



Personal Chef Menu

How To Order

When ordering from this menu, you will usually select a protein (Poultry, Beef, etc.), a vegetable side dish and a starch side dish. Some dishes in the protein category include a vegetable and/or starch as part of the dish so in these cases you would not order any side dishes. A small symbol next to each entry in this menu indicates whether the dish counts as a protein, vegetable and/or starch. These symbols are shown below and are also listed at the bottom of each page.

- ◆ Counts as a complete meal including protein, starch and veggie.
- ✦ Counts as a protein and starch.
- △ Counts as a protein and veggie.
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- ⊗ Counts as a veggie only.
- ▣ Counts as a starch only.
- Counts as a protein only.
- √ Special Order Item - may require extra time to order and cost extra

Poultry

1. ● Apricot Chicken - Chicken pieces cooked with apricots, allspice and ginger and topped topped with toasted pecans.
2. ● ✓ Apricot Glazed Roast Duck with Caramelized Apples - Tender roasted duck glistening with tangy apricot glaze and served with sweet caramelized apples.
3. △ Arroz con Pollo - Chicken pieces cooked with long-grain rice, tomatoes, roasted red peppers and spices.
4. ● Baked Chicken Breasts Supreme - Chicken pieces cooked with a creamy tarragon mushroom sauce.
5. ● Baked Chicken with Lemon, Garlic and Rosemary - A chicken pieces scented with lemon, garlic and a hint of rosemary.
6. ● Braised Chicken Thighs - Supremely tender chicken thighs cooked slowly with lemon, onions, herbs and white wine. Delicious!
7. ● Brandied Peach Chicken - Chicken breast pieces marinated with peach nectar and brandy and cooked with peach preserves, dried plum and grapes.
8. △ Cabbage Rolls with Turkey Stuffing - A variation on the Eastern European classic dish. Seasoned ground turkey and rice wrapped in tender cabbage leaves and cooked in hearty tomato sauce.
9. ✦ Chicken and Apples Over Noodles - Tender chicken pieces cooked with apples, onions and white wine served over egg noodles.
10. ✦ Chicken and Dumplings - An America Classic, tender chicken in a creamy sauce topped with flaky dumplings.
11. △ Chicken and Shrimp Skewers - Chicken breast chunks and large shrimp marinated in garlic and spices and served on skewers with onions and cherry tomatoes. Served with a lemon-pepper sauce. You broil or grill them yourself.
12. ● Chicken Burgers - Our chicken burgers are seasoned with a little sherry and spices to give them a true gourmet flavor. You grill or broil them to your liking.
13. ✦ Chicken Burritos - A combination of seasoned chicken, rice, beans and cheese wrapped in flour tortillas.
14. △ Chicken Cacciatore - Pieces of tender chicken with a mixture of peppers and mushrooms cooked in a light tomato sauce.
15. ● Chicken Cordon Bleu - Lightly breaded chicken breasts stuffed with ham and Swiss cheese.
16. ● Chicken Dijon - Chicken cooked in a creamy mustard sauce and topped with seasoned breadcrumbs.
17. ✦ Chicken Enchiladas - A combination of seasoned chicken and Mexican cheeses wrapped in corn tortillas and cooked in an authentic enchiladas sauce.
18. ◆ Chicken Fajitas - Grilled, seasoned chicken peppers and onions ready to wrap in flour tortillas. Served with Mexican Rice and Refried Beans or you may make a substitution.
19. ● Chicken Florentine - Chicken breasts cooked with mushrooms, white wine, sour cream and mixed Italian cheeses. A truly elegant dish.
20. ● Chicken Kiev - Chicken breasts injected with butter, garlic and lemon and lightly breaded and baked.
21. ● Chicken Marsalla - Sautéed chicken breasts served with a Marsalla wine sauce and mushrooms.
22. ● Chicken Mole - A Mexican classic, pieces of chicken cooked in a rich, spicy mole sauce with a hint of chocolate.

