

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through October 18, 2022*

HERE'S HOW IT WORKS

These healthfully prepared meals are packed and flash frozen by the 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.

Please order as many meals as you wish. You may place orders for more than one week's meals at a time.

Soups (12 fl oz.) are ordered separate from entrées and cost \$4.00 each.

One Entrée + Two Sides of your choice costs \$10.00

Please choose your two sides from the 'Side Dishes' menu .

Desserts cost \$3.00 per serving and may not be ordered alone.

The price includes all taxes. **Delivery is free.**

This service is exclusive to Carleton Willard At Home members.

How to Order:

The "**Order By**" date is listed at the top of each section.


Make your choices and call or email your selections in to the At Home office at **781.276.1910** or **membership@cwathome.org** by noon on the "Order By" date shown at the top of that week's menu.

On a **Tuesday** afternoon, **two weeks after** you have called it in to us, your order will be delivered between 2pm and 5pm.

The delivery date is clearly marked on your menu.

NOTE: Someone **MUST** be at home to deliver 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 \$4.00 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 sodium is something that most Americans get too much of. 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 it only the tip of the crystal! 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. This does not mean, however 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 you are not sure whether you are one of these people, or have specific questions 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 canned soups; cheese; pizza; prepared salad dressings; smoked and processed meats like hot dogs, ham, and sausage; cured meats like bacon; pickle and olives; condiments (like 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; 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

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Flame Roasted Baby Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwestern Roast Corn & Black Beans with Bell Pepper & Onions**
- **Grilled Julienne-Cut Seven Vegetable Medley**

Menu for Delivery on Tuesday April 26, 2022

Order must be placed by noon on April 12

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

Thai Chicken Soup
Allergen: tree nut

French Onion Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Lentil Soup

Butternut Squash Soup
Allergen: dairy

Herb Seared Pistachio Crusted Scallops
Allergen: tree nut, shellfish, gluten

Grilled Sirloin w Sauteed Onions & Creamy Horseradish-Chive Sauce
Allergen: dairy

Lasagna Bolognese w Garlic Bread
Allergen: egg, dairy, gluten



Mongolian Chicken
Allergen: soy



Garlic Braised Short Ribs w Merlot Sauce



Bourbon Peach Glazed Salmon

Pan Seared Pork Tenderloin w Honey Garlic Sauce

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday May 3, 2022

Order must be placed by noon on April 19

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham

Cream of Spinach Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Vegetables & Wild Rice Soup

Grilled Tandoori-Style Lamb Chop 
Allergen: dairy

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

CWV BBQ Chicken Legs



Grilled Swordfish w Oregano Lemon Butter
Allergen: dairy

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy, gluten

Fettucine Bolognese 
Allergen: eggs, dairy, gluten

Eggplant Parmesan w Angel Hair Pasta & Parsley Butter 
Allergen: eggs, dairy, gluten

Menu for Delivery on Tuesday May 10, 2022

Order must be placed by noon on April 26

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

Cream of Broccoli
Allergen: dairy

Tomato Rice Florentine Soup

Chicken Bok Choy Soup
Allergen: soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Tuna Steak w Avocado

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Salsa Verde

Grilled Salmon w Basil Garlic Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: eggs, dairy

**Pan Seared Chicken Breast Stuffed
w Broccoli & Cheddar Cheese**
Allergen: dairy



Rigatoni in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: eggs, dairy, gluten



Menu for Delivery on Tuesday May 17, 2022

Order must be placed by noon on May 3

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: gluten, egg, dairy

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta E Fagioli Soup

Allergen: gluten, egg

Grilled Rack of Lamb w Roasted Garlic Aioli

Allergen: eggs, dairy

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Chicken Carbonara w Spaghetti

Allergen: eggs, dairy, gluten



Orange-Anise Glazed Duck Leg

BBQ Beef Chili



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: tree nut, shellfish, eggs, dairy, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: dairy



Menu for Delivery on Tuesday May 24, 2022

Order must be placed by noon on May 10

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

Shrimp Bisque

Allergen: shellfish, dairy

Spinach & Barley Soup

Allergen: gluten

Navy Bean Soup w Smoked Ham

Chicken & Corn Soup

Grilled Mediterranean Vegetable Soup

Allergen: gluten, egg

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut, dairy

Parmesan Crusted Chicken w Herb Butter Sauce

Allergen: dairy, gluten



Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, eggs, dairy gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Rainbow Trout w Citrus Vinaigrette

