

## Salads

1. Ancient Grains Aztek Blend of Wild Rice, Amaranth, Millet, Bulgur Wheat, Quinoa, and Farro
2. Black Bean, Corn, Cilantro, Cumin, Chili, & Lime
3. Bomba Orzo with Olive, Artichoke, and Feta
4. Broccoli, Baby Corn, Roasted Peppers, with Garlic Aioli
5. Cajun Sweet Potato and Black Bean with Red Wine Vinaigrette
6. Chickpea and Mixed Bean with Vegetable and Fine Herbs
7. Chipotle Slaw with Carrot and Cabbage
8. Greek Quinoa with Cucumber, Tomato, Kalamata Olive, Red Onion, Feta, and Oregano
9. Green Bean Nicoise with Kalamata Olive and Tomatoes
10. Julienne Mango, Red Pepper, Cilantro, and Chili
11. Kale Slaw with Red Onion and Carrot
12. Mediterranean Veggies. Zucchini, Eggplant, and Peppers
13. Mini Red Potatoes with Dill
14. Moroccan Spiced Lentils with Celery and Peppers
15. Pickled Beets, Bermuda Onion, Fresh Dill
16. Quinoa, Cabbage, and Cranberry
17. Quinoa, Cajun Sweet Potato, and Feta
18. Quinoa, Spiced Chickpea, Mixed Vegetables
19. Roast Balsamic Mushroom with Feta
20. Roast Bombay Curry Cauliflower, Roasted Peppers, and Black Bean
21. Roast Chana with Masala Spice
22. Toasted Coconut Pineapple Slaw
23. Tomato and Cucumber with Dill
24. Tomato Bocconcini with Creamy Dill Dressing
25. Waldorf with Purple Cabbage, Apple, and Celery
26. Watermelon with Fresh Basil and Feta

## Soups

1. Beef and Barley
2. Butternut Squash and Root Vegetable
3. Chicken Noodle
4. Hearty Vegetable and Quinoa
5. Mexican Lentil with Vegetable and Tomato
6. Minestrone
7. Mushroom and Vegetable
8. Potato and Leek
9. Tomato and Basil
10. Vegetable Orzo

## Main Course

### **Chicken**

1. A la King with Carrots, Mushrooms, and Green Peas
2. Baked Chicken Wings with Hot, Barbeque, or Honey Garlic Sauce
3. BBQ Glazed Quarter Cut Chicken. Breast and Leg/ Thigh
4. Butter Chicken Breast with Basmati Rice
5. Cabbage Rolls with Chicken and Rice
6. Chicken Breast with Roasted Red Pepper Thyme Coulis
7. Chicken Cacciatore with Tomato, Peppers, Carrots, and Celery
8. Chicken Chili with Chickpea, Kidney Bean, Jalapeno, and Cumin
9. Grilled Cajun Chicken Breast
10. Grilled Pesto Chicken

11. Grilled Tandoori Masala
12. Lemon and Thyme Glazed Chicken Breast
13. Meatballs with Marinara and Fresh Basil
14. Scallopini Chicken Breast with Mushroom Brandy
15. Seared Chicken Breast with Tomato, Mozzarella, and Parmesan
16. Southern Fried Chicken with Jalapeno Corn Bread
17. Souvlaki Skewers with Tzatziki
18. Spicy Jerk Chicken. Mix of Breast, Leg, and Thigh
19. Stuffed Cornish Hens with Wild Rice and Cranberry
20. Supreme Stuffed with Ricotta, Spinach, Roasted Peppers
21. Sweet Chili Chicken Fajitas with Guacamole, Salsa, Sour Cream, and Cheese
22. Szechuan Stir Fry with Julienne Vegetables
23. Thai Curry with Coconut, Lemon Grass, and Kaffir
24. Turkey Burger with Guacamole
25. Turkey with Onion Sage Gravy and Cranberry Compote

## **Beef**

1. 6 oz Pure Beef Burgers with Sesame Seed Bun & all the Fixings
2. Braised Top Flat with Mushroom Gravy and Horseradish
3. Cabbage Rolls with Tomato and Rice
4. Classic Stroganoff with Egg Noodles
5. Glazed Montreal Smoked Brisket with Sweet Pommery Glaze
6. Grilled Flank Steak with Chimichurri
7. Grilled N.Y. Medallions with Mushroom Bordelaise
8. Grilled Tenderloin and Vegetable Skewers
9. Hand Carved Beef Tenderloin with Cabernet Demi-Glace
10. Hearty Beef and Vegetable Stew with Potatoes, Carrots, Celery, and Onions

11. Meatballs with Marinara and Fine Herbs
12. Meatloaf with Caramelized onions
13. Roast Prime Rib of Beef with Horseradish
14. Shepperds Pie with Carrots, Green Peas, Celery, Onions, and Mash Potatoes
15. Slow Braised Beef Short Ribs with Merlot Jus
16. Spiced Chili with Kidney Beans and Chickpeas
17. Stir Fried Beef and Broccoli with Rice
18. Teriyaki Sesame Stir Fry
19. Veal Cutlet with Spanish Sauce