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23. ● Chicken Paprika - Strips of chickens cooked in a fragrant, creamy paprika sauce.
24. ● Chicken Piccata - Chicken breasts sautéed with lemon, wine, garlic and capers.
25. ◆ Chicken Pot Pie - A rich combination of chicken and vegetables in a savory sauce baked in a flaky piecrust. Truly a meal in itself.
26. ● Chicken Satay - Marinated skewered chicken that you can broil or grill. Served with peanut sauce.
27. △ Coq au Vin - The classic French stewed chicken legs and thighs made with red wine, pearl onions, mushrooms, bacon, carrots and shallots.
28. ✦ Enchiladas de Pollo y Queso - Enchiladas made with a combination of seasoned chicken and Mexican cheeses wrapped in corn tortillas and cooked in a creamy cheese sauce
29. ● ✓ Garlic Roasted Duck with Plum Salsa - A whole succulent duck infused with roasted garlic and served with a tangy plum salsa.
30. ● Greek-Style Chicken - Features the classic Greek combination of garlic, lemon, cinnamon and oregano. A little fresh chili pepper adds some heat.
31. △ Grilled Chicken Kabobs - Chicken chunks, peppers, onions, pineapple and mushrooms grilled on skewers and glazed with a teriyaki sauce.
32. ● Hawaiian Baked Chicken - Chicken cutlets cooked with pineapple, dried apricots and finished with toasted macadamia nuts. Aloha!
33. ● Herbed Chicken Mozzarella - Parmesan breaded chicken breasts topped with zesty pizza sauce and mozzarella cheese. A favorite with the kids.
34. ◆ Herbed Chicken with Orzo and Spinach - Braised chicken pieces seasoned with rosemary and oregano and served with orzo pasta made with pine nuts, spinach and currants.
35. ● Honey Brined Smoked Duck - A whole duck cured in our special honey brine and smoke-cooked with apricot wood.
36. ◆ Indian Style Spinach Curry Chicken - Fragrant with exotic spices, our chicken spinach curry is a satisfying dish served over Basmati rice.
37. ● Las Cruces Baked Chicken - Baked rolled chicken breasts stuffed with mixed cheeses, green chilies, cumin and spices and topped with breadcrumbs.
38. △ Lemon Pepper Chicken with Spinach and Tomatoes - Chicken breast cutlets seasoned with lemon and black pepper and topped with spinach, fresh tomatoes and thyme.
39. ● Mushroom Stuffed Roulade of Chicken - Rolled chicken breast stuffed with mushrooms and cheese. Served with a port wine sauce.
40. ● New Delhi Spiced Yogurt and Tomato Chicken - Chicken, bell peppers, onions, raisins and tomatoes cooked in a yogurt curry sauce.
41. ● Roast Turkey Breast - Our turkey breasts are always tender and juicy because we brine them first. Include homemade gravy.
42. ● Roasted Chicken Breasts with Gremolata - Under the skin of this whole chicken breasts is Gremolata; a mixture of herbs, garlic and lemon. Great with mashed potatoes.
43. ● Roasted Cornish Game Hens - Game Hens marinated with honey, garlic and orange.
44. ● Roasted Duck with Cherry Sauce - A wonderful dish to serve as a romantic meal. Tender whole roasted duck served with a sweet, dark cherry sauce.
45. ◆ Soft Shell Chicken Tacos - Perfectly seasoned ground chicken with lettuce, shredded cheddar and fresh salsa with flour tortillas.

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- 46. ● Spicy Orange Glazed Chicken - Marinated chicken baked with a orange, mustard and jalapeno glaze.
- 47. ● Stuffed Chicken Florentine - Chicken breasts stuffed with spinach, pin nuts and Asiago cheese served with a pan reduction sauce.
- 48. ● Tandori Chicken - Grilled chicken pieces marinated in yogurt and authentic Indian spices.
- 49. △ Thai Chicken with Peanut Sauce - Succulent chunks of chicken and vegetables cooked in a spicy Thai peanut sauce.
- 50. ● Tunisian Braised Chicken - Chicken pieces braised with onions, celery, garlic, oranges, cumin and paprika. Great with couscous or rice.
- 51. ● VIP Cornish Hens with Plum Sauce - Rock Cornish Game Hens glazed with a spicy plum sauce and sprinkled with toasted coconut.
- 52. ● Windy Plum Farms Apple Smoked Chicken - Whole chickens brined with our brown sugar brine and smoked with apple wood.
- 53. ● Windy Plum Farms Apple Smoked Turkey Breast - Juicy whole turkey breasts brown sugar brined and smoked with apple wood.

Beef and Veal

1. ● Atkins Meat Loaf - A hearty low-carb meatloaf made from a mix of beef, lamb and pork.
2. ● BBQ Beef - Melt-in-your-mouth chunks of beef cooked in tangy barbeque sauce.
3. △ Beef and Three Bean Chili - Chunky Beef chili loaded with spices, enriched with dark beer and made with kidney, great northern and black beans.
4. ◆ Beef Burgundy Stew - A rich stew of tender chunks of beef, carrots, onions, potatoes and mushrooms cooked with a little red wine in the sauce.
5. ◆ Beef Burrito - A combination of seasoned beef, rice, beans and cheese wrapped in flour tortillas.
6. △ Beef Curry with Vegetables - Chunks of tender beef sirloin with mushrooms, onions and carrots cooked in a creamy coconut curry sauce.
7. ✦ Beef Enchiladas - A combination of seasoned beef and Mexican cheeses wrapped in corn tortillas and cooked in an authentic enchiladas sauce.
8. ◆ Beef Fajitas - Grilled, seasoned beef, peppers and onions ready to wrap in your choice of corn or flour tortillas. Served with Mexican Rice and Refried Beans.
9. ◆ Beef Pot Pie - A rich combination of beef and vegetables in a savory sauce baked in a flaky piecrust. Truly a meal in itself.
10. ● Beef Satay - Marinated skewered beef that you can broil or grill. Served with peanut sauce.
11. ● Beef Stroganoff - Sirloin steak strips cooked with a sour cream and mushroom sauce.
12. △ Boeuf Bourguignon - A fancy French name for beef stew, but with a lot of flavor! Made with mushrooms, pearl onions and bacon.
13. ● Braised Beef Shanks - Flavorful beef shanks slow braised with tomatoes, garlic, red wine, basil and thyme until very tender. Perfect with mashed potatoes and a steamed or sauteed vegetable.
14. ● Corned Beef - Our corned beef is fork tender and full of flavor. Great with Seethed Potatoes and Braised Cabbage.
15. ✦ Creamy Veal and Mushrooms - Boneless veal topped with mushrooms in a seasoned cream sauce. Served with egg noodles.
16. ● Deviled Swiss Steak - Round steak braised with tomatoes, carrots, onions and a little Dijon mustard.
17. ● Dr. Atkins' Fromage Burger - A low-carb burger made with lean ground beef, onions, tomatoes, herbs and spices and filled with cheddar cheese! Low-carb never tasted so good!
18. ● Grandma Grace's Meat Loaf - This meatloaf has a bit of a kick to it. Our recipe is so secret we won't even write it down! And yes, its best served with a little ketchup.
19. ● Grillades (New Orleans Smothered Steak) - Braised round steaks strips with lots of garlic and a good dash of Tabasco. To do this one right, best served on some some grits.
20. ● Grilled Flank Steak - Flank steak marinated with our secret marinade. You can grill or broil this as you like it.
21. ● Hungarian Goulash - The real thing! Made with authentic Hungarian Paprika and slow cooked till tender.
22. ● Korean Grilled Beef (Bulgogi) - Authentically marinated beef ready for you to grill. Served with rice and oriental mixed vegetables.
23. ◆ Mexican Beef Tortilla Casserole - Layers of tortillas, seasoned ground beef, mushrooms, onions, cheddar cheese with a creamy, zesty tomato-chili sauce.

