

# NEW CHEFELLE 2014 MENU



## Personal Chef Service

*"Making life easier by providing delicious dinners."*

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 **/ChefelleCatering**

## NEW MENU SELECTIONS

*We have new dinner items! Taste our new yummy dinner entrées and reorder your Chefelle favorites.*

Each dinner serves 4 people or 2 hungry people or 2 people with leftovers for lunch!

**STEP 1: Please order with entrée numbers by calling or emailing us at:**

**[Chefloretta@yahoo.com](mailto:Chefloretta@yahoo.com)**

For most dishes, a complimentary vegetable will be included depending on the season.

**STEP 2:**














Please specify if you have a favorite vegetable and/or starch dish  
(you can order 2 vegetables in lieu of your start side)

**STEP 3:**

Please specify salad dressing with each order if it's included in your entrée.

If there's an entrée you enjoy that's not listed ask us for it!









# Poultry Selections:

-  **A-1 Chicken Enchiladas with Pumpkin Sauce & White Cheddar Cheese / Spanish Rice / Refried Black Beans**  
A savory sauce with a hint of spice that is quite delicious complimented with the White Cheddar Cheese
-  **A-2 Ale Braised Chicken / Savory Rice Pilaf / Seasonal Vegetable**  
Chicken Thighs based in a creamy sauce that is made with Arrogant Bastard Ale and touched with a little sweet-hot mustard.
-  **A-3 Turkey-Tomato Stew with Onions & Raisins / White Rice / Tortillas**  
A stew that is a kind of Picadillo – a Spanish type stew that highlights the dark meat of turkey with a sweet hint of spice from Pumpkin Pie spice – a comfort food dish for sure!
-  **A-4 Almond-Apricot Chicken with Mint Pesto / Israeli Couscous / Seasonal Vegetable**  
The addition of goat cheese, apricots and mint pesto lends a Mediterranean flavor to the chicken!
-  **A-5 Braised Chicken with Mushrooms and Oven Baked Polenta / Saute of Collard Greens**  
A wonderful medley of earthiness from the mushrooms and the delicate creamy flavor of the polenta rounds this meal perfectly
-  **A-6 Tandoori Chicken with Yogurt Sauce / Couscous / Seasonal Vegetable**  
Grated apples are added to the sauce to give it a twist to a standard raita and a coolness to the spiciness of the chicken
-  **A-7 Chicken Asada / Spanish Rice / Beans**  
A Mexican stew like dish using flavorful chicken thighs – just like Grandma used to make!
-  **A-8 Tamale Pie / Salad**  
A seasoned mix of ground turkey and ground beef with a flavorful salsa verde addition and topped with slices of cheesy polenta
-  **A-9 Kung Pao Chicken over Rice / Saute of Snow Peas**  
A Chinese classic – could be spicy – you let me know the level of spicy-ness
-  **A-10 Smoked Chicken and Fennel Pasta**  
A bow tie pasta with flavors that pop with the pancetta, fresh mozzarella cheese & green olives
-  **A-11 Garlic Mojo Chicken / Moros y Cristianos (black beans and rice) / Fried Plantains**  
Classic Cuban dish that's inspired by this rich nationality that brings us fabulous food and music!
-  **A-12 Roast Chicken with Rigatoni Pasta, Brie & Grape Tomatoes, Basil & Olives**  
The brie in this dish coats the pasta like a creamy sauce
-  **A-13 Pasta with Andouille Sausage, Greens & Burrata Cheese / Salad / Bread**  
Did I mention bacon too? Burrata is all the rage now – a fresh mozzarella filled with creamy thickened cream – balance this dish perfectly.



