

EXAMPLES OF CHICKEN ENTRÉES:

Pollo alla Romana (Chicken with San Marzano tomatoes and bell peppers)

Cornish Game Hens with Crab Apple Sage Glaze

Chicken in Vinegar Sauce

Chicken in a rich reduction sauce with garlic and shallots

Braised Chicken on Creamy Leeks with Glazed Turnips

Chicken breast on sauteed leeks with white wine & cream

Coq au Vin

Split chicken breast in a red wine based sauce

Chicken Vindaloo

Curry, onions, tomatoes, potatoes, vinegar and Indian spiced chicken. Serve with white rice

Chicken in Paprika Cream Sauce

Split Breast chicken in a sauce of red bell pepper, onions and garlic

Chicken with Tequila Cream Sauce served over Spinach Pasta

Chicken in a creamy Tequila sauce with tri-colored peppers and cilantro

Chicken in Cilantro Sauce

Chicken that has been marinated in oregano, garlic and vinegar served with a cilantro, tomato and green bell pepper sauce

Chicken with Tomato and Feta Cheese Sauce

Summer Chicken Saute with Tomato-Basil Sauce

Chicken breast with fresh tomatoes, basil and capers

Stuffed Cornish Game Hen with Red Wine Currant Sauce

Game hens stuffed with bacon, bread crumbs and pecans

Tandoori-Style Grilled Chicken

Yogurt, lemon juice and ginger marinated chicken breast

Roasted Chicken with Maple Glaze and Roasted Sweet Potatoes

Chicken slow roasted with a maple glaze with oven roasted sweet potatoes

EXAMPLES OF CHICKEN ENTRÉES (CONT.):

Italian Chicken Bundles

Chunks of chicken mixed with ricotta cheese, spinach, green onions, Parmesan cheese and herbs all wrapped in an egg roll skin bundle and baked. Served with an herb tomato sauce

Chicken Tagine with Olives and Lemon

Chicken with kalamata olives, cilantro, onions and lemon

Dijon and Tarragon Grilled Chicken Breast

Grilled Chicken with a Dijon, Tarragon & White Wine sauce

Chicken Picatta

Chicken breast in a lemon, wine and caper sauce

Arroz Con Pollo

Spanish style chicken with rice and vegetables

Thai Chicken Curry, served with Coconut Rice

Chicken, red bell peppers, onions and tomatoes in a coconut curry sauce

Brie and Caramelized Onion stuffed Chicken Breast served with Rice Pilaf

Chicken Breast stuffed with Brie and caramelized onions with a white wine sauce.

Raspberry Balsamic Chicken Breast served with Seasonal Vegetables

Raspberry, balsamic and thyme glazed chicken

Chicken Cordon Bleu

Chicken wrapped with black forest ham and swiss cheese

EXAMPLES OF LAMB ENTRÉES:

Lamb Rack with Pepita Sauce

Rack of lamb served with a pepita cilantro sauce.

Roasted Lamb Chops in Marsala Sauce

Rack of lamb in a creamy Marsala sauce with a hint of rosemary

Lamb Loin with Blueberry Demiglace Sauce

Port Braised Lamb Shank

Lamb simmered in port, leeks, oranges, and orange liqueur

Rosemary-Pesto Rack of Lamb

Lamb rack crusted with rosemary pesto

Tuscan Lamb Shanks

Lamb shank meat in a red wine sauce with cannellini beans

Lamb and Shiitake Stew with Tomato-Chianti Sauce

EXAMPLES OF PASTA ENTRÉES:

Stuffed Cannelloni with Greens and Sauteed Artichokes

Linguine with Nicoise Sauce

Linguine in a fresh tomato sauce with capers and kalamata olives

Italian Pasta & Bean Soup with Arugula

Prosciutto, onions, celery, fennel and mushrooms with white beans and tomatoes finished with shell pasta and arugula in a flavorful broth

Manicotti

Mushroom, spinach, garlic and mozzarella stuffed manicotti with marinara sauce

Ravioli with Herbed Walnut Sauce

Your choice of ravioli tossed with a walnut-herb sauce

Penne with Spicy Sausage

Hot Italian sausage, tomatoes, red wine and white beans over penne pasta

Bolognese Sauce

Italian sausage and ground beef in a tomato based sauce, served over your choice of pasta

Roasted Vegetable Lasagna

Lasagna with roasted seasonal vegetables and three different cheeses with a bechamel sauce