Sole Amandine

Allergen: nut, eggs

Menu for Delivery on Tuesday May 31, 2022

Order must be placed by noon on May 17

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

Thai Chicken Soup
Allergen: tree nut

French Onion Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Lentil Soup

Butternut Squash Soup
Allergen: dairy

Herb Seared Pistachio Crusted Scallops
Allergen: tree nut, shellfish, gluten

Grilled Sirloin w Sauteed Onions & Creamy Horseradish-Chive Sauce
Allergen: dairy

Lasagna Bolognese w Garlic Bread
Allergen: egg, dairy, gluten



Mongolian Chicken
Allergen: soy



Garlic Braised Short Ribs w Merlot Sauce



Bourbon Peach Glazed Salmon

Pan Seared Pork Tenderloin w Honey Garlic Sauce

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday June 7, 2022

Order must be placed by noon on May 24

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


Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham

Cream of Spinach Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Vegetables & Wild Rice Soup

Grilled Tandoori-Style Lamb Chop 
Allergen: dairy

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

CWV BBQ Chicken Legs



Grilled Swordfish w Oregano Lemon Butter
Allergen: dairy

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy, gluten

Fettucine Bolognese 
Allergen: eggs, dairy, gluten

Eggplant Parmesan w Angel Hair Pasta & Parsley Butter 
Allergen: eggs, dairy, gluten

Menu for Delivery on Tuesday June 14, 2022

Order must be placed by noon on May 31

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

Cream of Broccoli
Allergen: dairy

Tomato Rice Florentine Soup

Chicken Bok Choy Soup
Allergen: soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Tuna Steak w Avocado

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Salsa Verde

Grilled Salmon w Basil Garlic Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: eggs, dairy

**Pan Seared Chicken Breast Stuffed
w Broccoli & Cheddar Cheese**
Allergen: dairy



Rigatoni in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: eggs, dairy, gluten



Menu for Delivery on Tuesday June 21, 2022

Order must be placed by noon on June 7

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: gluten, egg, dairy

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta E Fagioli Soup

Allergen: gluten, egg

Grilled Rack of Lamb w Roasted Garlic Aioli

Allergen: eggs, dairy

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Chicken Carbonara w Spaghetti

Allergen: eggs, dairy, gluten



Orange-Anise Glazed Duck Leg

BBQ Beef Chili



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: tree nut, shellfish, eggs, dairy, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: dairy



Menu for Delivery on Tuesday June 28, 2022

Order must be placed by noon on June 14

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

Shrimp Bisque

Allergen: shellfish, dairy

Spinach & Barley Soup

Allergen: gluten

Navy Bean Soup w Smoked Ham

Chicken & Corn Soup

Grilled Mediterranean Vegetable Soup

Allergen: gluten, egg

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut, dairy

Parmesan Crusted Chicken w Herb Butter Sauce

Allergen: dairy, gluten



Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, eggs, dairy gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Rainbow Trout w Citrus Vinaigrette

Sole Amandine

Allergen: nut, eggs

Menu for Delivery on Tuesday July 5, 2022

Order must be placed by noon on June 21

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

Thai Chicken Soup
Allergen: tree nut

French Onion Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Lentil Soup

Butternut Squash Soup
Allergen: dairy

Herb Seared Pistachio Crusted Scallops
Allergen: tree nut, shellfish, gluten

Grilled Sirloin w Sauteed Onions & Creamy Horseradish-Chive Sauce
Allergen: dairy

Lasagna Bolognese w Garlic Bread
Allergen: egg, dairy, gluten



Mongolian Chicken
Allergen: soy



Garlic Braised Short Ribs w Merlot Sauce



Bourbon Peach Glazed Salmon

Pan Seared Pork Tenderloin w Honey Garlic Sauce

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday July 12, 2022

Order must be placed by noon on June 28

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham

Cream of Spinach Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Vegetables & Wild Rice Soup

Grilled Tandoori-Style Lamb Chop 
Allergen: dairy

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

CWV BBQ Chicken Legs



Grilled Swordfish w Oregano Lemon Butter
Allergen: dairy

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy, gluten

Fettucine Bolognese 
Allergen: eggs, dairy, gluten

Eggplant Parmesan w Angel Hair Pasta & Parsley Butter 
Allergen: eggs, dairy, gluten