**INDICATES NEW ITEM**

# Poultry Selections (Continued)

-  **A-14 Lemon Chicken with Ginger and Pinenuts**  
Served with Coconut Rice & Seasonal Vegetable
-  **A-15 Chicken Tamale Casserole**  
A simplified classic available all year round! Served with smashed black beans
-  **A-16 Turkey and Wild Mushroom Hash Cakes**  
Served with Cranberry Mango Chutney & Brocolini with garlic and red pepper
-  **A-17 Chicken, Edamame and Noodle Stir Fry**  
Served with Napa Salad with Sesame Dressing
-  **A-18 Crispy Ginger-Lime Chicken Thighs**  
Served with Couscous with Carrots & Cilantro
-  **A-19 Braised Chicken with Shallots (Chicken thighs – bone in)**  
These homey-braised chicken thighs are paired with creamy mashed potatoes / seasonal vegetable
-  **A-20 Orange Chicken over Rice**  
Enjoy this dish from your local Asian restaurant? Well this is pretty darn close and served with Saute of Bok Choy
-  **A-21 Tequila Lime Chicken Fettuccini**  
All the rainbow colored peppers help make this a delicious hearty meal – served with a salad and crusty bread
- A-22 Broiled Rosemary Marinated Chicken Breast**  
Served with Mashed Potatoes
- A-23 Chicken Marsala**  
Flavorful with bacon, mushrooms and sweet Marsala wine Served over angel hair pasta
- A-24 Black Bean & Chicken Enchiladas**  
With red bell peppers, salsa-sauce and topped with monterey jack cheese Served with Santa Fe Rice
- A-25 Lemon Chicken Thighs**  
Savory lemon flavor with a kick of Worcestershire sauce – a lip-smacker Served over White Rice
- A-26 Red Curry Chicken**  
Spicy chicken strips with coconut milk and vegetables - Served over Basmati Rice
- A-27 Saute of Chicken & Fennel**  
With the addition of toasted pinenuts and tomatoes - Served over Orzo Pasta (rice shaped pasta)
- A-28 Baked Ranch Chicken**  
Boneless, skinless chicken breasts breaded in seasoned panko crumbs and baked - Served with Cowboy mashed potatoes
- A-29 Chicken Breasts Stuffed with Spinach & Herbed Cream Cheese**  
Seasoned breasts, stuffed & sautéed with a lemon pan sauce Served with Savory Rice pilaf



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## Poultry Selections (Continued)

- A-30 Chicken Tenders with Dipping Sauces**  
Buttermilk-soaked chicken tenders, coated in seasoned flour then fried. Great for kids! Served with BBQ and Honey Mustard Dipping Sauces and Cheddar Potatoes
- A-31 Chicken Saute Provencal**  
Delicious chicken thighs & drumsticks with tomatoes, garlic and fresh herbs - Served over plain couscous or soft polenta
- A-32 Chicken Parmesan over Linguini**  
Classic Italian Favorite with a Marinara Sauce. Served with Salad and Bread
- A-33 Chicken Topped with Walnut Sauce**  
Broiled Bone-in Chicken thighs with a hearty bold walnut sauce. Creamy Mashed Potatoes
- A-34 Roasted Chicken with Dried Fruit –**  
Whole chicken pieces roasted in a flavor rich sauce with plump cherries and apricots Served with Parsley Couscous
- A-35 Hazelnut Crusted Chicken with Creamy Herb Wine Sauce-**  
White Meat Chicken Strips encrusted with hazelnuts and baked Served with herb wine sauce and Mashed Potatoes with Caramelized Leeks and Onions
- A-36 Lemon Stir-Fried Chicken**  
Boneless, skinless chicken with colorful vegetables in an Asian-lemon sauce. Served over white rice
- A-37 Arroz Con Pollo**  
Spanish favorite with red bell peppers, shredded chicken meat, rice with the addition of saffron. Served with Salad and Tortillas
- A-38 Chicken “Spareribs”**  
Skinless chicken thighs in a tangy, sweet, thick BBQ-type sauce. Served with Garlic Mashed Potatoes
- A-39 Chicken Wellington with Creamy Herb Wine Sauce**  
Rosemary marinated chicken breast wrapped in flaky golden pastry Served with Savory Rice Pilaf, Green Beans with Balsamic butter
- A-40 Stir-Fried Maple Chicken**  
Chunks of white meat chicken stir fried with red bell peppers, cashews, scallions in a maple sauce. Served over white rice
- A-41 Teriyaki Chicken Kabobs**  
Skewers of chicken, red bell peppers, onions and pineapple grilled with a teriyaki sauce. Served over white rice
- A-42 Caramelized Baked Chicken**  
Roasted chicken with a tangy, sweet sticky coating. Served with Potatoes Gratin
- A-43 Turkey Scallopini with Capers & Lemon**  
Thinly sautéed cutlets with a savory sauce of capers and lemon. Served with Orzo Pasta
- A-44 Vanilla & Maple Chicken over Bourbon Sweet Potatoes**  
The flavors of this dish are delicious and topped with Macadamia nuts Served with Lemon Green Beans
- A-45 Sherry Chicken & Tomatoes**  
Flavorful chicken dish with carrots in a glazed sherry sauce Served over Bow-Tie Pasta
- A-46 Turkey Medallions with Olive-Caper Sauce**  
Mediterranean dish with Kalamata olives & capers Served with Orzo Pasta with Feta and Red Peppers
- A-47 Shepherd’s Pie with Turkey Sausage & Sweet Potato Crust**  
Corn, peas and beautifully topped with maple sweet potatoes Served with Salad & Bread
- A-48 Pineapple Fried Rice with Chicken and Shrimp**  
Chunks of pineapple, basil, cilantro, red peppers all married with wonderful flavors with jasmine rice – this is delicious! – Served with Hawaiian Bread