Lasagne Bolognese

Lasagna with a hearty bolognese sauce with Parmesan and Romano cheeses

Vegetable Lasagna

Zucchini, mushrooms, onions, bell peppers & spinach in a rich tomato sauce

Lasagna with Artichokes

Lasagna with layers of artichokes, parmesan, mozzarella and ricotta cheeses and bechamel sauce

Penne with Roasted Tomatoes, Chicken & Mushrooms

EXAMPLES OF SEAFOOD ENTRÉES:

Spiced Baked Salmon with Fruit Chutney & Chard

Salmon with Red Pepper and Corn Relish

Soy & Ginger Glazed Salmon over Udon Noodles

Salmon with Grapefruit-Ginger Chutney served with a Rice Salad with Cranberry Vinaigrette

Broiled Salmon with Miso Glaze

Chipotle Shrimp on Green Rice

Grilled Rosemary Garlic Shrimp

Pesto Stuffed Shrimp wrapped in Prosciutto with Risotto

Broiled Shrimp with Roasted Garlic Herb Sauce

Shrimp marinated in olive oil, white wine, garlic and parsley served with a sauce of roasted garlic, olive oil, anchovy and capers.

Hoisin Halibut, served with Soba Noodles

Asian flavored Halibut served over soba noodles

Cioppino

Halibut, shrimp, scallops and clams in a flavorful broth

Roasted Halibut with Tomatoes, Saffron & Cilantro

Coconut Lime Halibut served with Asian Peanut Noodles

Sea Scallops with Vegetable Ragout

Scallops, onions, asparagus, sugar snap peas and wilted spinach

Cheese & Shrimp Stuffed Roasted Poblano Peppers with Red Bell Pepper Sauce

EXAMPLES OF PORK ENTRÉES:

Pan Roasted Pork Loin with Caramelized Onions and Dried Cherries

Pork tenderloin with a sauce of caramelized onion, red wine, dried cherries and rosemary.

Roast Pork Tenderloin with Cranberry Port Sauce served with

Slow Roasted Shredded Pork Tacos with Fruit Salsa

Pork Tenderloin with Peaches and Pomegranate Sauce

Pork tenderloin in a fragrant sauce of peaches and pomegranate molasses

Roasted Pork Loin stuffed with Prosciutto & Spinach

Pork Tenderloin with Pears in a Mustard Port Sauce

Pork Medallions with Onion Marmalade

Sauteed pork tenderloin wrapped in pancetta served with a balsamic red wine sauce

Pork Tenderloin with Sauteed Onion, Fennel & Cream

Pork tenderloin in an aromatic cream sauce

Pork & Cheese Enchilada Verde

Seasoned pork and jack cheese in a tomatillo sauce

Brie & Mushroom Stuffed Pork Loin with Garlic Cream Sauce

Brie, mushrooms and garlic are stuffed in the middle of the pork loin, with a delicate garlic white wine cream sauce

Spice Rubbed Pork Tenderloin with Chile Mustard Sauce

Pork tenderloin rubbed with an assortment of chile powder in a sauce of chiles, Dijon and a rich reduction sauce

Pork Tenderloin with Chipotle-Marmalade Sauce

Sherry-Soy Pork Tenderloin with Apple Butter Sauce

EXAMPLES OF SOUPS/VEGETARIAN ENTRÉES:

Garlicky White Bean Soup with Spinach

Poblano Corn Chowder

Albondigas Soup

Edamame & Seasonal Vegetable Soup

Lentil Soup

Chicken Tortilla Soup

Tortellini, Spinach and Tomato Soup

Mushroom Barley Soup

Artichoke and Tomato Pasta Sauce with Fresh Herbs

Artichoke hearts, onions and summer squash in a tomato based sauce. Served with fresh pasta.

Vegetable Black Bean Chili

Eggplant Parmesan (baked or traditional)

Armenian Ragout of Lentils, Squash and Apricots over Couscous

Butternut squash, lentils and apricots in a vegetable stock

White Bean Enchiladas

White beans and Mexican cheese in corn tortillas with mild enchilada sauce

Zucchini Chimichangas

Mexican seasoned filling made with zucchini, green chiles, and onions rolled inside a flour tortilla

Falafal

Petite burgers made from chickpeas and onions, served in pita with cucumber-yogurt dressing

Barley White Bean Stew with Broccoli

Thai Tofu and Winter Squash Stew served with Jasmine Rice

Tofu and butternut squash cooked in coconut milk and served over jasmine rice

EXAMPLES OF BEEF ENTRÉES:

Ropa Vieja served with White Rice
Cuban braised beef, peppers and onions

Beef & Black Bean Chili
Beef, tomatoes and black beans in a mildly spiced chili

Beef Stroganoff with Mushrooms served with Egg Noodles
Lean strips of beef with mushrooms in a flavorful sauce finished with sour cream and served on a bed of egg noodles

Swedish Meatballs with Egg Noodles
Creamy meatballs served over noodles

Grilled Beef Tenderloin with Red Wine Demiglace

Roasted Beef Tenderloin with Merlot Shallot Sauce

EXAMPLES OF SALADS & SIDE DISHES:

Potato Spinach and Onion Gratin

Potatoes, spinach, onions and mushrooms layered with a creamy sauce.

Glazed Carrots

Asparagus with Balsamic Browned Butter

Roasted Potato Wedges

Quinoa Salad and Baked Tofu

Quinoa, baked tofu, bell peppers and tomatoes with a vinaigrette dressing

Balsamic Shallot Green Beans

Sweet Maple Sherry Glazed Corn

Asian Vegetable Slaw

Caribbean Black Bean and Rice Salad

Eggplant, Mozzarella & Pesto Gratins

Layers of eggplant, mozzarella, tomato and pesto

Arugula & Fresh Mozzarella Salad

Roasted Vegetables over Couscous and Balsamic Citrus Vinaigrette

Broccoli with Fennel & Red Bell Pepper

Portobello Mushrooms stuffed with Parmesan Whipped Potatoes

Heart Attack Mashers

Potatoes mashed with real butter and whipping cream (1/2 & 1/2 can be substituted)

Red Skinned Chipotle Mashers

Red, White & Blue Mashers

Red new, russets and Peruvian purple potatoes

Spinach and Radicchio Salad with Mushrooms and Cashews

EXAMPLES OF SALADS & SIDE DISHES (CONT.):

Mixed Mesclun with Gorgonzola Herb Dressing

Sicilian Broccoli

Caesar Salad with Home Made Croutons

Endive with walnuts and blue cheese

Arugula mix, fresh corn and tomato salad

Romaine salad with feta dressing

Goat cheese and potato gratin

Roasted Green Bean, Red Onion & Beet Salad

Glazed Madeira Carrots

Hearts of Palm Salad with Beets and Blue Cheese

Bulgur Salad with Garbanzos, Feta & Tomatoes

Green Salad with Walnut Shallot Vinaigrette

Mushroom Salad with Endive and Blue Cheese

Potatoes Au Gratin

Mexican Cobb Salad

EXAMPLES OF VEGAN ENTREES:

Zucchini Chimichangas

Mexican seasoned filling made with zucchini, green chile, onion and soy cheese rolled inside a flour tortilla and baked until golden brown. Served with salsa.

Artichoke and Tomato Pasta Sauce with Herbs

Artichoke hearts and summer squash in a tomato based sauce. Served with fresh pasta.

Falafal with Lime Tahini Sauce

Falafal served with pita, cucumbers, tomatoes and lime tahini sauce

Armenian Ragout of Lentils, Squash and Apricots with Couscous

Butternut squash, golden lentils and apricots in a vegetable stock

Tofu Picatta, served with Roasted Vegetables over Couscous and Balsamic Citrus Vinaigrette

Baked tofu with a mushroom caper sauce, served with roasted seasonal vegetables over couscous.

Ratatouille with Whole Wheat Pasta

Baked eggplant and zucchini in an Italian tomato sauce served on whole wheat pasta

Confetti Vegetable Curry, served over Brown Rice

Onions, red bell peppers, sweet potatoes, zucchini, mushrooms, corn and peas in a flavorful tomato-curry sauce.

Vegetarian Shepherd's Pie

Green beans, peas, corn, carrots, onions and kidney beans in a chunky tomato sauce topped with mashed potatoes and tofu cheese.

Barley White Bean Stew with Broccoli

Barley, white beans and broccoli in a tomato flavored stew

Stuffed Acorn Squash

Baked acorn squash stuffed with brown rice, mushrooms, celery, onions and nuts

Mushroom Barley Soup

Mushrooms, onions and barley in a flavorful broth

Eggplant Lasagna

Lasagna with eggplant, tofu and soy cheeses

Vegetable Red Bean Chili

Tomato and red bean chili made with green and yellow squash, carrots, and onions.