

# Goodness to Go



## Lunch Catering Menu

This is not an exclusive list of Goodness to Go Catering options. If you have specific requests that are not listed below or would like to discuss other lunch options, we would be happy to speak with you. Please email us at [goodnesstogocatering@gmail.com](mailto:goodnesstogocatering@gmail.com) or call 865.253.7099 to speak with our catering staff. (Prices may be subject to change)

### ~ Sandwiches & Salads ~

#### ~ Sandwich Platter ~

1 large or 2 slider size per person  
\$8.50 served with pickles, chips,  
cookies tea add a side - \$1.50 per  
person

### Sandwiches

Chicken Salad ~ Traditional, Curry,  
Lemon Poppy Seed, Loaded  
Pimento Cheese  
Egg Salad  
Tuna Salad  
Turkey or Ham w/cheese  
Veggie with Hummus Spread

Choice of Roll:

White, Wheat, 9 Grain, Pretzel, Herb or choose an assortment

~ Individual Box Lunches ~

1 large or 2 slider size sandwiches, pickles, chips, cookies & tea  
\$8.50 per person

OR

Choice of salad and dressing, cookies  
& tea \$10.00 per person add a side -  
\$1.50 per person

Salads

served with choice of dressing, cookie & tea

Mixed Greens with Grilled Chicken

G2G Salad:

Green Leaf Lettuce, Grape Tomatoes,  
Housemade Croutons tossed with  
Herbs, Fresh Parmesan & Lemon  
Caesar Dressing

~All salad dressings made in house~

Ranch, Blue Cheese, Balsamic Vinaigrette, Honey Mustard

~ Sides ~

Selections vary seasonally and depend upon ingredient availability. Please call for current week's selection.

Pasta Salad  
Lemon Orzo  
Kohlrabi Slaw  
Super Salad  
Tomato & Cucumber Salad  
Roasted Tomato Couscous  
Black Bean Corn Salad  
Roasted Veggie Quinoa  
Fresh Fruit Salad  
Fresh Berry Salad \*market price  
Sweet Potato Quinoa Salad

~ Hot Lunches ~

\$13.00 per person

served with mixed green salad, homemade rolls, cookies & tea

Lasagna (beef, roasted veggie or portabella)

Chicken Broccoli Rice Casserole

Pot Pie (chicken or veggie)

Chicken Spinach Artichoke Casserole

Spaghetti & Meatballs

Chicken Parmesan served over Spaghetti

Lemon Orzo with Grilled Chicken

Pasta Alfredo

Spinach, Mushroom & Grilled Chicken

Spinach & Mushroom

Roasted Vegetable

Quiche

Ham & Cheddar

Sausage & Cheddar

Roasted Veggie & Smoked White Cheddar

Spinach, Mushroom & Smoked

White Cheddar

Baked Chicken with Mashed Potatoes

~ Cookies ~

Salted Caramel

Lemon

Chocolate Opera

Chocolate Chip

White Chocolate Pecan

Oatmeal Raisin

Peanut Butter

Included with all catering orders: Butter, plates, cups, napkins, cutlery, serving pieces and chafing dishes, if needed.

Ice \$5

Delivery Charge \$12-\$15