**A-49 Chicken Adobo**

Braised Chicken in soy sauce, chipotle chili & vinegar make a savory dish that's served over spicy rice  
Served with Sauteed Zucchini & Red bell peppers

**A-50 Asparagus & Chicken Carbonara**

An Italian Favorite with Spaghetti noodles. Served with Salad & Bread

**A-51 Baked Mustard-Apple Chicken Breasts**

Flavorful and Healthy! Served with Mashed Sweet Potatoes

**A-52 Chicken Cacciatore**

Hearty and full of flavor, served over Large shell pasta. Served with Salad & Bread

**A-53 Chicken Piccata over Orzo**

Lemony goodness with capers & parsley. A favorite with many clients. Served with Vegetable

**A-54 Chicken Pot Pie with Cheddar Biscuit Crust or Pie Crust (Your Choice)**

A Classic comfort-food. Made with peas and a touch of tarragon. Served with Salad

**A-55 Chicken Thighs with Olives & Red Peppers**

A Mediterranean inspired chicken dish served with Orzo. Served with Roasted Asparagus

**A-56 Cinnamon Stick Turkey Tenderloin over Cilantro Noodles**

Delicious and low in calories!! Served with Sauteed Snow Peas

**A-57 Chicken with Lemon, Fennel and Olives**

Flavorful and healthy with a wonderful Mediterranean sauce

**A-58 Hoisin Chicken and Broccoli Stir Fry**

Ginger & orange juice assist in this healthy Asian favorite. Served over Rice

**A-59 Chicken with Shiraz, Mushrooms & Shallots**

Slow cooking makes this a great comfort food dish. Served over Polenta

**A-60 Lemon Chicken & Rice with Artichokes**

Fresh combined flavor of lemons and artichokes, almost like a risotto. Served with vegetable.

**A-61 Mexican Chicken Lasagna**

Layers of tortillas, tomatillo sauce, monterey jack cheese and shredded chicken make this a hearty, fulfilling dish. Served with Refried Beans

**A-62 Proscuitto-Wrapped Chicken**

Crispy Proscuitto compliments the chicken thigh meat with balsamic glaze. Served over orzo pasta.

**A-63 Roasted Turkey Breast with Cornbread Stuffing**

Fresh Herbs on the juicy golden roasted turkey breast. Served with vegetable.

**A-65 Saffron Chicken and Rice with Dates**

A nice stew-like dish. Served with vegetable.

**A-66 Sesame Chicken over Rice**

Glazed pieces of chicken with toasted sesame seeds served over white rice. Served with vegetable.

**A-67 Turkey & Zucchini Meatloaf with Apricot Glaze**

Shredded fresh zucchini with ground turkey – very healthy! Served with Mashed Sweet Potatoes & Vegetable

**A-68 Turkey & Fennel Saute**

Green Apples and a little cream add to this delicious dish. Served with Buttered Noodles

**A-69 Turkey Fried Rice**

Peas, carrots and egg make this an Asian favorite. Served with Green Beans

**A-70 Sizzlin Fajitas**

Marinated Chicken strips, grilled and ready for you to add the condiments. Also served with flour or corn tortillas Served with Pinto Beans

# Beef Selections



## **B-1 Spicy Tangerine Beef / White Rice with Scallions / Seasonal Vegetable**

A little different from the existing Spicy Orange Beef – a little sweeter with the tangerine flavor



## **B-2 Braised Short Ribs with Port & Honey / Mashed Sweet Potatoes / Seasonal Vegetable**

Short ribs have gained much popularity lately in the food world – most popular restaurants have them on the menu – so we do too! This one will not disappoint – so delicious!



## **B-3 Bacon Cheeseburger Meatloaf / Cheddar Scalloped Potatoes / Seasonal Vegetable**

I know, talk about gilding the lily!! This tastes just like a burger – minus the bun. Trust me on this one...



## **B-4 Braised Beef Short Ribs with Fennel Seeds / Roasted Red Potatoes / Seasonal Vegetable**

You gotta be on a roll for this sumptuous comfort food dish – just a different variation on the sauce.



## **B-5 Old Fashioned Meatloaf with Ketchup Gravy / Mashed Potatoes / Seasonal Vegetable**

Here's a classic comfort food to bring back warm memories. But that's only if you have a positive relationship with meatloaf.



## **B-6 Stout Braised Short Ribs / Mashed Potatoes / Seasonal Vegetable**

I know, but we have to have one that's braised with Guinness! Imagine the flavor? The stout and brown sugar gives these ribs a hint of sweetness.