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24. ● Onion Burgers - Our onion burgers use both beef and pork with a little buttermilk to add a nice tang.
25. △ Pepper Steak - Tender sirloin steak simmered with green peppers in a hearty beef gravy. Great served with rice or egg noodles.
26. ● Roast Beef Sandwiches - Roast Beef Sandwiches - Beef roasted with herbs and garlic served in Au Jus made with red wine. Includes grilled onions, green bell peppers and spicy pepper mix. Served with French Stick bread to make sandwiches. A Windy Plum Farms' special!
27. ● Salisbury Steak with Mushroom Gravy - Seasoned broiled beef patties served in a mushroom gravy with a hint of wine.
28. ● Savory Pot Roast - An authentic family recipe from our family to yours!
29. △ Sirloin Kabobs - Sirloin chunks, peppers, onions and mushrooms grilled on skewers and glazed with a teriyaki sauce.
30. ● Sirloin Tips with Mushrooms - Tender sirloin tips in a creamy sauce made with mushrooms, Dijon mustard and white wine. Great served over egg noodles.
31. ● Sloppy Joes - No, we don't use canned Sloppy Joe Sauce. Our sauce is handmade with onions, green bell pepper, celery, garlic, fresh tomatoes and a touch of brown sugar. You supply the hamburger buns.
32. ◆ Soft Shell Beef Tacos - Perfectly seasoned ground beef with lettuce, shredded cheddar and fresh salsa with flour tortillas.
33. △ Stuffed Cabbage Rolls - Seasoned ground beef and rice wrapped in tender cabbage leaves and cooked in delicate tomato broth.
34. △ Stuffed Peppers - Whole bell peppers stuffed with a savory ground beef and rice mixture and baked.
35. ● Swedish Meatballs - Little meatballs served in an authentically spiced creamy sauce.
36. ● Swiss Steak - Lean round steak pounded thin and sautéed then served with a hearty tomato sauce.
37. ● Texas Beef Chili - Chunks of beef in an authentic Texas chili sauce. No beans.
38. ● ✓ Veal Marsala - Sautéed veal scallops served in a Marsala wine sauce.
39. ● ✓ Veal Piccata - Veal scallops sautéed with lemon, wine, garlic and capers.
40. ● ✓ Veal Roll-Ups - Veal scallops pounded thin, stuffed with Provolone cheese, spinach and Prosciutto and braised in a marinara sauce.

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Pork and Lamb

(Note: Because pork/lamb chops can get very dry and tough when reheated, our chops recipes are delivered to you uncooked. We supply the sauce/stuffing for these recipes, but you have to cook the chops. We do give you full instructions on how to do this.)

1. ● Apple Stuffed Pork Chops - Juicy pork chops stuffed with an apple-herb dressing.
2. ● BBQ Pork Chop - Thick-cut pork chops glazed with our zesty BBQ sauce.
3. ● BBQ Pull Pork - Slow cooked pork butt in our zesty BBQ sauce so tender it falls off the bone.
4. ● BBQ Ribs - Tender, falls-off-the-bone, ribs served with our hickory BBQ sauce. A Windy Plum Farms specialty.
5. ● Cuban Style Pork with Papaya-Mango Salsa - Pork loin marinated in mojo (a citrus-garlic marinated) then roasted and served with a spicy fruit salsa.
6. ◆ French Pork and Vegetable Stew - Tender pork pieces cooked with white wine, mushrooms, carrots, potatoes and pearl onions. A rich, hearty stew that goes great with some crusty French bread.
7. ● Glazed Ham Steak - Hickory smoked ham steaks browned in a glaze made with pineapple juice, Dijon mustard and brown sugar.
8. ● ✓ Grilled Handmade Italian Sausage with Peppers - Fresh, handmade Italian sausage grilled with bell peppers and ready to serve on a roll.
9. △ ✓ Handmade Smoked Sausage with Apples and Sauerkraut - Our smoked Polish sausage grilled and served over Sauerkraut and apples.
10. ✦ Lamb and Potato Pie - Hearty lamb stew topped with whipped potatoes and baked until golden brown.
11. ● Lamb Chops with Tarragon-Mint Sauce - Lamb chops you can grill, sauté or broil served with a sweet mint and tarragon sauce.
12. ● ✓ Lamb Osso Bucco - Lamb shanks slowly braised with tomatoes, garlic, white wine and basil and thyme until very tender. Perfect with mashed potatoes and a steamed vegetable.
13. ● Marinated Pork Tenderloin - Pork tenderloin marinated with lemon, sherry, soy, ginger and garlic. Also great served cold or in a sandwich.
14. ● Polynesian Pork Centennial - Pork medallions topped with a sauce made with pineapples, celery and dried plums. Great served with rice.
15. △ Pork and Potato Stuffed Peppers - A variation on stuffed peppers that combines pork and a little beef with potatoes instead of rice. A little Angostura Bitters adds a distinctive taste.
16. ● Pork Chops Piquant - 1. Pork medallions served in a sauce laced with white wine, capers and olives
17. ● Pork Chops with Fennel-Orange Marmalade - Succulent pork chops topped in our sweet and tangy fennel marmalade.
18. ● Pork Marsalla with Mushrooms - Sautéed pork medallions served with a Marsalla and mushroom wine sauce.
19. ● Pork Medallions with Pears and Apples - Tender medallions of pork served with a pan reduction sauce made with apples, pears and apple brandy.
20. ◆ Pork Pot Pie with a Cornbread Crust - A rich combination of ground pork, vegetables, chili, cumin and tomatoes topped with a cornbread crust and Monterey Jack cheese.

