



SHEEPGATE

Sheepgate Catering

Sheepgate, a division of Adult and Teen Challenge of the Midlands, is a year-long program that exists to be a catalyst for 180-degree life change for those struggling with addiction. Over 90% of individuals entering our program require financial assistance, and no one is turned away for inability to pay. Money raised through Sheepgate Catering provides scholarships to these individuals, as well as funds for operating expenses within our organization. In addition, Sheepgate Catering is an opportunity for students to learn professional skills in culinary arts that will follow them when they complete our program.

Our Chef and Catering Coordinator, Alan Franco, a 2002 graduate of Sheepgate, has vast experience in food preparation, menu creation, restaurant management, and catering services. He graduated from the Culinary Institute of America at Hyde Park, New York in 1991, and received both his HACCP certification and Seafood HACCP at Ohio State University. Prior to accepting his role at Sheepgate, Alan was the Food Service Director for 8 years at Ohio Valley Teen Challenge. While there, he was responsible for serving 600-700 meals a day, as well as managing catering services for commercial clients and private events.

Sheepgate Catering seeks to provide the very best in service and product for our clients. We work diligently to apply our motto from Colossians 3:23, "Whatever you do, work at it with all your heart, as working for the Lord..." We are fully insured, use the finest ingredients, and have top notch customer service. Please consider these factors as you navigate our menu. If you see something missing, don't hesitate to reach out as we do our best to accommodate special requests. We look forward to the opportunity to serve you for all your special events no matter if your group size is 10 or 10,000.

Create your Own Custom Menu
Add 20% Service OR 10% Delivery Charge + 7% Tax
All Menus over \$15/person include: Tossed Salad, Roll and Butter
All Prices are per Person w/ 10 person Minimum

Contact Alan Franco (515) 326-1970 (cell)
(515) 674-3713 ext 212
afranco@mysheepgate.org

SALADS:

Tossed Salad w/Italian.....	\$ 2.00
Tomato and Pepper and Gorgonzola.....	\$ 5.00
Romaine and Iceberg with Bacon and Ranch.....	\$ 5.00
Caesar.....	\$ 5.00
Antipasto Lettuce Salad (Salami and Cheese).....	\$ 5.00
Broccoli and Red Onion.....	\$ 4.00
Red Skin Potato Salad.....	\$ 4.00
Greek Salad.....	\$ 5.00
Mediterranean (olives, peppers and asst. Cheese).....	\$ 5.00
Fresh Berry and Spring Mix (fresh berries and Goat cheese)...	\$ 5.00
Asian Pasta Salad.....	\$ 4.00
Curried Rice Salad with Coconut milk.....	\$ 4.00
Baby Spinach Salad with Bacon.....	\$ 5.00
Lobster or Shrimp.....	\$ MKT

MEAT:

Bracciole.....	\$ 8.00
Sliced Sirloin w/ Au Jus.....	\$ 6.00
Beef and Broccoli.....	\$ 6.00
Beef Peppersteak.....	\$ 6.00
Beef Stroganoff.....	\$ 6.00
Braised Beef Short Ribs.....	\$ MKT
Prime Rib.....	\$ MKT
Beef Tenderloin.....	\$ MKT

Carne Asada (Skirt Steak).....	\$ 5.00
Sirloin Tips and Button Mushrooms.....	\$ 6.00
Stuffed Meatball.....	\$ 4.00
Stuffed Peppers.....	\$ 5.00
Grilled Flank Steak.....	\$ MKT
Smoked Meatloaf.....	\$ 6.00
Smoked Brisket.....	\$ 8.00
Rouladen.....	\$ 7.00
Stuffed Cabbage.....	\$ 5.00
Beef Bourguignon... ..	\$ 7.00
Beef Wellington.....	\$ MKT
Filet Deburgo... ..	\$ MKT
Smoked Burnt Ends.....	\$ MKT

CHICKEN:

Chicken Marsala.....	\$ 6.00
Chicken Piccata with a Lemon Cream Sauce... ..	\$ 6.00
Chicken Francaise with a Lemon Cream Sauce.....	\$ 6.00
Chicken Parmigiana.....	\$ 6.00
Chicken Saltimbocca.....	\$ 7.00
Chicken(w/Bones)w/Peppers in a White Wine Tomato Broth.....	\$ 6.00
Chicken Romano.....	\$ 6.00
Chicken Cannelloni w/an Italian Cream Sauce	\$ 6.00
Stuffed Chicken Breast (airline).....	\$ 8.00
• Forestier (mushrooms and Onion)	
• Florentine	
• 5 Cheese	
• Spinach and Artichoke	
Swiss Chicken.....	\$ 6.00
Cacciatore (w/ Bones).....	\$ 6.00
Chicken Enchiladas(2) in a Tomatillo Sauce... ..	\$ 5.00
Coq Au Vin (w/Bones).....	\$ 6.00
Chicken Adobo (w/Bones)... ..	\$ 6.00
Chicken Tikka Masala.....	\$ 6.00
Curry Chicken Stew... ..	\$ 6.00
Thai Chicken w/ Peanut Sauce.....	\$ 6.00
Smoked Half Boneless Chicken... ..	\$ 8.00
Chicken Cordon Bleu.....	\$ 7.00
Chicken Paprikash.....	\$ 6.00

Marinated Grilled Chicken Breast.....	\$ 6.00
• Dijonnaise	
• Cajun	
• Jamaican Jerk	
• Balsamic Glazed	
• Amaggio	
Southern Fried Chicken Breast w/Pan Gravy....	\$ 6.00
Southern Fried Nashville Hot Chicken Breast w/Pickles....	\$ 7.00

PORK:

City Chicken (cubed pork shoulder in pan gravy).....	\$ 5.00
4-Bone Smoked Babyback Rib... ..	\$ MKT
Brined Iowa Slow Roasted Bone-in Center Chop... ..	\$ MKT
Smoked Porkloin.....	\$ 5.00
Roasted Porkloin.....	\$ 5.00
Stuffed Porkloin Veronique (Spinach, grapes, Mozzarella).....	\$ 6.00
Stuffed Pork loin w/Cornbread and Cranberry Stuffing... ..	\$ 6.00
Herb Crusted Porkloin... ..	\$ 6.00
Homemade Italian Sausage and Peppers and Tomatoes.....	\$ 5.00
Grilled Porkloin.....	\$ 5.00
• Cajun	
• Jamaican Jerk	
• Balsamic Glazed	
• Italian	
Sautéed Pork Cutlets with Sage Cream Sauce....	\$ 7.00
Braised Pork Shoulder w/ Cabbage... ..	\$ 5.00
Roasted Glazed Ham.....	\$ 5.00
Pork Ragu with Creamy Polenta.....	\$ 6.00
Carnitas Street Tacos (3 EA).....	\$ 5.00
Country Ham.....	\$ 7.00
Pork belly Burnt Ends... ..	\$ 7.00
Pork Scaloppine w/ Chimichurri... ..	\$ 6.00
Iowa Ham Balls w/ Brown Sugar Glaze... ..	\$ 5.00
Boudin Balls (3).....	\$ 7.00

LAMB:

Smoked Lamb Ribs...	\$ MKT
Braised Lamb Shank.....	\$ MKT
Roast Leg of Lamb.....	\$ MKT
Lamb Meatballs Shepherds Pie.....	\$ MKT
Moussaka.....	\$ MKT
Lamb Kabobs.....	\$ MKT
Marinated and Roasted Lamb Chops.....	\$ MKT
Carved Rack of Lamb.....	\$ MKT

SEAFOOD:

Seafood Lasagna.....	\$ MKT
Maryland Crab cake (4 oz) w/ Aioli.....	\$ MKT
Seafood Newburgh w/ Puff Pastry.....	\$ MKT
Stuffed Flounder w/ Imperial Filing and a Lemon Cream.....	\$ MKT
Grilled Salmon.....	\$ MKT
Smoked Salmon.....	\$ MKT
Poached Salmon w/ Hollandaise.....	\$ MKT
Shrimp Scampi.....	\$ MKT
Grilled Jumbo Shrimp.....	\$ MKT
Salmon Wellington.....	\$ MKT
Whitefish Francaise.....	\$ MKT
Cioppino (Fishermans Stew).....	\$ MKT
Paella (National Dish of Spain).....	\$ MKT
Seafood Cannelloni w/Lobster Cream Sauce.....	\$ MKT
Seafood Gumbo.....	\$ MKT
Lobster Mac n Cheese.....	\$ MKT
Jambalaya.....	\$ MKT
Crawfish Étouffée.....	\$ MKT
Shrimp Creole.....	\$ MKT
Crawfish Pie.....	\$ MKT
Alligator Gumbo.....	\$ MKT