## **B-7 Ropa Vieja / White Rice**

A classic Cuban Entrée using flank steak that has been simmering for hours



## **B-8 Spinach Stuffed Rolled Flank Steak**

Served with Roasted Red Potatoes & Seasonal Vegetable

**B-9 Braised Beef in Brandy** – Slow cooked to tenderness with gravy sauce with addition of mustard seeds and juniper berries Served over Mashed Potatoes

**B-10 Beef Stroganoff with Portobello Mushrooms** – healthy alternative to an old favorite! Lean rib-eye and chunks of Portobello. Served over Wide Egg Noodles

**B-11 Roast Beef with Red Wine Gravy** – Tri-Tip roast over a bed of root vegetables baked and served with savory cabernet gravy Served with Steamed Rosemary Potatoes

**B-12 Italian Meatloaf** – Red wine, bread crumbs, garlic are just some of the ingredients that help make this moist & flavorful.

Served with Garlic Mashed Potatoes

**B-13 Lasagna with Meat Sauce** – Homestyle made with tomato-based sauce with ground beef, sweet & hot Italian sausage. Served with a green salad and Bread

**B-14 Beef Stew** – Chunks of beef in a rich gravy with potatoes, carrots and herbs

*Served with a green salad*

**B-15 Norwegian Meatballs over Noodles** – Moist combination of beef and pork with gravy-sauce.

Served over wide egg noodles

**B-16 Sizzlin Fajitas** – Marinated steak strips, grilled and ready for you to add the condiments. Also served with flour or corn tortillas Served with Pinto Beans



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## Beef Selections (Continued)

- B-17 Rib-Eye Steak with Coffee Cardamom Rub** – Choice Rib-eye with the wonderful flavor of coffee & spices  
Served with Garlic Mashed Potatoes
- B-18 Gingered Beef with Leeks and Asparagus** – Flank steak marinated with Asian flavors and fresh ginger stir  
fried with vegetables Served with Japanese White Rice
- B-19 Grilled Cuban Flank Steak with Chimichurri Sauce** – Flavorful thinly sliced steak with the Cuban traditional  
sauce Served with Cuban Rice & Black Bean Salad
- B-20 Pulled BBQ Beef** – Beef brisket with BBQ flavors with smoke and spice, shredded, served on soft rolls  
topped with sautéed onions! *Served with Barbeque Cole Slaw*
- B-21 Spicy Orange Beef** – A wonderful, tangy citrus approach to beef, sautéed with ginger, pepper and sherry  
*Served with White or Brown Rice*
- B-22 Fragrant Beef Curry with Rice** – Tender chunks of prime beef in the curry stew-like sauce served over white  
or brown rice. Served with Vegetable.
- B-23 Hoisin Grilled Sirloin Steak**– Great Asian flavor mixed with apricot preserves that adds to the sauce  
Served with Rice and snow peas.
- B-24 Pot Roast with Vegetables** – Old Fashioned recipe with carrots, onions & potatoes – very tender chunks of  
meat. Served with Salad and bread.
- B-25 Red Wine Beef Brisket** – Normally a tough cut of meat – it's braised in red wine and stock for 2 hours so it  
just falls apart! Served with Roasted Red Potatoes & vegetable
- B-26 Salisbury Steak with Mushroom Gravy** – Ground Sirloin made into oval patties for this old fashioned dish  
with the delicious mushroom gravy. Served with mashed potatoes & vegetable

## Pork & Lamb Selections

-  **C-1 Oven Barbequed Pork Chops / Coleslaw / Honeyed Cornbread**  
This is a great summertime flavor with the BBQ Sauce that's tender and can be enjoyed all year long
-  **C-2 Orecchiette (ear shaped) Pasta with Sausage and Roasted Peppers**  
Fresh roasted peppers impart a sweet smoky taste to this hearty darling pasta!
-  **C-3 Chinese Barbequed Baby Back Ribs / Rice / Seasonal Vegetable**  
A classic favorite that's easy to eat!
-  **C-4 Ginger & Orange Pork Tenderloin / Mashed Potatoes / Seasonal Vegetable**  
This one marinates overnight to give it a powerful, flavorful sauce and roasted oranges – a great  
combination of the ginger and orange!
-  **C-5 Lamb & Feta Patties with Red Pepper Relish / Couscous Salad / Rolls**  
Middle Eastern Flavor with this fabulous red pepper relish that compliments the dish nicely – a cool dish  
to enjoy
-  **C-6 BBQ Pork Fried Rice / Salad**  
A colorful medley of vegetables with marinated grilled pork with rice – please specify white or brown rice



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### C-7 Pastitsio

If you love a good Greek comfort food, you're in for a treat with this one! Penne pasta, ground lamb in tomato sauce and a cheese sauce makes this a wonderful casserole accompanied by a green salad and bread.



