Gourmet To Go

From Carleton-Willard At Home

This menu is valid for orders delivered through April 20, 2027

HERE'S HOW IT WORKS

These healthy prepared meals are cooked and flash frozen by chefs at Carleton-Willard Village. Neither trans-fats nor sodium-added margarine are used in preparation. The meals can be easily reheated in your microwave oven.

- You can order as many meals as you wish. Please see below for more information ~
  Soups (12 fl oz.) are ordered separately from entrées and are $5 each.
  One Entrée + **Two Sides** of your choice is $15. Please choose your two sides from the 'Side Dishes' menu.
  Desserts are $4 per serving and may not be ordered alone.
  Prices include all taxes. **Delivery is free.**

◊ This service is exclusive to Carleton Willard at Home members.

How to Order ~

◊ The **"Order By"** date is listed in the top section of each week's menu in **red** print. Please make your selections and call or email them to us **by 12 noon** on the "Order By" date.

At Home office **781-276-1910** or **membership@cwathome.org**

◊ Meals are delivered every Tuesday afternoon **between 1pm and 5pm**. The Delivery Date is clearly marked in the top section of each week's menu, and is two weeks after the 'Order By' date.

NOTE ~ Someone needs to be at home to receive the meals.

PLEASE NOTE

- You may order up to two sides per entrée.
- Soups are offered as single orders and *not* combined with the entrees nor sides.
- Each 12 oz. serving of soup costs $5 and has an estimated sodium content above 900 mg.
- A salt shaker icon indicates those menu items containing more than 400 mg. of sodium.
- Desserts cannot be ordered on their own and must be accompanied by a meal order.
- Dessert servings are 4 cookies or 2 brownies/bars (3”x3” each), ***all containing gluten.***
- Please call us if you are concerned about the allergens or ingredients in any meal.

At Home office:
781.276.1910

A word about Sodium…

We here at Carleton-Willard At Home know that most Americans get too much sodium. Sodium is a mineral that is found in some food naturally. It is frequently used in the processing of food, as a preservative, and flavor enhancer and sodium makes up 40% of the salt molecule. Many think that avoiding the salt shaker is enough, but that is only a small part! About 70% of all sodium consumed comes from processed foods.

To help cut down on sodium, it is our practice to use whole, fresh ingredients that have been minimally processed, to create delicious healthy meals that happen to be lower in sodium. We have reformulated recipes for some foods in order to lower the sodium levels. However, this does not mean that all our meal offerings should be considered low in sodium. Just like balancing your check book, you need to balance your sodium intake. If you choose to eat an item that is higher in sodium, eat lower sodium foods the rest of the day. Reducing the portion sizes and frequency will also help lower your sodium intake!

We are adding a **salt shaker symbol** to those entrees in this menu that contain an estimated sodium content **greater than 400 milligrams (mg)**. This guide can help you balance your overall daily sodium intake.

Please note: **All soups are greater than 900 milligrams (mg).**

The daily recommendation for sodium is 1,500 milligrams for people 51 years and older or those with high blood pressure. Some may need lower amounts to control their blood pressure. If have specific questions about your health needs, you should consult your care provider.

A Few Tips:

Take a look at food labels and find out where the sodium is in your daily diet. High amounts of sodium are found in the following foods: canned soups, cheese, pizza, prepared salad dressings, smoked and processed meats (i.e. hot dogs, ham, and sausage) cured meats (i.e. bacon), pickles and olives, condiments (i.e. catsup, mustard and soy sauce), tomato products, packaged rice, noodles, gravies and mixtures, instant cereals, crackers and breads, seasoning mixes and salty snacks.

To reduce your sodium intake, start by using less or no salt when preparing foods. Drain and rinse canned items like tuna and beans to remove some sodium. Look for lower sodium varieties of canned items, and choose fresh vegetables rather than canned. Use herbs, onions, garlic and lemon juice to season foods rather than salt.

AVAILABLE EVERY WEEK

Vegetarian Choices

Ravioli with Marinara Sauce
Allergen: Gluten & Dairy

NOTE: The pasta is made of wheat.

Desserts

Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

NOTE: All desserts contain gluten.