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21. ● Rosemary Roasted Loin of Pork - First we brine our pork loin, then crust it with rosemary, garlic and thyme and then roast it to perfection.
22. △ Shish Kabobs - Marinated chunks of leg of lamb, green peppers, onions and cherry tomatoes on skewers ready to grill
23. △ Southwestern Pork Chili - Chunks of pork slow cooked until tender in a spice tomato based sauce with beans.

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Seafood

Note on seafood dishes - many of these dishes are best prepared and eaten the day of delivery. To maintain freshness and taste, many of dishes listed here require that you bake them in the oven from a fresh or frozen state.

1. Arugula-Stuffed Tuna Steak - Lime-and pepper marinaded tuna steak stuffed with a tangy arugula mixture.
2. Australian Broiled Fish - Broiled seasonal fish fillet are marinated in Dijon and ginger.
3. Baked Fish Au Gratin - White fish (halibut, tilapia, Orange Roughy or Sole) topped with cheese and baked in a creamy sauce.
4. Baked Halibut in Parchment Paper - Halibut steaks topped with apples, onions and herbs and ready to bake in parchment paper.
5. Baked Shrimp - Baked large shrimp seasoned with garlic, basil and butter.
6. Baked Shrimp Indienne - A variation of shrimp scampi with East Indian fusion flair. Large shrimp baked with butter, mace, coriander and a hit of tarragon.
7. Broiled Trout - Seasoned whole trout laced with herbs and butter and broiled.
8. Cajun Catfish - A taste from Louisiana and an American classic. Catfish filets coated with a buttermilk and cornmeal crust and seasoned with Cajun spices. You can bake, fry or broil this one.
9. Cashew Fish Fillets - Fish filets lightly breaded with cashew nuts and Romano cheese.
10. Charbroiled Swordfish with Citrus Salsa - Broiled center-cut swordfish steaks and topped with a tangy citrus-Tequila salsa.
11. Chef's Choice - This Allow's the chef to choose the Veggie choice for you
12. Chef's Choice - This allow's the chef to choose the starch choice for you.
13. Cod with Garlic Sauce - Sautéed cod fillets topped with a roasted garlic and butter sauce.
14. Creole Gumbo - Authentic Gumbo is a stew-like dish made with brown roux, okra, filé powder, onions, green peppers, tomatoes and seafood and our own Andouille sausage. Yes, we can leave out the okra if you'd like! Includes steamed white rice.
15. Fish El Cajon - Broiled fish served with sauce made with sun-dried tomatoes, dill, olive oil and lemon.
16. Honey-Macadamia Mahi-Mahi with Pineapple Relish - Baked macadamia nut-crusted Mahi-Mahi fillets served with a spicy pineapple relish.
17. Paella - A wonderful combination of mixed seafood with saffron rice and Spanish spices (minimum two servings).
18. Red Snapper Oriental - Baked Red Snapper fillets topped with garlic, ginger, green onions, soy sauce and sesame oil.
19. Saffron Steamed Fish in Wine - Tender Flounder or Sole filets oven steamed with white wine, white pepper, red pepper flakes, diced tomatoes and saffron.
20. Seafood Kebob - Shrimp and sea scallops, mushrooms, onions, and banana chunks grilled on skewers and glazed with a spicy peanut sauce (You can do the grilling, we supply the skewered fish and veggies and the peanuts sauce).
21. Shrimp San Giusto - Whole, marinated shrimp cooked in a white wine and a tomato glaze. Great over pasta or with rice.

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√ Special Order Item

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- 22. ● Spanish Baked Fish - A simple classic. White fish fillets lightly seasoned with lemon, Spanish olive oil, garlic, smoked paprika (sweet or hot) and Piquillo pimiento peppers.
- 23. ● Tilapia Italiano - Light tilapia filets with olive oil, lemon, garlic, basil and white wine.
- 24. ● Trout Amandine with Pineapple - Whole trout sautéed in butter and topped with almonds, pineapple and lemon juice.

Build Your Own Salad

You can use a salad as a starch or vegetable side dish if you do not include a protein with your salad. Please note that salads must be consumed within 5 days of delivery and cannot be frozen. All of our dressings are homemade.