### C-8 Pork Vindaloo

A lovely Indian inspired dish served with basmati rice and roasted curried cauliflower

**C-9 Lamb Cacciatore** – Boneless chunks of lamb stewed in stock with fresh sage and rosemary – delicious!

Served over Pappardelle Pasta

**C-10 Salsa Pork over White Rice** – Tender cubes of pork loin braised in fresh salsa and apricot jam – very stewlike!

Served with White Rice and Vegetable

**C-11 Lamb Curry** – Tender chunks of lamb shoulder with deep, intense curry flavor. Served with Israeli Parsley

Couscous and Caramelized Red Bell Peppers and Onions

**C-12 Pork Loin Chops with Savory Apricot Sauce** – Grilled Chops with pureed apricot sauce with balsamic vinegar

and herbs Served with Herb Roasted Potatoes

**C-13 Hoisin Grilled Leg of Lamb with Sesame Yogurt Sauce** – Delicious and flavorful, very Mediterranean!

Served with a Dolmas Salad (grape leaves, pinenuts, rice & fresh herbs)

**C-14 Almond-Stuffed Pork Chops** – Seasoned brown rice with dried apricots and spices in a thick pork loin chop

with a apricot glaze. Served with Gingery Sweet Potatoes

**C-15 Barbeque Pork Roast** – Boneless pork shoulder slow cooked in a tomato-bbq sauce Served with BBQ Slaw

and Rolls

**C-16 Roasted Pork Loin** – Herb crusted thick slices of loin served with a Cranberry-Pinot Noir Sauce

Served with Honey Roasted Sweet Potatoes

**C-17 Pork Chops with Brandy & Berries** –Pork loin chops stuffed with cranberry bread stuffing with a brandy

orange juice sauce Served with Honey Roasted Red Potatoes

**C-18 Roasted Pork Tenderloin with Applesauce** – Marinated in applesauce then stuffed and roasted with

applesauce & peanuts inside Served with White & Wild Rice Pilaf

**C-19 Sherry Lamb Casserole** – Tender chunks of lamb stewed in a tomato-sherry sauce served with green beans,

carrots, very stew-like! Served over Mashed Potatoes or pasta

**C-20 Chile Verde** – Made with pork, this slow-cooked classic Mexican dish is fresh tasting thanks to tomatillos &

lime juice. Served with rice.

## Meatless Selections



### D-1 Lentil-Walnut Burgers

These spicy vegetarian burgers are served on wheat hamburger buns or in whole wheat pita pockets, layered with sliced tomato and red onion and drizzled with tangy yogurt sauce



### D-2 Soba Noodles with Roasted Eggplant

Roasted Eggplant makes a creamy sauce that coats pasta quite nicely – the soba noodles add a lovely nutty flavor to the dish



### D-3 Spaghetti Squash with Gruyere Cheese, Mushrooms & Caramelized Onions

This is a hearty dish that will make you sing with praises of the much overlooked Spaghetti Squash, try it!



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#### **D-4 Eggplant Parmesan**

A classic served Chefelle style – baked, not fried to cut back on the calories – served with Salad and Garlic Bread



#### **D-5 Stuffed Poblanos**

A Simple Mexican dish consisting of a savory black bean mixture stuffed into whole chilies (not spicy) topped with a tomato sauce, covered in cheese & baked – yum!

**D-6 Rigatoni with Lemon Basil Pesto** – Great Pasta dish with Pinenuts and fresh basil.

Served with a green salad and bread

**D-7 Layered Black Bean Casserole** – Tasty black beans mixed with salsa, tofu & cheese with layers of tortillas baked between. Served with a green salad and bread

**D-8 Eggplant Casserole** – Chunks of eggplants in a seasoned cheesy sauce and baked until soft.

Served with Salad and Garlic Bread

**D-9 Chili Relleno Casserole** – Layered with cheese and topped with a red or green enchilada sauce, good comfort food! Served with Pinto Beans & Tortillas

**D-10 Roasted Butternut Squash, Rosemary & Garlic Lasagna** – A wonderful combination that has been a winner in the past Served with Salad & Bread

## *Entrée Pasta Selections*

*(Includes green salad & bread):*



#### **E-1 Stuffed Pasta Shells with Spinach, Cheese with Marinara Sauce**

An Italian classic that's satisfying for the vegetarian as well as a carnivore!

**E-2 Farfalle (Bowtie) with Gorgonzola Cheese & Hazelnuts** – A creamy, cheesy sauce with the wonderful flavor of toasted hazelnuts

**E-3 Penne Spinach & Sun Dried Tomato Bake** – A favorite with vegetarians! Baked and topped with crunchy breadcrumbs with fresh grated parmesan cheese)

**E-4 Capellini Pasta in Cream Sauce** – Delicate angel hair pasta with capers, artichoke hearts and brie cheese in white wine cream sauce and parmesan cheese

**E-5 Buffalo Wing Pasta** – Bow-Tie pasta with diced chicken breasts, chunks of blue cheese, diced celery in a creamy, Spicy Buffalo Wing Sauce

**E-6 Macaroni & Cheese** – The old favorite of elbow macaroni, cheddar cheese with cream sauce baked with a crunchy top!

