



Poultry

Italian style chicken parmesan
Baked chicken breasts with wild mushrooms and tarragon cream sauce
Chicken and cheese enchiladas
Sweet and spicy pulled chicken or pork
Southwest grilled chicken
Wine and tomato braised chicken with chopped bacon and Italian herbs
Roasted chicken with grape tomatoes, garlic, lemon and basil
Fettuccine with garlic and gruyere chicken sausage
Chicken tortilla soup with avocado, tortilla strips and jack cheese
Teriyaki chicken
Chicken and fettuccine Alfredo
Applewood smoked barbecue chicken
Turkey burgers with caramelized onions and provolone
Roasted turkey with white wine sauce
Bacon wrapped pork tenderloin
Pork tenderloin with barbecue mango sauce
Chicken Scalopine with olives, capers & fresh parmesan
Red wine and tomato braised chicken with chopped bacon
Chicken breasts with melted French brie, shaved almonds & Grand Marnier sauce
Chicken curry

Seafood

Shrimp scampi
Pecan crusted Atlantic salmon with honey Dijon glaze
Baked cod with dill
Italian breadcrumb crusted tilapia
Baked salmon with chimichurri sauce
Grilled swordfish with lemon, mint and basil sauce
Seared salmon with gremolata
Shrimp with ginger butter sauce

Beef

Asian style grilled short ribs
Hawaiian marinated beef
Grilled tri tip fajitas
Italian style meatballs
Italian meat lasagna (can substitute turkey burger)
Beef stroganoff
Steak fajitas with poblano peppers and portabella
Taco salad (can substitute turkey burger)
Chili (can substitute turkey burger)
Pasta with sweet Italian sausage

Cheeseburgers

Savory meatloaf (can substitute with turkey burger)

Stuffed pasta shells with ricotta, spinach and beef

Taco soup (can substitute turkey burger)

Vegetarian

Fresh fettuccine with portabella mushrooms, creamy vodka sauce and shaved parmesan

Butternut squash, spinach & rosemary cream lasagna

Pasta puttanesca

Grilled tofu with curry sauce, peppers, onions, green beans and red rice

Rich root vegetable casserole with sweet potato and carrot mash, sautéed kale, onions and chickpeas

Spaghetti squash with tofu, peppers and thai peanut sauce

Pasta and ratatouille

Cannellini bean, pasta and tomato soup

Sample side dishes

Roasted broccoli with garlic and parmesan

Grilled corn and zucchini succotash

Glazed sweet baby carrots with thyme

Barbecue potato wedges with rosemary and garlic oil

Garlic French green beans

Roasted eggplant

Pad thai noodles with sweet chili sauce and chives

Mashed potatoes with garlic and chives

Pineapple infused brown rice

Pan seared snow peas, carrots and broccoli with sesame seeds

Zucchini and squash medley with parmesan cheese, breadcrumbs and thyme

Sweet potato gratin with caramelized onions and sage

Homemade macaroni and cheese

Spaghetti squash with caramelized onions and vodka sauce

Roasted potato medley with fresh basil pesto

French style heirloom potato salad with garlic and olive oil vinaigrette

Rigatoni with pesto

Papparadelle with lemon cream sauce and fresh parsley

Orzo pasta with sundried tomatoes, parmesan, shallots and fresh herbs

Roasted butternut squash with sage

Sweet and smoky southwest style coleslaw

Caesar salad

Caprese salad with heirloom tomatoes and basil vinaigrette