Side Dishes

Choose two Side dishes per entrée

- **R**oast Maple Sweet Potatoes Allergen: dairy
- **F**lame Roasted Baby Baked Potatoes
- **R**oasted Red-Skin & Yukon Gold Potatoes
- **M**ashed Potatoes Allergen: dairy
- **M**ashed Sweet Potatoes Allergen: dairy
- **W**ild Rice Pilaf Allergen: gluten
- **R**ice Pilaf Allergen: gluten
- **G**reen Beans
- **A**sparagus Cuts
- **C**arrots
- **G**reen Peas
- **W**hole Kernel Corn
- **C**hopped Spinach
- **B**roccoli
- **C**auliflower
- **S**outhwestern Roast Corn & Black Beans with Bell Pepper & Onions
- **S**ix Vegetable Medley

** *<u>Note</u>: These dishes are prepared using zero-sodium, soy-based products*

Menu for Delivery on
Tuesday October 27, 2026

Order must be placed by noon on October 13

You may order two sides with each entrée. Soups are ordered singly

Chicken Noodle Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Cream of Broccoli Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy

Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten, egg

Pork Osso Bucco

Sweet & Sour Shrimp
Allergen: shellfish

Roasted Chicken Leg Cacciatore

Corned Beef & Cabbage Dinner w boiled potatoes, turnips, carrots

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy

Blackened Swordfish w Maple Butter
Allergen: dairy

Menu for Delivery on Tuesday November 3, 2026

Order must be placed by noon on October 20

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Greek Style Rack of Lamb w Whipped Feta & Honey
Allergen: gluten, dairy

Cajun Scallops w Cheesy Grits
Allergen: shellfish, dairy

Texas Pulled Pork w House BBQ Sauce

Pan Seared Lemon Pepper Tuna w Red Bell Pepper Coulis
Allergen: dairy

Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy, gluten

Shrimp Etouffee w/ White Rice
Allergen: shellfish, dairy

Steak Fajitas
Allergen: gluten

Thai Chicken Thigh w Coconut Curry Peanut Sauce
Allergen: nut, soy, sesame, dairy

Menu for Delivery on Tuesday November 10, 2026

Order must be placed by noon on October 27

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Parsnip & Celery Root Bisque
Allergen: dairy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Petite Grilled Beef Tenderloin w Bacon Jam

Pan Seared Salmon w Saffron Cream Froth
Allergen: dairy

Swedish Meatballs w Buttered Egg Noodles
Allergen: gluten, egg, dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime
Allergen: soy, sesame

Lamb Stew

Veal Parmesan
Allergen: gluten, egg, dairy

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday November 17, 2026

Order must be placed by noon on November 3

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

Southwestern Chicken Vegetable Soup

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Chile Crusted Rack of Lamb w Minted Demi
Allergen: dairy, gluten

Baked Salmon w Creamy Greek Aioli
Allergen: dairy, egg

Madeira Beef Stew with Braised Onions
Allergen: dairy

Indian Chicken Tandoori
Allergen: dairy

Pan Seared Turmeric-Ginger Swordfish w Fresh Mint Lime Drizzle
Allergen: gluten

Maple & Mustard Glazed Ham

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: egg, dairy, gluten, shellfish

French Style Breast of Duck L'Orange
Allergen: dairy

Menu for Delivery on
Tuesday November 24, 2026

Order must be placed by noon on November 10

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Roasted Vegetable and Potato Soup

Italian Vegetable & Bean Soup
Allergen: gluten

Tomato Rice Florentine
Allergen: dairy

Sweet Potato Soup
Allergen: dairy

Hoisin-Ginger Crusted Halibut w Honey Wasabi Vinaigrette
Allergen: soy, sesame , dairy

Prime Rib of Beef Au Jus

Italian Style Braised Short Rib w Gremolata

Yankee Pot Roast

Traditional Roast Turkey w Herb Stuffing and Gravy
Allergen: gluten, dairy

Pan Seared Rainbow Trout w Garlic, Lemon Butter Sauce
Allergen: dairy

Indian Beef Curry
Allergen: dairy

Chicken Piccata w Lemon Caper Butter Sauce
Allergen: dairy, egg, gluten

Menu for Delivery on
Tuesday December 1, 2026

Order must be placed by noon on November 17

You may order two sides with each entrée. Soups are ordered singly

Chicken Noodle Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Cream of Broccoli Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy

Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten, egg

Pork Osso Bucco

Sweet & Sour Shrimp
Allergen: shellfish

Roasted Chicken Leg Cacciatore

Corned Beef & Cabbage Dinner w boiled potatoes, turnips, carrots

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy

Blackened Swordfish w Maple Butter
Allergen: dairy

Menu for Delivery on Tuesday December 8, 2026

Order must be placed by noon on November 24

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Greek Style Rack of Lamb w Whipped Feta & Honey
Allergen: gluten, dairy

Cajun Scallops w Cheesy Grits
Allergen: shellfish, dairy

Texas Pulled Pork w House BBQ Sauce

Pan Seared Lemon Pepper Tuna w Red Bell Pepper Coulis
Allergen: dairy

Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy, gluten

Shrimp Etouffee w/ White Rice
Allergen: shellfish, dairy

Steak Fajitas
Allergen: gluten

Thai Chicken Thigh w Coconut Curry Peanut Sauce
Allergen: nut, soy, sesame, dairy

Menu for Delivery on
Tuesday December 15, 2026

Order must be placed by noon on December 1

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Parsnip & Celery Root Bisque
Allergen: dairy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Petite Grilled Beef Tenderloin w Bacon Jam

Pan Seared Salmon w Saffron Cream Froth
Allergen: dairy

Swedish Meatballs w Buttered Egg Noodles
Allergen: gluten, egg, dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime
Allergen: soy, sesame

Lamb Stew

Veal Parmesan
Allergen: gluten, egg, dairy

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday January 5, 2027

Order must be placed by noon on December 8

You may order two sides with each entrée. Soups are ordered singly
There will be no meal delivery the weeks of December 20 and 27. Please place your order for delivery January 5, 2027 by December 8.

Chicken Noodle Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Cream of Broccoli Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy

Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten, egg

Pork Osso Bucco

Sweet & Sour Shrimp
Allergen: shellfish

Roasted Chicken Leg Cacciatore

Corned Beef & Cabbage Dinner w boiled potatoes, turnips, carrots

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy

Blackened Swordfish w Maple Butter
Allergen: dairy

Menu for Delivery on Tuesday January 12, 2027

Order must be placed by noon on December 29

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Greek Style Rack of Lamb w Whipped Feta & Honey
Allergen: gluten, dairy

Cajun Scallops w Cheesy Grits
Allergen: shellfish, dairy

Texas Pulled Pork w House BBQ Sauce

Pan Seared Lemon Pepper Tuna w Red Bell Pepper Coulis
Allergen: dairy

Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy, gluten

Shrimp Etouffee w/ White Rice
Allergen: shellfish, dairy

Steak Fajitas
Allergen: gluten

Thai Chicken Thigh w Coconut Curry Peanut Sauce
Allergen: nut, soy, sesame, dairy

Menu for Delivery on Tuesday January 19, 2027

Order must be placed by noon on January 5

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Parsnip & Celery Root Bisque
Allergen: dairy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Petite Grilled Beef Tenderloin w Bacon Jam

Pan Seared Salmon w Saffron Cream Froth
Allergen: dairy

Swedish Meatballs w Buttered Egg Noodles
Allergen: gluten, egg, dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime
Allergen: soy, sesame

Lamb Stew

Veal Parmesan
Allergen: gluten, egg, dairy

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu
Allergen: gluten, egg, dairy

Menu for Delivery on
Tuesday January 26, 2027

Order must be placed by noon on January 12

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

Southwestern Chicken Vegetable Soup

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Chile Crusted Rack of Lamb w Minted Demi
Allergen: dairy, gluten

Baked Salmon w Creamy Greek Aioli
Allergen: dairy, egg

Madeira Beef Stew with Braised Onions
Allergen: dairy

Indian Chicken Tandoori
Allergen: dairy

Pan Seared Turmeric-Ginger Swordfish w Fresh Mint Lime Drizzle
Allergen: gluten

Maple & Mustard Glazed Ham

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: egg, dairy, gluten, shellfish

French Style Breast of Duck L'Orange
Allergen: dairy

Menu for Delivery on
Tuesday February 2, 2027

Order must be placed by noon on January 19

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Roasted Vegetable and Potato Soup