Menu for Delivery on Tuesday July 19, 2022

Order must be placed by noon on July 5

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

Cream of Broccoli
Allergen: dairy

Tomato Rice Florentine Soup

Chicken Bok Choy Soup
Allergen: soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Tuna Steak w Avocado

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Salsa Verde

Grilled Salmon w Basil Garlic Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: eggs, dairy

**Pan Seared Chicken Breast Stuffed
w Broccoli & Cheddar Cheese**
Allergen: dairy



Rigatoni in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: eggs, dairy, gluten



Menu for Delivery on Tuesday July 26, 2022

Order must be placed by noon on July 12

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: gluten, egg, dairy

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta E Fagioli Soup

Allergen: gluten, egg

Grilled Rack of Lamb w Roasted Garlic Aioli

Allergen: eggs, dairy

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Chicken Carbonara w Spaghetti

Allergen: eggs, dairy, gluten



Orange-Anise Glazed Duck Leg

BBQ Beef Chili



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: tree nut, shellfish, eggs, dairy, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: dairy



Menu for Delivery on Tuesday August 2, 2022

Order must be placed by noon on July 19

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

Shrimp Bisque

Allergen: shellfish, dairy

Spinach & Barley Soup

Allergen: gluten

Navy Bean Soup w Smoked Ham

Chicken & Corn Soup

Grilled Mediterranean Vegetable Soup

Allergen: gluten, egg

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut, dairy

Parmesan Crusted Chicken w Herb Butter Sauce

Allergen: dairy, gluten



Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, eggs, dairy gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Rainbow Trout w Citrus Vinaigrette

Sole Amandine

Allergen: nut, eggs

Menu for Delivery on Tuesday August 9, 2022

Order must be placed by noon on July 26

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

Thai Chicken Soup
Allergen: tree nut

French Onion Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Lentil Soup

Butternut Squash Soup
Allergen: dairy

Herb Seared Pistachio Crusted Scallops
Allergen: tree nut, shellfish, gluten

Grilled Sirloin w Sauteed Onions & Creamy Horseradish-Chive Sauce
Allergen: dairy

Lasagna Bolognese w Garlic Bread
Allergen: egg, dairy, gluten



Mongolian Chicken
Allergen: soy



Garlic Braised Short Ribs w Merlot Sauce



Bourbon Peach Glazed Salmon

Pan Seared Pork Tenderloin w Honey Garlic Sauce

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday August 16, 2022

Order must be placed by noon on August 2

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham

Cream of Spinach Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Vegetables & Wild Rice Soup

Grilled Tandoori-Style Lamb Chop 
Allergen: dairy

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

CWV BBQ Chicken Legs



Grilled Swordfish w Oregano Lemon Butter
Allergen: dairy

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy, gluten

Fettucine Bolognese 
Allergen: eggs, dairy, gluten

Eggplant Parmesan w Angel Hair Pasta & Parsley Butter 
Allergen: eggs, dairy, gluten

Menu for Delivery on Tuesday August 23, 2022

Order must be placed by noon on August 9

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

Cream of Broccoli
Allergen: dairy

Tomato Rice Florentine Soup

Chicken Bok Choy Soup
Allergen: soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Tuna Steak w Avocado

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Salsa Verde

Grilled Salmon w Basil Garlic Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: eggs, dairy

**Pan Seared Chicken Breast Stuffed
w Broccoli & Cheddar Cheese**
Allergen: dairy



Rigatoni in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: eggs, dairy, gluten



Menu for Delivery on Tuesday August 30, 2022

Order must be placed by noon on August 16

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: gluten, egg, dairy

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta E Fagioli Soup

Allergen: gluten, egg

Grilled Rack of Lamb w Roasted Garlic Aioli

Allergen: eggs, dairy

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Chicken Carbonara w Spaghetti

Allergen: eggs, dairy, gluten



Orange-Anise Glazed Duck Leg

BBQ Beef Chili



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: tree nut, shellfish, eggs, dairy, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: dairy