Choose Your Greens (Choose 1)	Choose Your Vegetables (Choose 3)	Choose Your Protein (Choose 1)	Choose Your Extras (Choose 2)	Choose Your Dressing (Choose 1)
Baby Arugula Iceberg Romaine Spinach Spring Mix	Apples Artichoke Hearts Avocado Carrots Celery Cherry Tomatoes Grapes Jicama Marinated Green Beans Mixed Fruit Orange Wedges Pears Pickled Beets Radicchio Radishes Red Cabbage Red Lentils Red Onion Roasted Corn Roasted Red Bell Peppers Sautéed Mushrooms Sautéed Zucchini Scallions Shaved Fennel Three-Been Salad Watercress Watermelon	Genova Canned Tuna Grilled Beef Grilled Chicken Grilled Shrimp	Bacon Black Olives Blue Cheese Calamata Olives Candied Pecans Cheddar Dried Cranberries Elbow Noodles Feta Grated Parmesan Green Olives Hard Cooked Eggs Monterey Jack Pine Nuts Prosciutto Raisins Swiss Toasted Almonds Walnuts	Apple Cider Vinaigrette Balsamic Vinaigrette Blue-Cheese Dressing Chipolte-Sherry Dressing Cinnamon Honey Yogurt Dressing Creamy Black-Pepper Dressing Creole Honey-Mustard Dressing Curry Vinaigrette Green Goddess Dressing Ranch Dressing Red Wine Vinaigrette Roasted Shallot Vinaigrette Roquefort Dressing Russian Dressing Sherry Vinaigrette Sour Cream Dill Dressing Sweet and Spicy Asian Salad* Tangerine/Pineapple Vinaigrette Thousand Island Dressing Tomato Vinaigrette

* - Reduced Fat

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Soups and Stews

1. Bean and Bacon Soup - Rich with vegetables, cannellini beans, potatoes and, of course, bacon in chicken broth.
2. Beef and Barley - Loaded with chunks of vegetables like carrots and potatoes with big cuts of seasoned beef and toasted barley in a well-season broth.
3. Black Bean Soup - A rugged soup that comforts and satisfies the heartiest appetites. Our chef simmers tender pieces of chicken with a delicious blend of black beans and vegetables in a rich, spicy broth.
4. Carrot-Ginger Soup - Served chilled, this refreshing soup is a puree of sweet carrots and potatoes scented with the tang of ginger root.
5. Chicken and Rice Soup - Our chicken soup combines chunks of chicken with loads of vegetables in a rich, flavorful broth. Served with white rice.
6. Chicken Dumpling - Our chicken soup combines chunks of chicken with loads of vegetables in a rich, flavorful broth. Served with plump dumplings.
7. Chicken Noodle - Our chicken soup combines chunks of chicken with loads of vegetables in a rich, flavorful broth. Served with egg noodles.
8. Chilled Yogurt Soup - Perfect for hot days. Made with refreshing cucumber, ripe tomatoes sweet onion and flavored with mint and a little cumin.
9. Chilled Zucchini Soup - A soup that combines the tang of buttermilk with the coolness of zucchini and the zest of curry. Great on a warm summer's night.
10. Cock-a-leek Soup - A simple English classic. A chicken and leek soup with barley finished with (optionally) dried plums. Better the next day, or even the day after that!
11. Corn Chowder - Loaded with sweet corn, potatoes and vegetables in a rich chicken-cream broth.
12. Cream of Mushroom - A blend of wild mushrooms, rich cream, chicken stock, and seasonings.
13. Cream of Tomato - Smooth and creamy, our tomato soup is perfect for kids of all ages.
14. Gazpacho - The classic Spanish chilled vegetable soup made with tomato, cucumber, onion and bell peppers then finished with a little balsamic vinegar and a little chili.
15. Greek Lamb Stew - A stew packed with chunks of lamb, vegetables and potatoes, seasoned with rosemary and thyme and finished with black olives.
16. Ham & Black-eyed Pea Soup - A southern classic made with black-eyed peas, smoky ham hocks, tomatoes, celery and spices. Great served with white rice, collard greens or cornbread.
17. Hot and Sour Soup - The most popular Chinese soup. Our version includes Chinese mushrooms, ginger, bamboo shoots, pork, soy sauce, tofu, egg and scallions.
18. Irish Beef and Lamb Stew - A hearty stew of beef and lamb, potatoes, carrots and Guinness stout.
19. Lentil Soup - A hearty soup made with lentils, carrots, onions, celery and herbs and spices. Can also be made with ham or red lentils for something a little more unusual.
20. Minestrone with Pistou - A light tomato broth packed with vegetables, pasta and beans and swirled with a basil pesto.
21. New England Clam Chowder - Stick-to-your-ribs combination of big chunks of potatoes, tender clams and bacon in a rich, creamy broth.
22. Pea Soup - A creamy green pea soup with chunks of potatoes and ham.

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- 23. ▽ Potato Leek - The French classic Vichyssoise. A creamy puree of potatoes and leeks that can be served warm or cold.
- 24. ▽ Tejas Gazpacho - A more elaborate version of the classic Gazpacho soup. This one has added lime juice, jicama, cumin and cilantro plus some chili pepper for kick.
- 25. ▽ Thai Curry Chicken Soup - Chicken, mushrooms and bamboo shoots cooked in a chicken stock with lime, Thai spices and coconut milk.
- 26. ▽ Tuscan Tomato Soup (Pappa con Pomodoro) - A hearty rustic tomato soup thickened with bread.

