

## MENU

**ENTREES** – Meat, eggs, vegetarian, pasta, fish dishes : Pick 2 or 3 every week

### *MEAT*

Lamb meatballs, minted yogurt sauce

Turkey chili (ground turkey, celery, red bell pepper, tomatoes, onion, garlic, oregano, cumin, black beans)

Beef Burgundy (Braised chuck beef, red wine, onion, garlic, thyme, tomato paste, mushrooms)

Hachi Parmentier “French shepherd pie” (seasoned ground beef, mashed potatoes, swiss cheese gratin)

Thai chicken soup (rotisserie chicken, coconut milk, red curry, stock, scallions, broccoli, cilantro, lime, ginger, garlic, )

Vietnamese chicken Pho (rotisserie chicken, rice noodles, fish sauce, onion, spices, ginger, chicken broth)

Honey soy baked chicken thighs (honey, soy sauce, ginger, garlic, scallions)

Crispy chicken thighs, smashed fingerling potatoes, tomatoes, chorizo, oregano

Chicken mustard sauce (pan seared thighs, caramelized shallots, dijon mustard tarragon broth)

Chicken stew (braised thighs, potatoes, peas, thyme infused chicken broth)

Chicken meatballs, marinara sauce (ground chicken, panko, parmesan, egg, garlic)

Chicken Moroccan tajine (chicken thighs, oriental spices, onion, garlic, olives, chickpeas)

Chicken noodle soup (rotisserie chicken, onion, celery, carrots, parsley, dill, egg noodles)

Indian Chicken “Makhani” (thighs, tomatoes, ginger, garlic, yogurt, turmeric, garam masala, cashewnuts)

Chicken Parmesan (breaded chicken breasts, tomato sauce, basil, mozzarella, parmesan)

Pork or chicken Schnitzel (fried breaded thin pork/chicken cutlets)

Chicken cordon-bleu (breaded chicken cutlet, ham, swiss cheese)

Italian sausage, Broccolini and cannellini bean casserole (parmesan garnish)

Sausage veggies fried rice (Basmati rice, crumbled Italian sausage, peas, carrots, scallions, ginger, garlic, soy sauce)

One sheet pan gnocchi, kielbasa sausage, cherry tomatoes, baby spinach (garlic, crushed pepper, olive oil)

Beef tacos “make your own” (seasoned ground beef, cheese, tomato red onion salsa, lime, corn or flour tortilla)

Lamb tacos “make your own” ( ground lamb, cumin, harissa, cabbage, yogurt garlic lemon sauce, corn or flour tortilla)

Chicken quesadilla (grilled chicken, sweet bell peppers, onions, cheddar cheese, flour tortilla)

London broil beef steak, sliced, chimichurri sauce (parsley, pepper flakes, red wine vinegar, garlic)

### *EGGS “Breakfast for dinner”*

Spanish Tortilla (potatoes, onion, eggs)

French crepes with ham & swiss cheese

Spinach and goat cheese crustless quiche

Broccoli and cheddar crustless quiche

### *INDIAN/ VEGETARIAN*

Vegetable egg fried rice (Basmati rice, scrambled eggs, peas, carrots, scallions, onion, ginger, garlic, soy sauce)

Stir fried shrimp casserole with rice noodles, tofu, broccoli, mushrooms, ginger, garlic, soy, chutney

Matar paneer (tomatoes, indian spices, peas, cashewnuts, paneer cheese or tofu)

Palak paneer (tomatoes, spinach, cashewnuts, indian spices, paneer cheese or tofu)

## *PASTA*

Mac & cheese

Beef lasagna (bechamel sauce, parmesan, mozzarella cheese)

Orechiette with Italian sausage, red onion, chickpeas and mint (olive oil, lemon)

Lemon pasta with roasted shrimp (angel hair, olive oil, lemon)

Shrimp alfredo ( linguine, light cream, garlic, parmesan)

Spaghetti bolognese (beef tomato ragu, parmesan)

Pasta al pesto casserole (penne, chicken sausage, sweet peas, pesto, parmesan)

Fusilli pasta with ground lamb, pistachio mint pesto, sweet peas, pecorino romano

## *FISH*

*Salmon balls (poached salmon, breadcrumbs, dill, lemon zest), side of avocado cream*

Thai fish curry soup (poached cod, coconut milk, red curry, red bell pepper, stock, ginger, garlic, lime, cilantro)

Mediterranean baked cod casserole (tomatoes, olives, zucchini, red onion, garlic, oregano, capers, lemon, olive oil)

Salmon, pan seared, crispy skin, brown butter caper sauce

Panko crusted baked salmon (Dijon mustard, breadcrumbs, parsley, lemon zest)

Honey soy glazed skinless salmon (honey, soy, garlic, ginger, scallions)

Fish tacos “make your own” (pan fried tilapia or cod, garlic lime crema, mango cilantro slaw, corn or flour tortilla)

Nicoise salad (seared tuna, hard boiled egg, French beans, tomatoes, olive tapenade, shallot vinaigrette)

Sheet pan shrimp putanesca (croutons, red onions, olives, cherry tomatoes, anchovy capers dressing)

Baked shrimp casserole (tomatoes, feta cheese, garlic, thyme, olive oil, lemon)

## **SOUPS/SIDES/SALADS : Pick 3 or 4 every week**

### *SOUPS*

*Chilled minted pea soup*

*Vichyssoise “chilled potato/leek soup”*

*Gazpacho Andaluz (tomatoes, poblano pepper, red onion, cucumber, garlic, vinegar, olive oil)*

Tuscan tomato soup

Asparagus velouté

Butternut squash soup

Cauliflower curry velouté

Escarole and bean soup (cannelini beans, parmesan)

### *VEGETABLES*

Charred cauliflower, arugula, tahini shallot dressing

Cauliflower gratin (bechamel sauce, swiss cheese)

Roasted sweet potatoe fries

Ratatouille (shallots, garlic, tomatoes, diced eggplant & zucchini)

Grilled whole zucchini , tahini drizzle, almonds, parsley

Mashed potatoe, milk, butter

Roasted potatoe wedges, smoked paprika

Roasted Brussel sprouts, honey drizzle

Roasted broccoli, lemon zest

French beans, parsley & garlic

Roasted asparagus, grated parmesan

*SIDES(rice, lentils, grains ..)*

Garlic turmeric basmati rice (onion, garlic, turmeric, vegetable stock)

Red lentils spinach Dal (baby spinach, coconut milk, vegetable stock, tomatoes, onion, curry)

Couscous, sauteed chick peas & golden raisins

*SALADS*

White bean caprese salad (cherry tomatoes, cannellini beans, mozzarella balls, basil, olive oil, balsamic glaze)

Corn salad (Corn kernels, parsley, cherry tomatoes, goat cheese, lemon, olive oil)

Quinoa salad (Chick peas, cucumber, radish, parsley, lemon/mustard vinaigrette)

Faro salad (Arugula, snap peas, feta cheese, lemon/mustard vinaigrette)

Squash & lentils salad (butternut/delicata squash, green lentils, arugula, feta cheese, tahini yogurt sauce)

Moroccan carrot salad (shredded carrots, dates, feta cheese, cilantro, cumin, lime)

Roasted beets and goat cheese salad (pistachios, balsamic, honey, olive oil)

Cucumber salad (greek yogurt, vinegar, red onion, dill, garlic, olive oil)