**E-7 Pasta with Artichoke and Roasted Red Bell Pepper Sauce** – Like a tasty pesto-type sauce over your choice of: Fusilli, (corkscrew), Tortellini, Ravioli, Bowtie, Orchiette (ear-shaped), Conchiglie (shell) – please specify

**E-8 Penne Puttanesca** – an Italian favorite. Fresh sauce of tomatoes, garlic, black olives, anchovy, capers and red wine with a little kick from the red pepper flakes.

**E-9 Jade Shrimp with Pasta** – Mint, cilantro, basil, spinach and many more flavors add to this colorful sauce with fresh shrimp over fussili pasta

**E-10 Mediterranean Penne with Grilled Chicken** – Tomato rich sauce with bacon, eggplant, capers & Kalamata olives topped with grilled chicken over the penne pasta




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## Entrée Pasta Selections (Continued)


- E-11 Chef L's Favorite Pasta** – Penne Pasta with Pinenuts, Roasted red peppers, feta, zucchini, eggplant, grilled chicken in a creamy sherry vinegar Sauce – a personal favorite
- E-12 Pasta with Eggplant Capers & Olives** – A thick, hearty sauce with many wonderful flavors – served with Penne Pasta
- E-13 Linguine with Vodka Sauce** – Crushed tomatoes gives this sauce a beautiful red color to accentuate the very light vodka flavor.
- E-14 Penne with Roasted Fennel, Cherry Tomatoes & Olives** – Roasting the vegetables gives them a slight sweetness that compliments the olives and Romano cheese
- E-15 Fettucine Alfredo** – The classic which CAN be made with soy milk and soy cheese that's so good, you won't be able to tell!
- E-16 Ravioli with Sun Dried Tomato Cream Sauce** – Please specify if you'd like a meat ravioli, otherwise it is cheese.
- E-17 Linguine with Garlic Shrimp and Basil** – Light flavors that will fill you up – little lemon zest rounds out this dish perfectly.
- E-18 Mediterranean Shrimp & Angel Hair** – Capers, olives, tomatoes and feta cheese assist this fresh tasting dish


## Seafood Selections


 **F-1 Thai Pineapple Shrimp & Jasmine Rice**  
A trip to the islands with a hint of pineapple and coconut and healthy vegetables!


 **F-2 Roasted Cod with Warm Tomato-Olive-Caper Tapenade**  
This is a healthy and very tasty dish that makes the Mediterranean's' proud!

 **F-3 Orange Sesame Shrimp over Brown Rice**  
A tangy sesame-orange sauce assists these lovely shrimp with this light coating. Served with Sesame Snow Peas

 **F-4 Miso Glazed Shrimp or Scallops with Soba Noodles**  
This Japanese inspired dish uses one sauce – a wonderful sweet/salty combination of mirin and miso. A lovely salad to accompany it and you've got dinner!

 **F-5 Mustard and Brown Sugar Rubbed Salmon**  
A shiny glaze of the caramelized sugar that tastes outrageous! A rice medley to accompany along with Roasted Asparagus

 **F-6 Cod with Fennel & Potatoes**  
Cod is coming back in popularity as a standard white fish – and this dish pumps it up! A little orange zest compliments the fennel just perfect!

 **F-7 Pan Fried Shrimp with Green Curry Cashew Sauce over Udon Noodles**  
A simple, flavorful sauce coats the shrimp – served with a Sesame Carrot Salad



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# Seafood Selections (Continued)



## **F-8 Sake Steamed Sea Bass with Ginger and Green Onions**

Sea Bass – once extinct is now back and very popular! Served with white or brown rice medley and a seasonal vegetable



## **F-9 Grilled Tilapia with Smoked Paprika and Parmesan Polenta**

This mild fish is growing ever popular and the smoked paprika and polenta compliments well. Served with Broccoli Rabe



## **F-10 Greek Style Shrimp Scampi over Orzo**

Angel Hair pasta featured with tomatoes, fresh basil & feta cheese, accompanied by a Spinach & Mushroom Salad



## **F-11 Shrimp & Grits Casserole**

A New Orleans favorite with a hint of bacon. Served with Arugula and Tomato Salad & Crusty Bread



## **F-12 Sweet & Sour Shrimp over Rice**

Served with Steamed Sugar Snap Peas



## **F-13 Roasted Tomato, Fennel & Shrimp with Feta Cheese**

Roasting the tomatoes heighten the rich natural flavor and sweetness, served with Bowtie Pasta, Salad and Bread



