



**TEMPLE MICAH COOKS  
SPECIAL EVENTS CATERING  
2829 Wisconsin Avenue, NW  
Washington, D.C. 20007**

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*Micah Cooks 2019*

Thank you for considering Micah Cooks for your special event! Everything on our menus is home cooked from time-tested recipes. We have catered many events in the past 29 years and have a committee of over 50 women and men who are outstanding cooks, bakers, and shoppers. All of MICAH COOKS profits (approximately 70-80%) are used to support Temple Micah's wonderful programs.

There is no *tref* in our menus. Any menu may be adjusted to be a meat or dairy menu, but we are not kosher caterers. We would also be happy to work with you to create a vegetarian, low fat, gluten free or other menu for special dietary needs.

The Cooks will provide and serve your food. You can choose from one of our attached sample menus or you may customize your own menu. You are responsible for renting the equipment: tables and chairs (if you do not wish to use the Temple's), china, glassware, flatware, etc. including deliveries. If you prefer to serve on plastic or paper (no polystyrene, please), you will need to provide plates as well as napkins, cups, glasses, and flatware.

#### **Basic Package**

Buffet with four dishes and a salad, with five home-cooked desserts and fresh fruit platters.

#### **Beverages**

Non-alcoholic beverages (sparkling juice-based punches), sparkling water and coffee/tea provided by The Cooks. Soft drinks and alcoholic beverages (approximately four bottles per 150 guests) provided by you and served by us.

#### **The Fine Print**

The Cooks will meet with you to discuss the menu and arrangements. We will provide you with a draft of your menu -- minor adjustments may be made up until 10 days before the event. Your final guest count is also due 10 days before your event. We only take on one event per month.

#### **Pricing**

\$30.00 per person for standard menus, \$33.00 for poultry and \$37.00 per person for meat and fish. 40 congregants' cost, who may attend the kiddish, will be included in your total fee. A \$500 deposit is required to retain the Cooks and the balance of the fee is due 7 days prior to your event.

Please contact Adrienne Umansky at (202)543-5666 or [aumansky2@gmail.com](mailto:aumansky2@gmail.com) to be placed on our master calendar or if you have any questions.

## SAMPLE MENUS

### Temple Micah Traditional

Roasted Salmon with Dijon Mustard and  
Lemons  
Spinach Noodle Kugel and Portobello  
Mushroom Noodle Kugel  
Smoked Trout Pate' on English Cucumber  
Rounds  
Roasted Green Beans with Red Onions and  
Garlic  
Caesar Salad with Garlic Croutons

### A Taste of Israel

Baba Ganoush and Hummus with Pita Chips  
and Veggies  
Couscous with White Raisins and Apricots  
Middle Eastern Eggplant, Artichoke and  
Olive Salad on French Bread Rounds  
Chopped Tomato and Minted Cucumber  
Salad  
Mixed Green Salad with Goat Cheese and  
Green Grapes

### Asian

Vegetable Lo Mein with Shitake  
Mushrooms, Scallions, Snow Peas, Colored  
Peppers  
Asian Marinated and Grilled Chicken  
Orange Gingered Carrot Coins surrounded  
by Broccoli  
Sesame Lemon Asparagus  
Baby Lettuces & Spinach, Baby Tangerines,  
Cucumbers, Bean Sprouts, & Chow Mein  
Noodles with Ginger Dressing

### Meat and Potatoes

Asian Style Marinated Flank Steak  
Roasted Red Bliss and Yukon Gold New  
Potatoes with Rosemary  
Roasted Sesame Asparagus  
Raspberry Beets  
Mixed Green, Arugula and Spinach Salad  
with Cucumbers and Colored Peppers

### Notes of Thanks:

*“Dear Fabulous Micah Cooks Team, I can’t thank you enough for all of your impressive efforts for the kiddush luncheon. We got lots of rave reviews about the food, and your organizational/logistical plans were top-notch. I’m so relieved we contacted you 14 months in advance! Thanks for helping us celebrate this special, memorable day.”*

*“Today’s festive kiddish was a feast for the palate and the eyes and although I know it was a lot of hard work, it was full of all the kindness and love which is the best of Temple Micah.”*