Italian Vegetable & Bean Soup
Allergen: gluten

Tomato Rice Florentine
Allergen: dairy

Sweet Potato Soup
Allergen: dairy

Hoisin-Ginger Crusted Halibut w Honey Wasabi Vinaigrette
Allergen: soy, sesame , dairy

Prime Rib of Beef Au Jus

Italian Style Braised Short Rib w Gremolata

Yankee Pot Roast

Traditional Roast Turkey w Herb Stuffing and Gravy
Allergen: gluten, dairy

Pan Seared Rainbow Trout w Garlic, Lemon Butter Sauce
Allergen: dairy

Indian Beef Curry
Allergen: dairy

Chicken Piccata w Lemon Caper Butter Sauce
Allergen: dairy, egg, gluten

Menu for Delivery on
Tuesday February 9, 2027

Order must be placed by noon on January 26

You may order two sides with each entrée. Soups are ordered singly

Chicken Noodle Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Cream of Broccoli Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy

Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten, egg

Pork Osso Bucco

Sweet & Sour Shrimp
Allergen: shellfish

Roasted Chicken Leg Cacciatore

Corned Beef & Cabbage Dinner w boiled potatoes, turnips, carrots

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy

Blackened Swordfish w Maple Butter
Allergen: dairy

Menu for Delivery on
Tuesday February 16, 2027

Order must be placed by noon on February 2

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Greek Style Rack of Lamb w Whipped Feta & Honey
Allergen: gluten, dairy

Cajun Scallops w Cheesy Grits
Allergen: shellfish, dairy

Texas Pulled Pork w House BBQ Sauce

Pan Seared Lemon Pepper Tuna w Red Bell Pepper Coulis
Allergen: dairy

Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy, gluten

Shrimp Etouffee w/ White Rice
Allergen: shellfish, dairy

Steak Fajitas
Allergen: gluten

Thai Chicken Thigh w Coconut Curry Peanut Sauce
Allergen: nut, soy, sesame, dairy

Menu for Delivery on Tuesday February 23, 2027

Order must be placed by noon on February 9

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Parsnip & Celery Root Bisque
Allergen: dairy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Petite Grilled Beef Tenderloin w Bacon Jam

Pan Seared Salmon w Saffron Cream Froth
Allergen: dairy

Swedish Meatballs w Buttered Egg Noodles
Allergen: gluten, egg, dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime
Allergen: soy, sesame

Lamb Stew

Veal Parmesan
Allergen: gluten, egg, dairy

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday March 2, 2027

Order must be placed by noon on February 16

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

Southwestern Chicken Vegetable Soup

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Chile Crusted Rack of Lamb w Minted Demi
Allergen: dairy, gluten

Baked Salmon w Creamy Greek Aioli
Allergen: dairy, egg

Madeira Beef Stew with Braised Onions
Allergen: dairy

Indian Chicken Tandoori
Allergen: dairy

Pan Seared Turmeric-Ginger Swordfish w Fresh Mint Lime Drizzle
Allergen: gluten

Maple & Mustard Glazed Ham

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: egg, dairy, gluten, shellfish

French Style Breast of Duck L'Orange
Allergen: dairy

Menu for Delivery on Tuesday March 9, 2027

Order must be placed by noon on February 23

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Roasted Vegetable and Potato Soup

Italian Vegetable & Bean Soup
Allergen: gluten

Tomato Rice Florentine
Allergen: dairy

Sweet Potato Soup
Allergen: dairy

Hoisin-Ginger Crusted Halibut w Honey Wasabi Vinaigrette
Allergen: soy, sesame , dairy

Prime Rib of Beef Au Jus

Italian Style Braised Short Rib w Gremolata

Yankee Pot Roast

Traditional Roast Turkey w Herb Stuffing and Gravy
Allergen: gluten, dairy

Pan Seared Rainbow Trout w Garlic, Lemon Butter Sauce
Allergen: dairy

Indian Beef Curry
Allergen: dairy

Chicken Piccata w Lemon Caper Butter Sauce
Allergen: dairy, egg, gluten

Menu for Delivery on Tuesday March 16, 2027

Order must be placed by noon on March 2

You may order two sides with each entrée. Soups are ordered singly

Chicken Noodle Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Cream of Broccoli Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy

Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten, egg

Pork Osso Bucco

Sweet & Sour Shrimp
Allergen: shellfish

Roasted Chicken Leg Cacciatore

Corned Beef & Cabbage Dinner w boiled potatoes, turnips, carrots

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy

Blackened Swordfish w Maple Butter
Allergen: dairy

Menu for Delivery on Tuesday March 23, 2027

Order must be placed by noon on March 9

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Greek Style Rack of Lamb w Whipped Feta & Honey
Allergen: gluten, dairy

Cajun Scallops w Cheesy Grits
Allergen: shellfish, dairy

Texas Pulled Pork w House BBQ Sauce

Pan Seared Lemon Pepper Tuna w Red Bell Pepper Coulis
Allergen: dairy

Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy, gluten

Shrimp Etouffee w/ White Rice
Allergen: shellfish, dairy

Steak Fajitas
Allergen: gluten

Thai Chicken Thigh w Coconut Curry Peanut Sauce
Allergen: nut, soy, sesame, dairy

Menu for Delivery on Tuesday March 30, 2027

Order must be placed by noon on March 16

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Parsnip & Celery Root Bisque
Allergen: dairy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Petite Grilled Beef Tenderloin w Bacon Jam

Pan Seared Salmon w Saffron Cream Froth
Allergen: dairy

Swedish Meatballs w Buttered Egg Noodles
Allergen: gluten, egg, dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime
Allergen: soy, sesame

Lamb Stew

Veal Parmesan
Allergen: gluten, egg, dairy

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday April 6, 2027

Order must be placed by noon on March 23

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

Southwestern Chicken Vegetable Soup

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Chile Crusted Rack of Lamb w Minted Demi
Allergen: dairy, gluten

Baked Salmon w Creamy Greek Aioli
Allergen: dairy, egg

Madeira Beef Stew with Braised Onions
Allergen: dairy

Indian Chicken Tandoori
Allergen: dairy

Pan Seared Turmeric-Ginger Swordfish w Fresh Mint Lime Drizzle
Allergen: gluten

Maple & Mustard Glazed Ham

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: egg, dairy, gluten, shellfish

French Style Breast of Duck L'Orange
Allergen: dairy

Menu for Delivery on Tuesday April 13, 2027

Order must be placed by noon on March 30

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Roasted Vegetable and Potato Soup

Italian Vegetable & Bean Soup
Allergen: gluten

Tomato Rice Florentine
Allergen: dairy

Sweet Potato Soup
Allergen: dairy

Hoisin-Ginger Crusted Halibut w Honey Wasabi Vinaigrette
Allergen: soy, sesame , dairy

Prime Rib of Beef Au Jus

Italian Style Braised Short Rib w Gremolata

Yankee Pot Roast

Traditional Roast Turkey w Herb Stuffing and Gravy
Allergen: gluten, dairy

Pan Seared Rainbow Trout w Garlic, Lemon Butter Sauce
Allergen: dairy

Indian Beef Curry
Allergen: dairy

Chicken Piccata w Lemon Caper Butter Sauce
Allergen: dairy, egg, gluten

Menu for Delivery on
Tuesday April 20, 2027

Order must be placed by noon on April 6

You may order two sides with each entrée. Soups are ordered singly

Chicken Noodle Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Cream of Broccoli Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy

Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten, egg

Pork Osso Bucco

Sweet & Sour Shrimp
Allergen: shellfish

Roasted Chicken Leg Cacciatore

Corned Beef & Cabbage Dinner w boiled potatoes, turnips, carrots

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy

Blackened Swordfish w Maple Butter
Allergen: dairy

Side Dishes

- **R**oast Maple Sweet Potatoes Allergen: dairy
- **F**lame Roasted Baby Baked Potatoes
- **R**oasted Red-Skin & Yukon Gold Potatoes
- **M**ashed Potatoes Allergen: dairy
- **M**ashed Sweet Potatoes Allergen: dairy
- **W**ild Rice Pilaf Allergen: gluten
- **R**ice Pilaf Allergen: gluten
- **G**reen Beans
- **A**sparagus Cuts
- **C**arrots
- **G**reen Peas
- **W**hole Kernel Corn
- **C**hopped Spinach
- **B**roccoli
- **C**auliflower
- **S**outhwest Roast Corn & Black Beans with Bell Pepper & Onions
- **S**ix Vegetable Medley

DESSERTS

Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain gluten)

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