## **F-14 Seared Cod with Swiss Chard & Almonds**

These greens are pretty and nutritious and provides a great helping of vitamin A and C. Served with Orzo Pasta (rice shaped)



## **F-15 Panko Crusted Fish Sticks with Herb Dipping Sauce**

Think of it as the adult fish sticks (though great for kids too) Nice healthy portions served with Roasted Sweet Potatoes



## **F-16 Curried Shrimp over Basmati Rice**

Flavorful Indian Dish which is healthy using Greek Yogurt in lieu of sour cream, a squeeze of lime brightens it up too



## **F-17 Shrimp Enchiladas**

Deliciously filled enchiladas with a creamy topping, broiled and served with Spanish Rice & Refried Beans

**F-18 Penne with Smoked Salmon in Basil Sauce** – Chunks of tender smoked salmon tossed in light basil sauce with penne pasta Served with green salad and bread

**F-19 Pinenut Crusted Salmon with Ancho-Tomato Pesto** – Salmon fillets with toasted pinenuts and fresh breadcrumbs with a flavorful pesto with a kick - Served with Savory Rice Pilaf & Roasted Asparagus



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## Seafood Selections (Continued)

- F-20 Roasted Salmon with Fresh Hazelnut Sauce** – Fabulous hazelnut sauce with roasted nuts, fresh thyme, topping salmon filet with lightly toasted Panko crumbs. Served with Couscous & Candied carrots
- F-21 Grilled Honey Sesame Shrimp** – Asian spicy and tangy flavors marinate the large shrimp then grilled makes this a treat. Served with White rice & scallions
- F-22 Pineapple Marinated Salmon** – A reduction sauce of pineapple juice and soy sauce gives these filets of salmon great flavor Served with Japanese Rice & fresh vegetable
- F-23 Salmon with Black Bean Ginger Relish** – served with sesame noodles Served with Steamed Broccoli
- F-24 Apricot Balsamic Glazed Salmon** – served with rice pilaf. Served with Steamed Broccoli
- F-25 Brown Sugar-Chipotle Salmon with Honey Berry Glaze** – A little sweet, a little spicy, and very delicious! Served with Brown Rice Medley
- F-26 Grilled Swordfish on Herbed Couscous with Vegetable Minestrone**
- F-27 Grilled Swordfish with choice of Mango-Pineapple Salsa or Tomato-Basil Salsa**
- F-28 Honey-Ginger Salmon** – Fresh ginger, hoisin sauce and honey make this a very lovely glaze for the salmon Served with Roasted Sweet Potatoes
- F-29 Mustard Dill Salmon with Roasted Potatoes and Greens** – A complete and healthy meal
- F-30 Salmon Croquettes with Remoulade** – with fresh vegetables in the croquette mix and fresh herbs in the sauce Served with Couscous

## Soups / Stews / Chili Selections (Includes green salad & bread)



### G-1 Spiced Coconut-Red Lentil Soup

A pretty yellow hued soup with a hint of coconut milk for a touch of richness



### G-2 Roasted Cauliflower Soup with Hazelnut Oil

A layering of flavor for this soup – not just a boring white soup



### G-3 Coconut Chicken Curry Soup

The combination of flavors make Thai Cuisine so delicious with the colors and textures of this soup



### G-4 Acorn Squash & Apple Soup

As autumnal as this sounds, it's delicious all year long – lucky us Californians to have Acorn squash always available.



### G-5 Navy Bean Soup

This flavorful potato, bean and mushroom stew enjoys the addition of spinach for a pop of color



### G-6 Cream of Asparagus & Kale Soup

No dairy is used in this one – but it gets it's creamy flavor from potatoes and the bright green color from the kale and spinach



### G-7 Chipotle Pork Posole

This Mexican traditional Soup is kicked up a bit with the smoked chipotle chili flavor with the addition of hominy which is essential to this hearty soup.

