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Pasta

1. Baked Pasta Casserole - Mostaccioli pasta with chicken, red, green and yellow bell peppers and mushrooms in a creamy sauce topped with Fontina and Parmesan cheeses.
2. Creamy Spinach Noodles - Spinach fettuccini served with a creamy garlic sauce.
3. Eggplant and Pasta Casserole - Penne pasta with chunks of eggplant, portabella mushrooms, tomatoes, and peppers cooked in a spicy tomato sauce and topped with Provolone and Romano cheeses.
4. Fettuccine with Fradiavolo Sauce (Spicy Tomato) - Fettuccine topped with a combination of our Marinara sauce and just the right amount of fresh hot peppers makes this a sizzling delight.
5. Fettuccine with Marinara Sauce - Fettuccine served with our classic marinara sauce.
6. Fettuccine with Shrimp and Roasted Peppers - Spinach fettuccine, shrimp and roasted peppers tossed with basil, olive oil and white wine.
7. Fried Rice Noodles with Barbecued Pork - Stir-fried rice noodles topped with Chinese-style barbecued pork, onions, red chilies and beans sprouts.
8. Green Fettuccine with Prosciutto and Peas - Spinach fettuccine tossed with olive oil, Parmesan cheese, garlic, prosciutto and peas.
9. Lasagna Cacciatore - Layers of pasta, chicken, mushrooms, red bell pepper, crushed tomato sauce and basil.
10. Lasagna Verdi e Bianchi (Green and White Lasagne) - Lasagne stuffed with ricotta, Fontina, Asiago and Gruyere cheeses, spinach, pine nuts and Italian salami with a herbed tomato béchamel sauce.
11. Linguine with Fradiavolo Sauce (Spicy Tomato) - Linguine topped with a combination of our Marinara sauce and just the right amount of fresh "hot" peppers makes this a sizzling delight.
12. Linguine with Marinara - Linguine pasta with Momma D's homemade pasta sauce.
13. Linguine with Meat Sauce - Linguine topped with Momma D's homemade meat sauce.
14. Linguine with Pesto - Linguine topped with Basil Pesto sauce.
15. Linguine with Roasted Garlic Tomato Sauce - Linguine topped with a tomato sauce made with garlic delicately oven roasted, then combined with our Marinara sauce for an assertive aromatic sauce.
16. Linguine with Tomato Eggplant Sauce - Linguine topped with a blend of tomato sauce and Sicilian Caponata.
17. Linguine with Tomato Puttanesca - Linguine topped with sauce from the back alleys of Naples, originally named for the "ladies of the evening" because of it's spicy robust flavor. Made with black olives.
18. Linguine with Vodka Tomato Sauce - Linguine topped with rich and creamy tomato sauce.
19. Spaghetti with Fradiavolo Sauce (Spicy Tomato) - Fettuccine topped with a combination of our Marinara sauce and just the right amount of fresh "hot" peppers makes this a sizzling delight.
20. Spaghetti with Vodka Tomato Sauce - Spaghetti topped with rich and creamy tomato sauce made with Vodka.

Counts as a complete meal including protien, starch and veggie.

Special Order Item

14

Counts as a protien and starch. Counts as a protein and veggie.

Counts as a veggie only.

Counts as a starch and veggie. Counts as a starch only.

Counts as a protein only.

Side Dish

1. Baked Beans - Our baked beans are sweat and tangy and seasoned with our own honey cured bacon and mandarin orange wedges.
2. Baked Sweet Potatoes with Apples - Layers of sweet potatoes and apples baked with maple syrup and butter.
3. Basque Braised Green Beans - A spicy dish extremely popular in the Basque region of Spain, the green beans in this dish are braised with tomatoes, dried hot chili and basil. Finished with a little parmesan cheese.
4. Black Beans and Rice - A zesty combination of rice, black beans, tomatoes and seasonings.
5. Braised Artichokes - Whole artichokes braised with olive oil, lemon, oregano and garlic.
6. Braised Fennel - Tender, sweet fennel braised with white wine, garlic and herbs.
7. Braised Green Cabbage - Simple yet delicious. Great with pork dishes or corned beef.
8. Braised Red Cabbage - Sweet and sour braised red cabbage. Wonderful with pork, lamb or beef.
9. Broccoli with Mushrooms - Sautéed broccoli with mushrooms and a little Parmesan cheese.
10. Broccoli with Pine Nuts - Broccoli with butter, pine nuts and lemon.
11. Brown Rice Pilaf - Hearty brown rice seasoned with onion, butter and white pepper.
12. Brussels Sprouts with Browned Butter and Almonds - Tender Brussels Sprouts tossed with brown buttered and slivered almonds.
13. Buttered Broccoli with Garlic - Broccoli flowers tossed with butter and garlic.
14. Buttered Carrots with Celery - Tender carrots and celery served in a light buttery sauce.
15. Buttered Noodles - Egg noodles tossed with a little butter.
16. Buttered Peas - Sweet baby peas lightly buttered.
17. Buttered Sweet Corn - Tender sweet corn (cut from the cob if in season), served in a light buttery sauce with a hint of garlic.
18. Candied Sweet Potatoes - Chunks of peeled, baked sweet potatoes glazed with brown sugar and rum.
19. Carrots with Pistachios and Cointreau - Tender carrots tossed with pistachios and Cointreau (orange liquor).
20. Catalonian-Style Spinach - Spinach made with pine nuts and raisins.
21. Classic Pasta Salad - A classic combination of penne pasta with mixed vegetables in an herbed mayonnaise dressing. We can use light mayonnaise if requested.
22. Classic Potato Salad - Tender chunks of potatoes in a herbed mayonnaise dressing with celery, minced dill pickles and red onion.
23. Corn Pudding - A creamy combination of sweet corn, milk, eggs and cheddar cheese.
24. Cornbread - Sweet southern-style cornbread with whole corn baked right inside.
25. Country Style Coleslaw - Creamy coleslaw made with peanuts and dried cherries.
26. Country-Style Stuffing - Stuffing made with our honey-cured bacon, pecans and dried cranberries.
27. Creamed Corn - Tender corn (cut from the cob if in season) cooked until creamy and sweet.
28. Creamed Spinach - A perfectly seasoned blend of fresh spinach in a creamy sauce.
29. Curry Turnovers - Individual turnovers made with a curried mixture of potatoes, carrots and parsnips baked in a crust.

◆ Counts as a complete meal including protien, starch and veggie.

