



# Prepared Meal Menu

## ***Chicken***

**Fresh Pulled Chicken Pot Pie with Flaky Crust**

**Prosciutto & Parmesan Stuffed Chicken with Polenta cakes**

**Smoked Chicken Quesadillas with Spanish Rice, Salsa & Sour Cream**

**Chicken Marsala with Crimini Mushrooms over Fresh Pasta**

**Molasses Marinated Chicken, Wilted Spinach**

**Sautéed Natural Chicken & Cheese Ravioli, Cajun Cream Sauce, Cherry Tomatoes, Scallions**

**Chicken Parmesan over Ziti with Fresh Mozzarella**

**Pan Seared Chicken Medallions with Sundried Tomato & Olive Relish over Couscous**

**Game Hen & White Bean Cassoulet**

**Maple Glazed Turkey Breast with Mashed Potatoes & Stuffing**

**Mustard & Herb Crusted Half Chicken with Scalloped Potatoes**

**Chicken Piccata over Fresh pasta**

**Smoked Natural Chicken Fajitas with Spanish Rice, Salsa & Sour Cream**

**Chicken Curry with Basmati Rice**

**Turkey Tacos with all the fixins**

**Jamaican Jerk Spiced Chicken with Wilted Greens & Grilled Pineapple**

**Balsamic Marinated Chicken with Stone Fruit Chutney**

**Hoisin Chicken Stir Fry with Scallion Basmati Rice**

**Spicy Chicken Thighs with Quinoa & Avocado Salad**

**Chicken Broccoli & Ziti with Parmesan Cheese**

**Lemon & Thyme Roasted Free Range Chicken, Fingerling Potatoes**

**Pan Seared Chicken Caprese over Fresh Linguine**

**Natural Chicken & Andouille Sausage Gumbo**

**Chili-Lime Chicken, Yukon Potato wedges**

**Artichoke & Spinach Stuffed Chicken Breast with Wild Mushroom Risotto Cakes**

**Chicken Cacciatore, Peppers, onions & Oven Cured Tomatoes**

**Lemon & Oregano Chicken with Orzo & Feta Salad**

**Citrus BBQ Chicken with Roasted Garlic Wilted Spinach**

**Peppercorn Crusted Natural Chicken Breast with Mango Salsa**

**Chicken Lo-Mein with Spicy Peanut Sauce**

## ***Vegetarian & Pasta***

**Portabella Mushroom Raviolis & Basil Sauce**

**Eggplant Parmesan with Ricotta Salata**

**Shrimp Scampi over Angel Hair Pasta with Fresh Lemon & Herbs**

**Ziti & Fresh Mozzarella Bake with Roasted Garlic Marinara**

**Tuscan Vegetables, Oven Cured Tomatoes, Olives, Israeli Couscous**  
**Roasted Eggplant** with Pappardelle Pasta, Asparagus Spears & Vine Ripe Tomatoes  
**Vegetable Lasagna** with Parmesan & Feta Cheese  
**Wild Rice Stuffed Peppers** with Caprese Salad  
**Butternut Squash Raviolis** with Maple Cream Sauce  
**Bowtie Pasta** with Oven Cured Roma Tomatoes & Pesto Cream Sauce  
**Pasta Bolognese** with Ziti  
**Shrimp Fettuccine** with Pesto Cream Sauce  
**Italian Sausage & Beef Lasagna** with Ricotta & Fresh Mozzarella  
**Roasted Eggplant Manicotti** with Roasted Garlic Basil Sauce

## ***Seafood***

**Baked Stuffed Sole** over Wild Rice & Wilted Spinach  
**Maine Lobster Mac & Cheese**, Aged Vermont Cheddar  
**Pan Seared Salmon**, White Bean & Oven Cured Tomato Ragu  
**Skillet Roasted Swordfish**, Lemon Pepper Emulsion  
**Boston Baked Scrod**, Wilted Spinach, Mashed Potatoes  
**Bacon Wrapped Cod Loin** with Pan Fried Yukon Potatoes  
**Pan Seared Swordfish Puttanesca** over Linguini  
**Skillet Roasted Salmon** with Cous Cous & Herbs De Provence  
**Pan Seared Tilapia** with Creole Succotash  
**Pan Seared Salmon**, Wilted Greens, Charred Tomato & Onion Chutney

