



## **Menu Offerings**

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Menus are created weekly for each client. These are some of our specialties. We are always adding new dishes. Special requests are welcomed.

### ***Soups***

Minestrone  
Pasta e Fagioli  
Chicken Noodle  
Lentil with Vegetables  
Autumn Spiced Pumpkin  
Butternut Squash with Sage Cream  
Vegetarian Split Pea  
French Onion  
Wild Mushroom & Rice  
Hearty Potato  
Silky Zucchini  
Tomato  
Spicy Chicken Tortilla

### ***Salads***

Tomato & Mozzarella  
Beet & Crispy Goat Cheese  
Classic Caesar with Homemade Grilled Vegetables  
Tarragon Chicken  
Grilled Chicken and Strawberries  
Pear and Pecorino  
Grapefruit & Fennel  
Kale & Apple  
Arugula with Grilled Peaches and Blue Cheese  
Mixed Greens  
Italian Antipasto Salad

### ***Dressings\****

Lemon Poppy Seed  
Caesar  
Apple Cider Vinaigrette  
Balsamic and Olive Oil  
\*All dressings are homemade

### ***Harvest Bowls***

(May be made with Quinoa, Farro, or Barley)  
Hearty Bean  
Lemony Artichoke  
Grilled Chicken and Veggies  
Citrus Salmon with Avocado  
Autumn Vegetable  
Seasonal Summer

### ***Comfort Foods***

Beef Stew  
Chicken Pot Pie  
Pot Roast  
Mac and Cheese  
Turkey Burgers  
Meatloaf  
Stuffed Peppers  
Coottage Pie  
Sloppy Joes

### ***Pasta and Rice***

Pasta with Cherry Tomatoes and Basil  
Tagliatelle Bolognese  
Cappellini with Crab Sauce  
Wild Mushroom Risotto  
Lasagne  
Baked Rigatoni  
Orecchiette with Italian Sausage  
Pasta Primavera  
Pasta and Tomato Sauce  
Cacio e Pepe  
Homemade fettucine or Spaghetti\*

### ***Vegetarian Dishes***

Homemade Pizza  
Grilled Marinated Vegetables  
Wild Rice, Fontina, and Pecan Stuffed Acorn Squash  
Veggie Burgers  
Eggplant Parmesan  
Tofu Coconut Curry  
Vegetable Stir Fry  
Black Bean Tacos

### ***Fish***

Roasted Mustard Salmon  
Seared Scallops with Hazlenut Butter  
Herbed Cod  
Steamed Lobster  
Panko Crusted Roasted Salmon  
Salmon Burgers  
Shrimp Scampi  
Baked Flounder  
Marinated Swordfish  
Coconut Curry Shrimp



## ***Menu Offerings (Continued)***

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### ***Meats and Poultry***

Braised Short Ribs  
Chicken or Veal Scallopine  
Roasted Pork Loin  
Rack of Lamb  
Lamb or Chicken Gyros  
Chicken Satay with Peanut Sauce  
Ropa Vieja  
Whole Roasted Chicken  
Chicken/Veal Parmesan  
Chicken/Veal Marsala  
Chicken/Veal Francese  
Roasted Game Hens  
Veal Osso Buco  
Slow Roasted Baby Back Ribs with Homemade BBQ Sauce  
Sage Scented Turkey Cutlets  
Chicken, Shrimp, Beef, or Tofu Fried Rice  
Pecan or Almond Crusted Chicken Breasts  
Marinated Skirt Steak  
Sous Vide Ribeye Steak  
Beef Wellington  
Beef, Turkey, or Vegetarian Chilli  
Tacos - Chicken, Fish, or Beef on Homemade Tortillas\*  
Blackened Chicken with Avocado Crema

### ***Sides***

Potatoes (Mashed, Roasted, Baked, Au Gratin, French Fries)  
Rice (Wild, Jasmine, or Brown)  
Couscous (Greek, Fresh Herb)  
Quinoa (Cranberry Almond)  
Cheesy Polenta  
Roasted Mixed Vegetables  
Baked Stuffed Tomatoes  
Vegetable Tian  
Crunchy Asian Cabbage Slaw  
Haricot Verts with Toasted Almonds  
Pan Roasted Parmesan Asparagus  
Sautéed Garlic Spinach  
Olive Oil Braised Artichoke Hearts  
Rice Balls  
Tostones

### ***Sweet Tooth***

Fresh Baked Chocolate Chip Cookie  
Fresh Baked Fudgy Brownie  
Chocolate Dipped Fruit  
Fresh Seasonal Fruit Bowl

### ***Vegetarian and Gluten Free options available***

\*Homemade pasta and tortillas are an additional charge.

\*\*Special requests taken.