**INDICATES NEW ITEM**

## Soups / Stews / Chili Selections (Continued)

- G-8 **Hearty Chicken Soup** – Tender chunks of chicken in a flavorful broth with Wide Noodles
- G-9 **Tortilla Soup** – A Vegetarian specialty, thick and good - served with limes & monterey jack cheese
- G-10 **Carrot-Ginger Soup** – Great Flavors and topped with crème fraiche
- G-11 **Creamy Roasted Red Pepper Soup** – Bright & rich in color and roasted red pepper flavor, so good!
- G-12 **White Chicken Chili** – Made with white beans and mild green chiles with a cumin flavor
- G-13 **Rib-eye Steak & Bean Chili** – Tender Rib eye in thick chili with pinto beans
- G-14 **Black Bean Chili** – Made with Sherry, chili & cumin – great Cuban flavor!
- G-15 **Veggie Chili with Cheddar and Cashews** – A twist to an old favorite by using beans, cashews and raisins for the protein
- G-16 **Potato Cheese Chowder** – Calories are reduced by using low fat cheeses & skim milk
- G-17 **Pumpkin Black Bean Soup** – Delicious soup with sweet pumpkin, tomatoes and a hint of sherry, pureed
- G-18 **Sweet Heat Tomato Soup** – The sweet is from honey & red bell peppers, the heat from jalapeno, new twist to an old favorite
- G-19 **New England Clam Chowder** – Creamy, rich soup with potatoes and fresh herbs and clams – delicious!
- G-20 **Roasted Corn Soup** – Creamy soup with white wine and topped with chives
- G-21 **Tomato-Basil Soup** – Fresh and light, great for summer evenings
- G-22 **Turkey Chili** – Ground turkey, tomatoes, white beans, mushrooms – chunky and flavorful!
- G-23 **Mediterranean Vegetable Soup** – A nice, light soup complete with tomatoes and garbanzo beans

## Alternate Side Dishes:

Feel free to substitute side dishes if you prefer something different from the menu selection, please specify change when placing your dinner order

- |   |  |
|---|--|
|  <b>Shaved Carrot Salad with Scallions and Sesame Seeds</b> |  <b>Sauteed Corn with Bacon &amp; Scallions</b> |
|  <b>Green Beans with Tomatoes</b>                           |  <b>Sauteed Beets and Greens</b>                |
|  <b>Sauteed Kale with garlic and Lemon</b>                  |  <b>German Potato Salad</b>                     |
|  <b>Cucumber Salad with Sour Cream &amp; Dill</b>           |  <b>Marinated Yellow Squash Salad</b>           |
|  <b>Curried Rice Salad</b>                                  |  <b>Sesame Lime Rice</b>                        |
|  <b>Quinoa with Roasted Vegetables</b>                      |  <b>Herbed Israeli Couscous</b>                 |
|  <b>Bulgur Pilaf with Dried Cranberries</b>                 |  <b>Quinoa and Cucumber Salad</b>               |

## Alternate Side Dishes (Continued)

 **Polenta Fries**

 **Macaroni Salad with Hard Boiled Egg & Olives**

 **Old Fashioned Potato Salad**

 **Black Rice Salad with Peppers in Herb Vinaigrette**

**Brown Rice with Mushrooms**

**Caramelized Red Bell Peppers and Onions**

**Confetti Couscous**

**Confetti Rice**

**Cowboy Mashed Potatoes**

**Garlic Mashed Potatoes**

**Gingery Sweet Potatoes**

**Herb Roasted Potatoes**

**Israeli Basil Couscous**

**Lemon Greens Beans with Walnuts**

**Lime Saffron Rice**

**Mashed Potatoes**

**Mashed Potatoes with Parsnips**

**Mexican Corn**

**Mustard and Herb Potatoes**

**Parslied Red Potatoes**

**Roasted Sweet Potatoes with a Honey Glaze**

**Savory Rice Pilaf**

**Toasted Rice Pilaf**

**Spinach with Pine Nuts**

**Zucchini & Corn Saute**

**Bourbon Sweet Potatoes**

**Couscous with Roasted Tomatoes**

**Quinoa & Grilled Pepper Salad**

**Cauliflower Puree**

**Creamed Leek**

**Green Beans with Blue Cheese, Tarragon & Vinaigrette**

**Lemon Zested Orzo Pilaf**

**Italian Green Bean Salad with Olives**

**Candied Carrots**

**Glazed Baby Carrots in Balsamic Vinegar & Butter**

**Cheddar Scalloped Potatoes**

**Plain Couscous**

**Curried White Rice**

**Ginger Rice**

**Honey Roasted Red Potatoes**

**Pan Roasted Spicy Green Beans**

**Israeli Parsley Couscous**

**Lemon Rice Pilaf**

**Mashed Yukon Gold Potatoes with Mushroom Saute**

**Mashed Potatoes with Caramelized Leeks & Onions**

**Mashed Balsamic Sweet Potatoes**

**Potatoes & Leeks**

**Parsnip & Carrot Puree**

**Roasted Garlic Mashed Potatoes**

**Rosemary Roasted Potatoes**

**White Rice**

**Southern Red Rice**

**Wild & White Rice with Peppers**

**Zucchini-Walnut Stir Fry**

**Roasted Parsnips with thyme**

**Fennel Gratin**

**Buttermilk Mashed Potatoes W/ Caram. Shallots**

**Celery & Fennel with Bacon**

**Creamy Parmesan Orzo**

**Green Beans with Red Onion & Creamy Feta Dressing**

**Moroccan Style Carrots**

**Steamed Broccoli with Caper Brown Butter**

