



WEEKLY PERSONAL CHEF SERVICES

HIRE A CHEF IN THE COMFORT OF YOUR HOME FOR YOUR WEEKLY MEALS

We handle the foodshopping, cooking and clean up, filling your fridge or freezer with customized, restaurant quality meals prepared in the privacy of your own home.

How it works:

- Chef arrives and cooks once in your kitchen (3-4 hrs)
- Same day grocery shopping & kitchen clean-up
- Meals labeled & stored with reheating instructions
- Meal plan includes entree, veggies, salad and soup
- Each dish is for 2-4 servings
- Dishes selection from an extensive menu(See below)
- No long-term commitment - Renew bi-weekly

3 entrees / 3 sides **\$215** per week + cost of your food

4 entrees / 4 sides **\$250** per week + cost of your food

Fall 23' menu

ENTREES (Pick 3 or 4 every week)

Lamb meatballs, minted yogurt sauce

Stuffed tomatoes “farcies” (ground lamb, herbs, tomato pulp, egg, bread, garlic, shallot)

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

Beef Burgundy (Braised chuck beef, red wine sauce, cremini 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)

Indian Chicken (thighs, tomatoes, yogurt, curry, turmeric, garam masala, ginger, coriander)

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

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

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

One sheet pan gnocchi, kielbasa sausage, 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 mild chorizo

French crepes with ham & swiss cheese

Crispy tofu, string beans, scallions, soy sauce casserole (Vegan)

Mac & cheese

Spaghetti bolognese, pork, veal & beef tomato ragu, parmesan cheese

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

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)

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

Pappa al pomodoro 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, rosemary, parmesan)

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

Roasted eggplant, tahini sauce, hazelnuts, parsley

Roasted potatoe wedges, smoked paprika

Roasted Brussel sprouts, honey drizzle

Roasted broccoli, lemon & almonds

Spinach & red lentils curry

French beans persillade, parsley & garlic

Roasted asparagus, parmesan & lemon

Couscous, 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

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

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

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, feta cheese, mustard vinaigrette)