

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 sauce, 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, parsley, garlic)

Chicken Posole Verde ‘Mexican stew’ (Shredded chicken thighs, tomatillos, peppers, corn, avocado, cilantro, garlic)

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)

Italian sausage, Brocollini and canellini 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)

Steak tacos (seasoned ground beef, crema sauce, cheese, tomato salsa, corn or flour tortilla)

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

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

Braised endives and ham gratin (bechamel sauce, swiss cheese)

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

Quesadillas (eggs, beans, green onions, cilantro, monterrey cheese, tortillas)

INDIAN/ VEGETARIAN

Crispy tofu, string beans, scallions, soy sauce casserole

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

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

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

PASTA

Mac & cheese

Orecchiette 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 (pork & 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

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 (pan fried tilapia, garlic lime crema, mango slaw, cilantro, corn 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

Tuscan tomato soup

Potato leek soup

Asparagus velouté

Butternut squash soup

Cauliflower curry velouté

Tofu Thai soup (silken tofu, red curry, coconut milk, stock, scallions, cherry tomatoes, ginger, garlic)

Escarole and bean soup (cannelini beans, parmesan)

VEGETABLES

Charred cauliflower, arugula, tahini caper dressing

Cauliflower gratin (bechamel sauce, swiss cheese)

Roasted sweet potatoe fries

Grilled whole zucchini, tahini drizzle, almonds, parsley

Eggplant curry (coconut milk, tomatoes, onion, curry, cumin, cilantro)

Mashed potatoe, milk, butter

Roasted potatoe wedges, smoked paprika

Roasted Brussel sprouts, honey drizzle

Roasted broccoli, lemon zest & almonds

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 vinegar)

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, lemon/mustard vinaigrette)

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