

Food Works for Middle Way House

Middle Way House is a national model domestic violence program and rape crisis center offering services including crisis intervention, emergency shelter and housing since 1971. Middle Way House created and operated **Food Works** from 2002 - 2011 in order to provide clients with opportunities to enhance their earning power and strengthen their ability to be self sufficient.

Bloomingfoods, a member-owned natural food cooperative, has been committed to promoting healthy, high quality, sustainable food products for our community since 1976 and has long been dedicated to supporting many worthy organizations that make Bloomington and our surrounding counties a vibrant community.

Bloomingfoods possesses years of experience managing commercial food production. Expansion of their quality food services required additional space and equipment. Middle Way House owns a commercial kitchen, and needed to reduce its costs of operations while maximizing the services available for women receiving shelter services. A mutually beneficial alliance was formed between the two organizations.

The commercial kitchen owned by Middle Way House began operations under Bloomingfoods management in July 2011, and is providing a commissary kitchen producing fresh food for all three Bloomingfoods stores.

Bloomingfoods is committed to continuing the mission of **Food Works for Middle Way House** through provision of employment and training opportunities to clients of Middle Way House and by providing additional revenues from Food Works' catering and sales.



"Catering Good Food and Good Works"

CATERING GOOD FOOD AND GOOD WORKS

Food Works for Middle Way House provides employment opportunities and a solid work history for women who have sought the services of Middle Way House. Survivors of domestic violence often face multiple barriers to financial security for themselves and their children. Food Works offers culinary skills training, and a supportive work environment to empower women towards a stable and self-sufficient lifestyle. Your patronage helps support this crucial programming.

VISIT FOOD WORKS MARKET AND CAFÉ

Our charming "corner store" is situated in the historic Coca-Cola building on South Washington. A keystone in Middle Way House's New Wings green building complex, Food Works is dedicated to sustainable practices and to preparing healthy and delicious foods from scratch.

In addition to operating Food Works, **Bloomingfoods** manages the Middle Way House commercial kitchen as a commissary for its three cooperative groceries, and as always, supports local growers and suppliers while providing a large assortment of healthy foods.

Food Works
for Middle Way House



We Cater Special Events!
Call us at (812) 219-9525
or visit us online at
www.middlewayfoodworks.org

FOOD WORKS FOR MIDDLE WAY HOUSE

Food Works Market and Café
318 S. Washington
Bloomington, Indiana 47401

Phone: 812-219-9525
www.middlewayfoodworks.org
E-mail: foodworks@bloomingfoods.coop

A program offered by Bloomington Cooperative Services

Special Event Catering	
Breakfast/Brunch Catering	
Homemade muffins, breakfast bread, or coffee cake; Fruit Platter; Coffee, Fresh Orange Juice	\$8.50 per person
Add Frittata or Meat Entrée We also prepare coffee cakes, tarts, breakfast bars. We can also provide a simpler catering of just muffins and coffee.	\$10.00 per person
Lunch Catering	
Luncheon 1 Choice of Entrée ;Salad; Dessert; Tea or Coffee	\$10 per person and up
Luncheon 2 Choice of Entrée; Appetizer; Soup and/or salad; Bread; Dessert; Tea or Coffee	\$12 per person and up
Boxed or Brown Bag Lunches	
Simple Sandwich or wrap with dessert \$7.50 per person	
Add choice of fruit or salad \$8.50 per person	
Add both fruit and salad \$9.50 per person	
Add fifty cents to price if a drink is provided per person	
Platters and Trays	
Fruit Platters small (serves 10-12)	\$35.00
Large (serves 30-40)	\$60.00
Spanakopita Tray (to serve 25)	\$70.00
Hors d'oeuvres (variety available)	\$2.35-3.25 per person
Veggie Platter small (serves 10-12)	\$35.00
Large (serves 30-40)	\$60.00
Dessert Platters Range from \$3.00—\$7.50 per person. Many tortes, pies, crisps, cookies, and other options are available!	

Food Works Café Menu	
Cookies	50 cents to \$1.80
Assortment of Baked Goods Scones, muffins, and tarts.	\$1.50 to \$4.00
Breakfast Hand Pies	\$3.50
Coffee Cake (single serving)	\$3.00
Coffee Cake (order ahead)	\$12.00—\$16.00
Home made Pie (order ahead)	\$18.00
Quick Breads	Sm. \$4.00 Lg. \$6.00
Food Works Savory Crackers	\$4.50
Soups Our soups are made from scratch, and are always gluten free if they are not a noodle soup. All vegetable soups are made with a vegetarian stock. Gallons and half gallons need to be ordered with at least two days notice.	8oz \$2.50 12oz \$3.50 16oz \$4.50 32oz \$8.50
Sandwiches Specialty sandwiches vary: our standard is aged cheddar with cranberry-pear chutney, Dijon mustard, peppery greens on our whole grain bread. Wraps include veggie, roast beef, corned beef, salami or turkey with a choice of Dijon mustard or aioli.	\$5.50
Deli Case We carry a large variety of side salads, hummus, tapenades, fruit salads, and more. Check it out!	Price varies
Bread Buy Gluten Free, Whole Wheat, and Multi-Grained Bread, buns and rolls fresh from our Kitchen!	Price varies
We have more items to choose from.	
We also sell pottery, scarves and other items that individuals in the community have contributed to sell for Middle Way House.	
100% of the proceeds from these items go to Middle Way House. Check them out!	
Phone: 812-219-9525 www.middlewayfoodworks.org Email: foodworks@bloomingfoods.coop	

Special Event Catering	
What we offer	
Food Works for Middle Way House sets itself apart by preparing dishes from the freshest and highest quality local ingredients.	
Food Works provides employment opportunities to women who are survivors of domestic violence. The 15% service charge on catering is contributed directly to Middle Way House shelter services.	
Dinner Catering	
Example of Entrees: Wild Mushroom Lasagna; Eggplant and Red Pepper Strata, Fettuccini Alfredo....talk to our chef to learn about more options.	
Examples of Sides: Roasted Vegetables, Seasoned Mashed Potatoes, Veggie Tray, Spinach Salad, Fruit Salad.	
Special Event Dinners are priced from \$10 per person to \$24.00 per person and up.	
The number of entrees requested, number of appetizer trays, number of sides, desserts, and other factors such as bar service, table service, etc. will also be considered in pricing. Minimum order for \$200 (if delivered).	
Gourmet –to –Go! (Order two days in advance)	
Lasagna	Sm.
Polenta Lasagna	\$20.00
Chicken pot pie	Med.
Shepherd's pie	\$40.00
	Large
	\$80.00
Savory Tarts	\$21.00
Take a tart to a party, or bring one home to your family (4-6 servings)	
Ask us about other to-go options!	