

MENU

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

MEAT

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

Italian wedding stew (seasoned turkey meatballs, onion, garlic, carrot, celery, spinach, stock, orzo)

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)

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

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

Chicken salad (rotisserie chicken, celery, scallions, parsley, mayonnaise, Dijon mustard, side of lettuce leaves)

Greek lemon chicken (Braised chicken thighs, potatoes, lemon, oregano, honey, mustard, garlic)

Thai chicken soup (rotisserie chicken, coconut milk, red curry, stock, scallions, red pepper, 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)

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

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

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

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

Chicken mediterranean (Chicken thighs, zucchini, tomatoes, red onion, rosemary, paprika)

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, fresh tomato sauce, garlic, basil, mozzarella, parmesan)

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

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

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)

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

Lamb meatballs, minted yogurt sauce

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

Zucchini, tomatoes, parsley & feta frittata

INDIAN/ VEGETARIAN

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

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

SOUPS/SIDES/SALADS : Pick 2, 3 or 4 every week

SOUPS

Red lentil soup (celery, carrot, onion, tomato paste, garlic, cumin, coriander, turmeric, stock)

Tuscan white bean soup (cannellini, carrots, celery, garlic, tomatoes, spinach, italian seasoning, stock)

Tuscan tomato soup (San marzano tomatoes, fennel, garlic, stock, bread, basil)

Asparagus velouté

Butternut squash soup

Cauliflower curry velouté

Escarole and bean soup (cannellini beans, parmesan)

VEGETABLES

Charred cauliflower, arugula, tahini shallot dressing

Cauliflower gratin (bechamel sauce, swiss cheese)

Roasted sweet potatoe fries

Roasted cabbage with lemon-miso butter

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, parmesan & lemon

Couscous, sauteed chick peas & golden raisins

Garlic turmeric basmati rice

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

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)

Toscan salad (Farro, cannellini beans, cherry tomatoes,olives, pecorino, basil, 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 & goat cheese salad (pistachios, balsamic, honey, olive oil)

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