## SAMPLE MENUS

### Bat Mitzvah Luncheon

November

Guests: 145 | Adults: 55 | Kids: 55 | Temple: 35

#### BUFFET TABLES

Ina Garten's Macaroni and Cheese  
Plain, Sesame, Poppy and Everything Bagel  
Baskets  
Plain, Lox and Scallion/Chive Cream  
Cheeses  
Artichoke Hummus, Tapenade with Pita  
Chips and Crudités  
Mixed Baby Greens Salad with Cucumbers,  
Colored Peppers, Green Grapes and Goat  
Cheese with a Balsamic Vinaigrette

#### DESSERT TABLE

Assorted Home Baked Goods:  
Chocolate Mint Chip Cookies, Oatmeal  
Raisin Cookies, Chewy Fudgy Brownies,  
Blondies and Lemon Bars  
Fresh Fruit Platters including Pineapple,  
Strawberries, Blueberries, Blackberries,  
Raspberries, Kiwi and Grapes

#### BEVERAGES

Apple Cider  
Sparkling Water  
Coffee and Tea

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### Bat Mitzvah Luncheon

January

Guests: 129 | Adults: 57 | Kids: 32 | Temple: 40

#### BUFFET TABLES

Flank Steak with Soy Ginger Marinade  
Mixed Baby Greens and Spinach Salad with  
Cucumbers, Mushrooms, Red Grapes and  
Goat Cheese with Caesar Dressing  
Roasted Green Beans with Garlic and Red  
Onions  
Quinoa with Leeks and Orange, Yellow and  
Red Peppers

#### DESSERT TABLES

Fresh Fruit Platter with Pineapple and  
Assorted Berries with Whipped Cream and  
Chocolate Shreds  
Home Baked Goods including Chocolate  
Covered Pretzels, Crispy Chocolate Chip  
Cookies, Chocolate Macarons, Chocolate  
Mint Chip Brownies and Matzo Toffee

#### BEVERAGES

Yellow Lemonade  
Sparkling Water  
Coffee and Tea

## Bat Mitzvah Celebration

February

Guests: 136 | Adults: 60 | Kids: 32 | Temple: 40

### BUFFET TABLES

Vegetable Lo Mein with Shitake Mushrooms, Baby Bella Mushrooms, Water Chestnuts, Snow Peas, Colored Peppers and Scallions  
Asian Marinated and Roasted Chicken Strips  
Orange Gingered Carrot Coins and Sesame Broccoli  
Asian Cucumber Salad with Pickled Ginger and Cilantro  
Baby Lettuces & Spinach, Baby Tangerines, Lychee Nuts, Bean Sprouts, Colored Peppers, Cucumber & Chow Mein Noodles with Ginger Dressing

### DESSERT BUFFET

Fresh Fruit Platter with Pineapple, Blueberries, Strawberries, Raspberries and Blackberries  
Assorted Home Baked Goods including Salty and Fudgy Brownies, Chocolate Mint Chocolate Chip Cookies, Brownies, Raspberry Snowballs and Carmel Filled Cookies

### BEVERAGES

Pink and Yellow Lemonade  
Sparkling Water  
Coffee and Tea

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## KIDDISH

March

Guests: 244 | Adults: 147 | Kids: 57 | Temple: 40

### **Buffet Tables**

Marinated and Roasted Salmon with Lemon, Mustard and Dill  
Fresh Fusilli Pasta with Pesto  
Brie with Fig Jam and French Bread Rounds  
Tapenade with Pita Chips  
Caesar Salad with Garlic Croutons and Parmesan Shreds

### **Desserts**

Fresh Fruit Bowls with Strawberries, Blackberries, Blueberries and Raspberries  
Assorted Home Baked Goods: Mint Chocolate Chip Cookies, Salty Fudgy Brownies, Chocolate covered Peanut Butter Pretzel Sandwiches, Chocolate Apricot Sour Cherry Cookies and Raspberry Bar

### **Beverages**

Yellow and Pink Sparkling Lemonade with Raspberries  
Sparkling Water  
Coffee and Tea