VEGETARIAN;

Eggplant Parmesan...	\$ 5.00
Manicotti.....	\$ 5.00
Baked Ziti.....	\$ 5.00
Pasta Aglio Olio...	\$ 6.00
Pasta Alfredo...	\$ 5.00
Penne Pomodoro.....	\$ 4.00
Four Cheese and Mushroom Rolled Lasagna...	\$ 5.00
Roasted Cauliflower w/ Turmeric.....	\$ 6.00
Seven Cheese Macaroni.....	\$ 6.00
Falafel (3).....	\$ 6.00
Vegetarian Stuffed Peppers.....	\$ 6.00

RAVIOLI AND TORTELLINI:

Homemade-Housemade Ravioli and Tortellini. All made fresh to order in house. \$ 7.00/person

Fillings:

- 5 cheese
- Italian Meat
- Homemade Italian Sausage
- Lamb
- Eggplant
- Veal
- Vegetable
- Lobster
- Seafood
- Smoked Chicken
- Chicken and Artichoke
- Butternut Squash
- Beef and Cheese
- Potato and Cheese (Pierogi)

Sauces:

- Puttanesca
- Sunday Sauce
- Italian Cream
- Alfredo
- Basil Pesto Cream
- Sun-dried Tomato Cream
- Bone Broth Reduction
- Tomato Cream (Vodka)
- Aglio Olio
- Bolognese
- Napolitana (Marinara)

PASTAS:

Penne Carbonara.....	\$ 5.00
Penne with Meatballs.....	\$ 6.00
Baked Ziti w/sausage.....	\$ 4.00
Pasta Primavera w/ Homemade Sausage... ..	\$ 6.00
Homemade Sausage Lasagna... ..	\$ 5.00
Pasta w/ Peppers, Onions, Tomato and Chicken Livers.....	\$ 7.00
Pasta Bolognese.....	\$ 6.00
Pasta Alfredo w/ Chicken.....	\$ 6.00
Pasta Red or White Clam Sauce... ..	\$ 8.00
Gourmet Mac n Cheese with Short Rib or Brisket.....	\$ 8.00

VEGETABLE:

Vegetable Medley... ..	\$ 3.00
Marinated Grilled Vegetable... ..	\$ 4.00
Glazed Carrots.....	\$ 3.00
Green Bean Almandine.....	\$ 3.00
Collard Greens w/ Smoked Turkey Tails... ..	\$ 4.00
Sautéed Broccoli w/ Garlic... ..	\$ 3.00
Roasted Cauliflower.....	\$ 3.00
Corn Soufflé.....	\$ 4.00
Ratatouille... ..	\$ 3.00
Baked Acorn Squash w/Cranberry-Orange Compote... ..	\$ 3.00
Italian Greens and Beans w/ Fried Banana Peppers... ..	\$ 5.00
Grilled Asparagus w/ Roasted red Pepper... ..	\$ 4.00
Roasted Green Beans w/ Garlic... ..	\$ 3.00
Roasted Butternut Squash.....	\$ 3.00
Sautéed Zucchini and Squash.....	\$ 3.00
Mexican Street Corn... ..	\$ 3.00

STARCH:

Roasted Red Skin Potato.....	\$ 3.00
Garlic Smashed Red Skin.....	\$ 3.00
Gorgonzola Smashed Potato.....	\$ 4.00
Smashed Sweet Potato w/ Butter and Brown Sugar.....	\$ 3.00
Cheesy Potato Casserole.....	\$ 3.00
Potato Au Gratin.....	\$ 3.00
Duchesse Potato.....	\$ 3.00
Risotto (Assorted).....	\$ 4.00
Baked Idaho.....	\$ 3.00
Twice Baked w/ Bacon and Cheese.....	\$ 4.00
Creamy Polenta.....	\$ 3.00
Corn Grits.....	\$ 3.00
Grilled Rosemary Polenta.....	\$ 3.00
Boiled Parsley Potato.....	\$ 3.00
Fried Rice.....	\$ 3.00
Rice Pilaf.....	\$ 3.00
Spanish Rice.....	\$ 3.00
Dirty Rice w/ Chicken Livers.....	\$ 4.00
Fried Potatoes w/Green Onion.....	\$ 4.00

If you have something that you would like and you do not see it on our menu let us know and we would be more than happy to prepare it per your request

Boxed Lunch Menu

PH. (515) 326-1970

Boxed Lunches include: Sandwich, chips, Dill Pickle and Homemade Cookie.

