

FOR PICK
UP ON
OCTOBER
21

BUILD YOUR SALADS

OWN

PICK YOUR PROTEIN 30Z/60Z PROTEIN

Extra Lean Meatloaf
Hamburger Steak
Herb Crusted Pork Tenderloin
Cajun Chicken
Classic Grilled Chicken
Smoked Chicken
Grilled Shrimp
Pan Seared Salmon

PICK 2 SIDES

Brown Rice
Wild Rice
Roasted Baby Potatoes
Roasted Sweet Potatoes
Asparagus
Broccoli
Brussels Sprouts
Green Beans
Mixed Veggies
Squash & Zucchini
Sauteed Mushrooms
Side Salad

Apple Pecan Salad

with or w/o chicken mixed greens, dried cranberries, feta cheese, pecans, apples

Burger Bowl

romaine, ground beef, red onion, pickle, tomato

Chef Salad

mixed greens, ham, turkey, bacon, tomato, cheese, egg

Fall Mixed Salad

with or w/o chicken mixed greens, mandarin oranges, dried cranberries, pecans, feta cheese

Smoked Chicken Cobb

mixed greens, smoked chicken, bacon, tomato, cheese, egg

Strawberry Salad

with or w/o chicken

mixed greens, strawberries, toasted almonds, feta cheese

Dressings: ranch, balsamic, creamy jalapeno, poppy seed, raspberry vinaigrette

-----ONE DISH MEALS-----

Light Pesto Chicken Pasta Rosemary Pot Roast

9.00

N A C K S 5.00

COLD

8 50

Charcuterie Snack Box

Fresh Fruit Plate

Light Chicken Salad

on a bed of mixed greens with fruit and cheese

Gina's Catering 5550 Village Drive, Benton, AR 72019 501-943-7800 grabandgo@ginacaters.com HALF/WHOLE

5/9



SAMPLE ORDER

- 1. half smoked chicken cobb salad with creamy jalapeno dressing
- 2. whole meatloaf with wild rice and asparagus
- 3.pot roast
- 4. pesto pasta
- 5. light chicken salad

*If you do not specify size, you will be charged for a whole *If you do not specify dressing, you will be given ranch

ORDERING & PICK UP

Orders must be received by NOON on Sundays.

Pick up is between 10am-6pm on Tuesdays.

You can pay upon pick up via cash, credit card, or Venmo.