**Soy Glazed Salmon** with Asian Vegetables & Scallion Basmati Rice

**Coconut Crusted Tilapia** with Mango-Pineapple Salsa

**Pan seared Cod Loin**, Saffron Rice & Avocado & Black Bean Salsa

**Norwegian Salmon**, Kale, Oven Cured Tomato & Chick Pea Stew

**Panko & Herb Crusted Haddock**, Fingerling Potatoes

**Shrimp Fettuccine** with Pesto Cream Sauce

**Blackened Catfish** with Red Beans, Rice & Collard Greens

**Seared Atlantic Salmon**, Sweet Sugar Corn & Tomato Salsa

**Mango & Chile Marinated Mahi Mahi Kabobs** with Red Pepper Basmati Rice

**Mustard Glazed Salmon** with Petite Lentil Ragu

**Cornmeal Crusted Tilapia**, Caramelized Onion Mashed Potatoes

**EV00 Poached Salmon** with Lemon, Capers & Dill

**Shrimp Scampi** over Angel Hair Pasta with Fresh Lemon & Herbs

## ***Beef***

**Cabernet Braised Short Rib** with Roasted Garlic Mashed Potatoes

**Yankee Pot Roast**, Batonnet Root Vegetables, Mashed Potatoes

**Homemade Meatballs** over Spaghetti with Roasted Garlic Tomato Basil Sauce

**Country Meatloaf** with Wild Mushroom Gravy

**Smoked Beef Quesadillas** with Spanish Rice, Salsa & Sour Cream

**Peppercorn Crusted Sirloin Medallions**, Rosemary Potatoes

**Homemade Portabella Mushroom Raviolis & Hearty Meat Sauce**

**Hanger Steak with Chimichurri Sauce**

**Hearty Beef Stew with Winter Vegetables**

**Sirloin Au Poivre with Scalloped Blue Cheese Potatoes**

**Braised Short Rib with Pappardelle Pasta, Asparagus Spears & Vine Ripe Tomatoes**

**Beef Stroganoff over Buttered Noodles**

**Salisbury Steak, Mashed Potatoes, Onion & Mushroom Gravy**

**Beef & Barley Stew with Scotch Broth**

**IPA Braised Short Ribs with Oven Roasted Potatoes**

**Hoisin Beef with Lo Mein Noodles**

**German Beef Rouladen with Bacon & Onion Gravy, Braised Red Cabbage**

**Beef Teriyaki with Fried Rice & Bok Choy**

**Grilled Hanger Steak with Creamed Spinach & Rice Pilaf**

**Angus Burger, Brioche Roll, Pickles, lettuce, Onion & Tomato**

**London Broil with Fingerling Potato & Wild Mushroom Stew**

**Beef Bourguignon with Red Wine Sauce & Seasonal Vegetables**

**Steak Fajitas with Spanish Rice, Salsa & Sour Cream**

**Spicy Asian Beef & Broccoli**

**BBQ Steak Tips with Rice Pilaf**

**Chicken Fried Steak, Buttermilk Biscuits & Country Gravy**

# ***Pork***

**Peppercorn Crusted Pork Medallions** with Marsala Mushrooms

**BBQ Rubbed Pork Shoulder** with Roasted Garlic Potatoes

**Sweet & Spicy Pork** over Lo Mein Noodles

**Herb Marinated Pork Chops**, Oven Roasted Root Vegetables & Cranberry Chutney

**Pork Tenderloin**, Sweet Potato Gratin & Shallot Demi Glaze

**Balsamic Marinated Pork Tenderloin** with Cranberry & Apple Chutney

**Stuffed Pork Chops** with candied Apples & Wilted Greens

**Italian Sausage Stuffed Peppers** with Pasta

**BBQ Chinese Spare Ribs** with Fried Rice

**Chipotle Rubbed Pork Loin** with Coconut Jalapeño Cornbread

**Baby Back Ribs**, Corn on the Cob & Potato Salad

**Cajun Rubbed Pork Tenderloin** with Mango-Pineapple Salsa

**Serrano Pepper Braised Pork Shoulder Tacos**

**Braised Portuguese Caserla & Linguica** with Potatoes

**Pork Schnitzel** with Buttered Noodles & Onion Gravy

**Oven Roasted Pork Tenderloin** with Fig & Caramelized Shallot Jam

**Sriracha Pork Tenderloin** with Stone Fruit Chutney

**Sage Rubbed Pork Chops**, Blue Cheese Mashed Potatoes

# ***Lamb & Veal***

**Marinated Lamb Tips, Toasted Orzo & Vegetable Salad**

**Braised Lamb Shank with Rosemary Demi-Glace**

**Veal Marsala with Artichoke Hearts, Asparagus Spears & Tiny Tomatoes**

**Fennel Spiced Lamb, Cumin & Honey Roasted Carrots**

**Authentic Sheppard Pie with Mashed Potatoes & Fresh Corn**

**Veal Parmesan over Ziti with Fresh Mozzarella**

**Braised Veal Osso Buco, Wild Mushroom *Risotto Cakes***

***Moroccan Lamb Stew with Spring Vegetables & New Potatoes***

***Lamb Kabobs with Orzo, Olive & Feta Salad***

**Dijon Rubbed Lamb Loin Chops with Green Bean & Red Bliss Potato Salad**

**Rosemary Rubbed Leg of Lamb with Garlic Yukon Potatoes**

**Fresh Ground Lamb Burger, Tzatziki Sauce, Brioche Roll, Pickles, lettuce, Onion & Tomato**

# ***Soups***

**5 Onion Soup with Swiss Cheese**

**Butternut Squash Bisque**

**Golden Potato & Parsnip Bisque**

**Pumpkin Bisque**

**Winter Vegetable & Cannellini Beans with Pancetta**

**Roasted Cauliflower & Parsnip, Toasted Pine Nuts**

**Split Pea & Smoked Ham**

**Beef & Barley with Scotch Broth**

**Potato Leek**

**Oven Cured Tomato, Pernod & Herb De Provence**

**Forest Mushroom Bisque**

**Minestrone**

**Broccoli & Aged Vermont Cheddar**

## ***Salads***

**Baby Spinach Salad**, Spiced Pecans, Vermont Chevre, Roasted pears & Maple Chive Vinaigrette

**Crisp Iceberg**, Tiny Tomatoes, Pancetta, Marion Blue Cheese, Buttermilk Ranch

**Boston Bibb Salad**, Toasted Almonds, Marion Blue Cheese, Shaved Red Onion, Pomegranate Dressing

**Traditional Greek Salad** with Feta Cheese, Black Olives, Roasted Red Peppers, Oregano Vinaigrette

**Arugula Salad**, Maple Brook Farm Mozzarella, Kalamata Olives, Oven Dried Tomatoes, Focaccia Croutons, Balsamic

Vinaigrette

**Baby Field Greens** Tossed in an Herb Dressing, Tiny Tomatoes & Pecan Crusted Chevre

**Petite Arugula Salad** Dried Figs, Great Hill Blue Cheese & Toasted Almonds & White Balsamic Vinaigrette