You may also substitute a specialty salad instead of a sandwich

\$ 9.95

Your choice of shaved meat, cheese, spread and toppings.

<u>MEATS</u>	<u>TOPPINGS</u>	<u>CHEESE</u>	<u>SPREADS</u>
Roast Beef (med rare)	Leaf Lettuce	Jarlsburg Swiss	Mayonnaise
Roast Turkey	Vine Ripe Tomato	Wisconsin Cheddar	Dijon Mustard
Corned Beef	Rst Red Pepper	Smoked Provolone	Yellow Mustard
Pastrami	Hot Peppers in Oil	Mozzarella	Basil Mayonnaise
Black Forest Ham	Black Olives	Provolone	Chipotle Mayo
Genoa Salami	Muffuletta Mix	Pepper-jack	Honey Mustard
Turkey Ham	Coleslaw	Munster	Balsamic Vinegar
Capicola	Cucumbers	American	Horseradish
Chicken Salad	Sprouts	White Cheddar	Mayo
Tuna Salad	Spinach	Bleu Cheese	Oil & Vinegar
Shrimp Salad		Brie	
Lobster Salad (mkt \$)			

ADD POTATO SALAD, MACARONI SALAD or FRUIT SALAD FOR AN
ADDITIONAL \$2

Breakfast Menu Ideas

Menu Ideas:

Choose 4 Items=\$15.00/person

Choose 5 items=\$19.00/person

- Pork Sausage (links or patty)
- Turkey Sausage (links or patty)
- Thick Slice Smoked Bacon
- Smoked Polish Sausage
- Home Fries w/Peppers & Onion
- Hash Browns
- Potato Rounds
- Pancakes w/syrup
- Scramble Eggs
- Western Scramble w/peppers and onion
- Breakfast Burrito
- Corned Beef Hash
- Biscuits and Sausage Gravy
- Fresh Fruit Display
- Assorted Bagels and Cream Cheese
- Classic Eggs Benedict
- Huevos Rancheros
- Bread Pudding
- Cheese Blintz w/ berry compote
- Belgium Waffle
- French Toast

Additional Breakfast and Beverage Add-ons:

Salmon Lox and Cream Cheese.....	\$ MKT
Crab Cake Benedict.....	\$ MKT
Chicken and Biscuit or Waffle.....	\$ 8.00
Beef tenderloin Benedict w/ Béarnaise sauce.....	\$ MKT
Carved Ham.....	\$ 6.00
Assorted Quiche... ..	\$ 6.00
Made to Order Omelet Station (\$65.00 Chef Fee).....	\$ 7.00
Shrimp and Grits w/ Red Eye Gravy.....	\$ MKT
Homemade Jumbo Cinnamon Rolls w/Orange Cream Cheese.	\$ 4.00
Jumbo Muffin with Streusel Topping.....	\$ 4.00
Coffee, Decaf and Assorted Hot Tea... ..	\$ 4.00
Ice Tea & Lemonade... ..	\$ 4.00
Assorted Juices... ..	\$ 4.00
Bottled Water... ..	\$ 1.00
Assorted Sodas... ..	\$ 1.00

Desserts

Fruit Trays

(Grapes, Honeydew, Cantaloupe, Strawberries, Pineapple)

10-20 people..... \$ 25.00
20-30 people..... \$ 35.00
40-50 people..... \$ 50.00

Filled Cupcakes..... \$ 4.00
Mini Bundt Rum Cakes..... \$ 5.00
Canolis (2 ea)..... \$ 5.00
Chocolate Chip Cookies..... \$ 3.00

Cakes: (Made in House)

