

## Fall 24' menu

### ENTREES (Pick 3 or 4 every week)

#### MEAT

Lamb meatballs, minted yogurt sauce  
 Stuffed tomatoes (ground lamb, herbs, tomato pulp, egg, bread, garlic, shallot)  
 Moussaka casserole (eggplant, ground lamb, tomatoes, bechamel, swiss cheese )  
 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)  
 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)  
 Indian "butter " Chicken (thighs, tomatoes, ginger garlic, yogurt, turmeric, garam masala, cashewnuts)  
 Pork or chicken Schnitzel (fried breaded thin pork/chicken cutlets)  
 Broccolini, canellini bean and Italian sausage casserole (parmesan garnish)  
 Sausage veggies fried rice (Basmati rice, crumbled 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, chipotle sauce, cheese, tomato salsa, corn tortilla)  
 London broil beef steak, thinly sliced, chimichurri sauce (parsley, pepper flakes, red wine vinegar, garlic)  
 Spanish Tortilla with or without chorizo (potatoes, onion, eggs)  
 French crepes with ham & swiss cheese

#### VEGETARIAN/VEGAN

Crispy tofu, string beans, scallions, soy sauce casserole  
 Matar paneer (tomatoes, indian spices, peas, cashewnuts, paneer cheese)  
 Sag paneer (Tomatoe spinach puree, cashewnuts, indian spices, paneer cheese)

#### PASTA

Mac & cheese  
 Orechiette with Italian sausage, red onion, chickpeas and mint (olive oil, lemon)  
 Linguine shrimp Alfredo (cream, parmesan)  
 Spaghetti bolognese, pork & beef tomato ragu, carrots, celery, parmesan cheese  
 Pasta al pesto casserole (penne, chicken sausage, sweet peas, pesto, parmesan)  
 Chicken Lo Mein (stir-fried egg noodles, chicken breast, mushrooms, carrots)

#### FISH

Baked shrimp feta tomato casserole (garlic, thyme, olive oil, lemon)  
 Salmon, pan seared, crispy skin, brown butter caper sauce  
 Honey soy glazed skinless salmon, baked (honey, soy, garlic, ginger)  
 Mediterranean baked cod fish (tomatoes, olives, red onion, garlic, oregano, capers, lemon, olive oil)  
 Cod Thai style (red curry coconut milk sauce, scallions, cilantro)  
 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)  
 Pan seared branzino fillet with gremolata (parsley, almonds, olive oil, crushed pepper, garlic, lemon zest)

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

### *SOUP*

Tuscan tomato soup

Potato leek soup

Asparagus velouté

Butternut squash soup

Cauliflower curry velouté

Tofu Thai soup (red curry, coconut milk, scallions, cherry tomatoes)

Escarole and bean soup (cannelini beans, parmesan)

Sweet pea mint soup (cold)

Chicken noodle soup (whole chicken shredded, celery, carrots, dill, chicken broth, egg noodles)

### *VEGETABLE*

Charred cauliflower, arugula, tahini caper dressing

Cauliflower gratin (bechamel sauce, swiss cheese)

Roasted sweet potatoe fries

Grilled zucchini , crumbled feta cheese, parsley, hazelnuts, lemon zest, olive oil

Zucchini fritters(fresh herbs, feta, minted yogurt sauce)

Roasted eggplant, tahini sauce, hazelnuts, parsley

Mashed potatoes, milk, butter

Roasted potatoe wedges, smoked paprika

Roasted Brussel sprouts, honey drizzle

Roasted broccoli, lemon & almonds

Spinach & red lentils curry

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, ginger, garlic, soy sauce)

Pearl couscous, spinach, mushrooms casserole

### *SALAD*

Caprese salad (tomatoes, mozzarella cheese, basil, olive oil, balsamic reduction)

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

Cherry tomato & white bean salad (red onion, parsley, shaved parmesan, olive oil garlic dressing)

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

Faro salad (Arugula, snap peas, feta cheese, toasted seeds, sherry vinaigrette)

Butternut squash salad (green lentils, arugula, dried figs, feta cheese, mustard vinaigrette)

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

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