√ Special Order Item

15

✦ Counts as a protien and starch.

△ Counts as a protein and veggie.

Counts as a veggie only.

⊙ Counts as a starch and veggie.

Counts as a starch only.

● Counts as a protein only.

30. Dilled Brussels Sprouts - Tender Brussels Sprouts cooked in a sweet-and-sour sauce flavored with dill. Served chilled.
31. Dirty Rice - A Cajun classic. Rice cooked with pork, chicken livers and lots of spices.
32. French Peas - Sweet peas steamed with shallots, butter and parsley.
33. Garden-Style Stuffed Potatoes - Russet potatoes packed with sautéed mushrooms, broccoli, garlic, basil and cheddar cheese.
34. Green Bean Almandine - Green Beans (fresh if seasonal) tossed with butter, seasonings and toasted almonds.
35. Green Bean Casserole - Our variation on this dish includes a homemade béchamel sauce, but we still top it with French's French Fried Onions.
36. Grilled Butternut Squash with Sherried Onions - Marinated grilled squash smothered with sweet caramelized onions made with dry Sherry.
37. Grilled Marinated Asparagus (seasonal) - Simple yet wonderful.
38. Grilled Mixed Vegetables - A combination of seasonal vegetables lightly seasoned and grilled.
39. Grilled Peppers and Onions - Great served with roasted beef or Italian sausage sandwiches.
40. Indian Style Spicy Creamed Spinach - A spicy combination of creamed spinach with Indian spices and chunks of fresh Paneer cheese (a delicious soft cheese made fresh just for this dish) mixed in.
41. Italian Pasta Salad - Penne pasta with fresh basil, zucchini and bell peppers tossed in Italian vinaigrette.
42. Lemon-Pepper Green Beans - Sautéed green beans with lemon and black pepper.
43. Long-Grain Rice Pilaf - Tender long-grain rice seasoned with onion, butter and white pepper.
44. Louisiana Corn Bread Stuffing - Cornbread stuffing made with our own Andouille sausage and a hint of apple.
45. Mama Riddle's Baked Grits with Cheese - Grits baked with sharp cheddar and a touch of cayenne.
46. Marinated Artichokes (Seasonal) - Artichokes marinated with orange, olive oil, tarragon vinegar, herbs and shallots. Served chilled
47. Mashed Potatoes - The perfect mashed potatoes.
48. Mashed Potatoes and Parsnips - A Welsh classic, the parsnips give the dish a sweeter flavor while buttermilk gives it a tang.
49. Mashed Sweet Potatoes - Mashed sweet potatoes spiced with ginger, cardamom and nutmeg.
50. Mediterranean Vegetable Stew - Loaded with vegetables, squash, beans and flavor.
51. Mixed Vegetable Couscous - Couscous pasta and mixed vegetables tossed in a light vinaigrette. Served cold.
52. Orange Glazed Carrots - Tender carrots glazed with butter, sugar and orange juice.
53. Oriental Pasta Salad - Thin rice noodles tossed with thinly sliced Napa cabbage, water chestnuts, bean sprouts, celery, and bell peppers in tangy sesame dressing.
54. Oven Roasted Rosemary Potatoes - Red potatoes tossed with rosemary, extra virgin olive oil and sea salt, and then roasted until crispy and golden brown.
55. Peas with Prosciutto - Baby peas tossed with sautéed onions and Prosciutto.
56. Potato and Apple Bake - A sweet-savory dish made with roasted potatoes, apples and cheddar cheese.
57. Potato and Cauliflower Curry - A classic Indian dish consisting of potatoes and cauliflower sautéed with spices. This dish is considered a dry curry and does not contain coconut milk.

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| <input checked="" type="checkbox"/> Counts as a complete meal including protien, starch and veggie. | <input checked="" type="checkbox"/> Special Order Item | 16 |
| <input checked="" type="checkbox"/> Counts as a protien and starch. | <input type="checkbox"/> Counts as a protein and veggie. | <input checked="" type="checkbox"/> Counts as a veggie only. |
| <input checked="" type="checkbox"/> Counts as a starch and veggie. | <input type="checkbox"/> Counts as a starch only. | <input checked="" type="checkbox"/> Counts as a protein only. |

