin

"Generally, my tastes are simple – I love food. I love home-cooked meat and potatoes. I love a well-executed gourmet meal with ingredients I cannot even pronounce, let alone spell. I love a hearty, colorful salad that relies on the natural flavors of dirt-grown, sun-ripened vegetables. I love foods that are fresh, flavorful, not too fussy and always reflective of the love of the person who prepared it. **I love Gina's food** and have used her many times for catering charity events and for filling my freezer with quiches, lasagnas, soups, stews, breads and more. Of course, my simple taste should not be mistaken for simple, plain flavor. Gina's foods wonderfully reach for extremes of sweet and sour and salty and spicy, combining the right flavors and textures. Her tomato bisque (which is out of this world and one of my favorites) has an inherent complexity of spices and ingredients that could take up an entire kitchen table. Her luxurious dishes have deep, rich flavors coaxed out by way only Gina can tell you. Many dishes are exotic to me because they are new and taste like they have been flown in from across the world. Despite my fascination with her food, I still appreciate how artistically they are presented to the lucky soul who is on the receiving end of her serving spoon. I am in absolute heaven when I sit down to eat her other-worldly dishes, reaching gustatory nirvana for little more than all the change between the cushions of my favorite chair. There has to be some sort of succinct scientific term for her abilities in the kitchen, but I don't know it; so for lack of a better word, it is phenomenal."

Daryl Ford Bloom, Esq.

"I agree wholeheartedly with all of the above. What more can be said?"

Jack Holden

If you are interested in more testimonials or references, they can be made available upon request.

Thank you for your interest in Food For Thought Catering!

Gina D'Ambrosio
Event Coordinator, Owner And Consultant