Menu for Delivery on Tuesday September 6, 2022

Order must be placed by noon on August 23

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

Shrimp Bisque

Allergen: shellfish, dairy

Spinach & Barley Soup

Allergen: gluten

Navy Bean Soup w Smoked Ham

Chicken & Corn Soup

Grilled Mediterranean Vegetable Soup

Allergen: gluten, egg

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut, dairy

Parmesan Crusted Chicken w Herb Butter Sauce

Allergen: dairy, gluten



Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, eggs, dairy gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Rainbow Trout w Citrus Vinaigrette

Sole Amandine

Allergen: nut, eggs

Menu for Delivery on Tuesday September 13, 2022

Order must be placed by noon on August 30

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

Thai Chicken Soup
Allergen: tree nut

French Onion Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Lentil Soup

Butternut Squash Soup
Allergen: dairy

Herb Seared Pistachio Crusted Scallops
Allergen: tree nut, shellfish, gluten

Grilled Sirloin w Sauteed Onions & Creamy Horseradish-Chive Sauce
Allergen: dairy

Lasagna Bolognese w Garlic Bread
Allergen: egg, dairy, gluten



Mongolian Chicken
Allergen: soy



Garlic Braised Short Ribs w Merlot Sauce



Bourbon Peach Glazed Salmon

Pan Seared Pork Tenderloin w Honey Garlic Sauce

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday September 20, 2022

Order must be placed by noon on September 6

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


Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham

Cream of Spinach Soup
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Vegetables & Wild Rice Soup

Grilled Tandoori-Style Lamb Chop 
Allergen: dairy

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

CWV BBQ Chicken Legs



Grilled Swordfish w Oregano Lemon Butter
Allergen: dairy

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy, gluten

Fettucine Bolognese 
Allergen: eggs, dairy, gluten

Eggplant Parmesan w Angel Hair Pasta & Parsley Butter 
Allergen: eggs, dairy, gluten

Menu for Delivery on Tuesday September 27, 2022

Order must be placed by noon on September 13

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

Cream of Broccoli
Allergen: dairy

Tomato Rice Florentine Soup

Chicken Bok Choy Soup
Allergen: soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Tuna Steak w Avocado

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Salsa Verde

Grilled Salmon w Basil Garlic Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: eggs, dairy

**Pan Seared Chicken Breast Stuffed
w Broccoli & Cheddar Cheese**
Allergen: dairy



Rigatoni in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: eggs, dairy, gluten



Menu for Delivery on Tuesday October 4, 2022

Order must be placed by noon on September 20

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: gluten, egg, dairy

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta E Fagioli Soup

Allergen: gluten, egg

Grilled Rack of Lamb w Roasted Garlic Aioli

Allergen: eggs, dairy

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Chicken Carbonara w Spaghetti

Allergen: eggs, dairy, gluten



Orange-Anise Glazed Duck Leg

BBQ Beef Chili



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: tree nut, shellfish, eggs, dairy, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: dairy



Menu for Delivery on Tuesday October 11, 2022

Order must be placed by noon on September 27

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

Shrimp Bisque

Allergen: shellfish, dairy

Spinach & Barley Soup

Allergen: gluten

Navy Bean Soup w Smoked Ham

Chicken & Corn Soup

Grilled Mediterranean Vegetable Soup

Allergen: gluten, egg

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut, dairy

Parmesan Crusted Chicken w Herb Butter Sauce

Allergen: dairy, gluten



Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, eggs, dairy gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Rainbow Trout w Citrus Vinaigrette

Sole Amandine

Allergen: nut, eggs

Menu for Delivery on Tuesday October 18, 2022

Order must be placed by noon on October 4

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

Thai Chicken Soup
Allergen: tree nut

French Onion Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Lentil Soup

Butternut Squash Soup
Allergen: dairy

Herb Seared Pistachio Crusted Scallops
Allergen: tree nut, shellfish, gluten

Grilled Sirloin w Sauteed Onions & Creamy Horseradish-Chive Sauce
Allergen: dairy

Lasagna Bolognese w Garlic Bread
Allergen: egg, dairy, gluten



Mongolian Chicken
Allergen: soy



Garlic Braised Short Ribs w Merlot Sauce



Bourbon Peach Glazed Salmon

Pan Seared Pork Tenderloin w Honey Garlic Sauce

Baked Lemon Haddock w Red Pepper Onion Relish

Side Dishes

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Flame Roasted Baby Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper & Onions**
- **Grilled Julienne Cut Seven 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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