58. Potato and Mushroom Sauté - Red potatoes sautéed with mixed mushrooms, garlic and herbs
59. Potato and Vegetable Curry - Eggplant, potatoes, cauliflower and peas enveloped in a curry sauce made with exotic spices and coconut milk.
60. Potato Gratin - Slices of potatoes layered with Gruyere cheese, Parmesan cheese, cream and garlic, and then baked until golden and bubbly.
61. Potatoes with Bacon and Cheese - Potatoes sautéed with bacon and then finished with parmesan cheese.
62. Provençal Country Carrots - Carrots seasoned with garlic, lemon and a hint of mint.
63. Ratatouille - Zucchini, eggplant, red onions and red bell peppers sautéed in olive oil and seasoned with a hint of thyme.
64. Refried Beans - Handmade refried beans with sautéed onions and Spanish chorizo.
65. Risotto in Shells - Risotto made with red bell peppers, cashews and Parmesan cheese baked in an eggplant "boat".
66. Roasted Beets - Roasting the beets intensifies their flavor yet makes them very sweet.
67. Roasted Garlic Green Beans - Tender green beans tossed with olive oil and roasted garlic.
68. Roasted Garlic Mashed Potatoes - Creamy mashed potatoes with a hint of roasted garlic.
69. Sauerkraut - Tangy sauerkraut cooked with onions, caraway, butter and apple.
70. Sausage-Stuffed Baked Apples - Sweet apples stuffed with pork sausage and topped with cheddar cheese. Serve with pork or beef.
71. Sautéed Eggplant - Cubed eggplant sautéed in olive oil with garlic and fresh herbs.
72. Sautéed Mushrooms with Cognac - Mixed mushrooms sautéed in olive oil with a touch of Cognac.
73. Sautéed Spinach - Tender chopped spinach sautéed with a little butter, black pepper, garlic and touch of nutmeg.
74. Sautéed Spinach with Pear - Lightly sautéed spinach with shallot, pear and a little nutmeg.
75. Seethed Potatoes - This simple, but almost forgotten, method for cooking potatoes comes from a book published in 1816. No person who has not eaten potatoes thus prepared can conceive how delicious they are. And they are low in fat too!
76. Smothered Potatoes - A chunky version of mashed potatoes seasoned with onion.
77. Southern Style Stuffing - Cornbread stuffing made with sausage and apples.
78. Steamed Rice - Seasoned long-grain white rice steamed until fluffy.
79. Stir-fried Eggplant - Eggplant stir fried with hoisin, garlic and ginger.
80. Stuffed Chayote Squash - Chayote squash halves stuffed with onion, cheddar cheese, parmesan cheese and breadcrumbs.
81. Sweet Potato and Cranberry Casserole - Slices of sweet potatoes baked with a cranberry and orange glaze.
82. Sweet Potato Mash - Mashed sweet potatoes blended with butter and a little cream.
83. Tabouli - A bulgur wheat salad with tomatoes, cucumber, scallions and garlic and mint.
84. Three Bean Salad - Tender green beans, wax beans and kidney beans tossed in a sweet vinaigrette dressing.
85. Twice-Baked Potatoes - Potato halves stuffed with sour cream and chives.
86. Vegetable Stuffed Peppers - Peppers stuffed with mixed veggies, rice and parmesan cheese.

◆ Counts as a complete meal including protein, starch and veggie.

√ Special Order Item

17

◆ Counts as a protein and starch.

△ Counts as a protein and veggie.

Counts as a veggie only.

Counts as a starch and veggie.

Counts as a starch only.

Counts as a protein only.

- 87. Wild Rice Pilaf - Assorted rices included white, red and wild with sauteed onions cooked with chicken broth and seasoned with white pepper.
- 88. Wilted Old South Greens - Mixed greens cooked with bacon, onion and garlic and served with Hot Peppered Old South Vinegar.
- 89. Zucchini Bake - Zucchini is sliced and baked with fresh mushrooms, caramelized onions and topped with Parmesan cheese and breadcrumbs.
- 90. Zucchini Sauté - Zucchini sautéed in olive oil garlic, basil and oregano.

- Counts as a complete meal including protien, starch and veggie.
- Counts as a protien and starch.
- Counts as a starch and veggie.
- Counts as a protein and veggie.
- Counts as a starch only.
- Special Order Item
- Counts as a veggie only.
- Counts as a protein only.

Vegetarian

1. ✦ Artichoke and Cheese Tart - A luscious combination of eggs, artichokes hearts, red onion, cheddar and Gorgonzola cheeses baked in a flaky crust.
2. ◆ Cashew Paella - Paella traditionally contains chicken and fish, but this version of the famous Spanish stew is packed with vegetables, cashews and flavor.
3. ✦ Cress and Cheese Tart - A tart filled with eggs, cheddar cheese, watercress, yogurt and seasoned with garlic and herbs.
4. ◆ Eggplant Parmigiana - Layers of breaded eggplant topped with Primavera Sauce and shredded mozzarella cheese.
5. ✦ Kofta Kabobs - A mixture of ground white beans, bulgur wheat and spices formed on skewers and baked till golden. Served with a cucumber-yogurt dipping sauce.
6. ◆ Layered Tortilla Pie - Layers of tortillas, refried beans, sautéed vegetables and cheese baked until bubbly.
7. ✦ Lentil and Rice Casserole - A really hearty dish, perfect for cold day. A tasty combination of red lentils, long grain rice, leeks, tomatoes, broccoli, baby corn and herbs and spices.
8. ◆ Mexican Chili Corn Pie - A spicy combination vegetarian chili topped with a cornbread crust and sharp cheddar cheese.
9. △ Muttar Paneer - A combination of peas, tomatoes and Paneer (a delicious soft cheese made fresh just for this dish) flavored with garam masal, ginger and garlic. Wonderful served with rice.
10. ◆ Pan Potato Cake - A casserole made with broccoli flowerets, tofu and red onion flavored with garlic and sage and topped with sliced potatoes and sharp cheddar cheese.
11. ✦ Scheherazade Casserole - A baked casserole made with bulgur wheat, soybeans, tomatoes, onions, garlic, spices and feta cheese.
12. ✦ Spinach and Nut Pilaf - A mixture of porcini mushrooms, basmati rice, spinach, cashews and pistachios seasoned with ginger, green chili and cilantro.
13. △ Three-Bean Caribbean Chili with Mango Salsa - Loaded with a mixture of beans, vegetables and spices. Served with Mango Salsa.
14. △ Tofu Chili - A tasty Mexican-style dish with a melt-in-the mouth combination of tofu, vegetables and avocado served in a tangy tomato sauce topped with Mexican cheeses.
15. ◆ Vegetable Enchiladas - A combination of vegetables, beans and Mexican cheeses wrapped in corn tortillas and cooked in an authentic enchiladas sauce.
16. ● Vegetariana Sausages - "Sausages" made from beans, vegetables, eggs and herbs lightly fried and ready to serve like hot dogs