### **Pork**

1. Beer Braised BBQ Spareribs
2. Blackened Pork Chops with Apple Sauce
3. Braised Medallions with Apple Fennel Slaw
4. Honey Mustard Baked Ham with Pineapple
5. Octoberfest Sausage with Sweet Onions and Peppers
6. Pork Loin with Braised Red Cabbage
7. Pork Schnitzel with Tomato Vegetable Sauce
8. Sweet and Saucy Pulled Pork
9. Roast Crackling Pork Belly with Gremolata Marinade
10. Souvlaki Skewers with Herbs, Lemon, and Garlic
11. Tenderloin with Pommery and Sautéed Sliced Apple

### **Fish & Seafood**

1. Arctic Char with Tomato and Kalamata Olive
2. Baked Atlantic Salmon with Mango Coulis and Coriander

3. Breaded Sole Fillet with Lemon and Tartar Sauce
4. Cod Loin with Tomato, Caper, Beurre Blanc
5. Crab Cakes with Chili Mayo
6. Fillet of Tilapia Blackened with Cajun Spice
7. Grilled Red Snapper
8. Lobster Provençale
9. Pan Seared Mahi Mahi with Julienne Mango
10. Poached Haddock au Gratin
11. Rainbow Trout with White Wine Pepper Reduction
12. Seared Salmon with Red Pepper Marinade
13. Shrimp & Scallop Creole

### **Lamb**

1. Lamb Chops with Tzatziki
2. Lamb Skewers
3. Meatballs with Fine Herbs and Tomato
4. Slow Braised Leg of Lamb

### **Pasta, Noodles, Rice, & Sides**

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| 1. Basmati Rice                            | 8. Mac and Cheese                                |
| 2. Rice Florentine                         | 9. Meat or Veggie Lasagna                        |
| 3. Spanish Rice                            | 10. Mashed Potatoes                              |
| 4. Wild Rice                               | 11. Penne a la Vodka                             |
| 5. Cabbage Roll                            | 12. Penne Bolognese with Garlic Bread            |
| 6. Lo-Mein Noodle with Julienne Vegetables | 13. Perogies with caramelized onions and peppers |
| 7. Gnocchi                                 |  |

14. Rotini
15. Spaghetti
16. Tortellini

17. Scalloped Potatoes
18. Quiche with Spinach and Cherry Tomato

### **Vegan**

1. Ancient Grains Stuffed Peppers
2. Black Bean Veggie Burger
3. Caribbean Rice and Beans
4. Chana Masala with Grilled Naan
5. Lentil and Squash Curry
6. Falafel with Cucumber Raita
7. Grilled Kobayaki & Sesame Tofu
8. Hot Buffalo Sauced Tofu
9. Kung Pao Cauliflower
10. Portobello Caps Stuffed with Zucchini, Eggplant, and Bell Peppers
11. Potato Samosas and Veggie Spring Rolls with Sweet Chili Dip
12. Quinoa Cabbage Rolls
13. Rice Paper Rolls with Sesame Soy Veggies
14. Stuffed Tomato Provençale
15. Sweet Potato Curry with Green Peas
16. Tofu & Vegetable Kebobs
17. Tofu Quinoa Chili
18. Vegetable Pakora
19. Pesto Vegetables Spaghetti (Zucchini, Peppers, Onions, Portobello)

## Vegetables

1. Grilled Asparagus
2. Roasted Beets
3. Sautéed Bell Peppers
4. Steamed Bok Choy
5. Broccoli
6. Broccolini
7. Roasted Brussel Sprouts
8. Braised Red Cabbage
9. Honey Glazed Heirloom Carrots
10. Roasted Tumeric Spiced Cauliflower
11. Buttered Corn
12. Edamame
13. Greek Spiced Eggplant
14. Grilled Fennel
15. Green Beans
16. Jicama Slaw
17. Kale
18. Mushrooms
19. Roast Parsnip or Puree
20. Potatoes: Fingerling, Yukon Gold, Mini Red, Russet, & Yams
21. Rapini with Chili and Garlic
22. Snow Peas
23. Cinnamon Spiced Squash
24. Sautéed Swiss Chard
25. Turnip
26. Zucchini with Oregano and Garlic

## Dessert- Gluten Free

1. Apple Crisp
2. Apple Strudel Muffin
3. Banana Chocolate Chip
4. Marshmallow Swirl Brownie with Chocolate Frosting
5. Carrot Cranberry Muffin with Cream Cheese Glaze
6. Chocolate Chip Oatmeal Cookie
7. Chocolate Cranberry Balls
8. Chocolate Dipped Strawberries
9. Date Squares
10. Ginger Molasses Cookies
11. Macaroons
12. Pineapple Coconut Bars
13. Pumpkin Ginger Cake
14. Rice Krispie Squares
15. Wild Berry Crisp