Regular Rum Cakes
Pumpkin Rolls
Strawberry Cream Tort
NY Style Cheesecake
Carrot Cake
Peanut Butter Mouse Tort
Apple Dumplings
Tiramisu

Italian Cream Tort
Along Butter Cake
Apple Caramel Tort
Black Berry Cream Cake
French Coconut Tort w/
 Sugar Cookie Dough
Apple Crisp Stuffed Apples

WEDDING CAKES ARE ALSO AVAILABLE BY:



Holy Smokes and BBQ

One Entrees Two Entrees Three Entrees
\$ 20.00 \$ 23.00 \$ 25.00

Baby Back Ribs
St. Louis Ribs
Meatloaf
Burnt Ends
Chicken Quarters
Turkey Breast
Hot Links
Pork Loin
Salmon
Mixed Kabob
*Flank Steak

Polish sausage
Italian Sausage
Mussels
Pulled Pork
Brisket
Chicken Wings
*Shrimp
*Prime Rib
*Strip Loin
Cream Cheese
Tri Tip

**ALL ENTREES COME WITH A CHOICE OF TWO
SIDES, HOMEMADE CORN BREAD MUFFIN AND
HOMEMADE BREAD PUDDIN W/ BOURBON SAUCE**

SIDES:

Jalapeño Cream Corn
Mexican Corn w/Queso Fresco
Mashed Potato and Gravy
Andouille Jambalaya
Cheesy Potato Bake
Mac n Cheese
Baked Potato

Green Beans
Cole Slaw
Potato Salad
Corn on the Cob
Grilled Asparagus
Baked Beans
Mashed Sweet Potato

***PRICES SUBJECT TO CHANGE BASED ON MARKET PRICING**

Hors d'oeuvres

Chicken:

Chicken Carbonara Cups. \$ 2.00/ea
Chicken Satay... \$ 2.00/ea
Chicken Quesadilla... \$ 3.00/pp
Thai Chicken Lollipops... \$ 3.00/ea

Seafood:

Jumbo Shrimp w/Crab... \$ 4.00/ea
Fried Calamari... \$ 6.00/pp
Mini Lump Crab Crostini... \$ 5.00/ea
Alligator Bites w/aioli... \$ 9.00/pp
Jumbo Shrimp Cocktail... \$ MKT
Hot Lobster Rolls... \$ MKT

Pork:

BBQ pork Sliders w/ slaw. \$ 2.00/ea
Boudin Balls... \$ 2.00/ea
Armadillo Eggs... \$ 4.00/ea
Street Tacos (carnitas)... \$ 2.00/ea
Baby Sweet Peppers stuffed with
Homemade Sausage... \$ 2.00/ea
Sausage Stuffed Mushrooms w/
Gorgonzola... \$ 2.00/ea
Fried Ravioli w/ Marinara.. \$ 3.00/pp

Meat:

New Zealand Lamb Chops \$ 4.00/ea
Wagyu Beef Sliders... \$ 3.00/ea
Meatballs Marinara... \$ 2.00/pp
Antipasto Skewers... \$ 2.00/ea
Beef Satay... \$ 5.00/ea
BBQ Burnt End Skewer... \$ 3.00/ea

Vegetarian:

Hummus Trio with pita... \$ 2.00/pp
Fried Spanish Risotto Ball w/ Saffron
and Cilantro... \$ 3.00/ea
Southwest Black Bean and Sweet
Corn Filled Tortilla Shells... \$ 2.00/ea
Crostini's w/Fresh Mozzarella & Vine
Ripened Roma Tomatoes.. \$ 1.00/ea
California Sushi Rolls... \$ 2.00/3ea
Mushrooms Stuffed w/
Crab... \$ 3.00/ea
Oven Dried Tomato w/Goat
Cheese... \$ 2.00/ea
Wild Mushroom Purses... \$ 3.00/ea
Melon and Prosciutto... \$ 3.00/ea

**OTHER HORS D'OEUVRE SELECTIONS AVAILABLE UPON
REQUEST INCLUDE BUT ARE NOT LIMITED TO THE
FOLLOWING**

**CRUDITIES W/DIP
CHEESE AND FRUIT DISPLAYS
IMPORTED CHEESE AND MEAT DISPLAYS
CHARCUTERIE BOARDS
AND MUCH MORE**