

# *Gourmet To Go*

*From Carleton-Willard At Home*



*This menu is valid for orders  
delivered through October 15, 2024*



## HERE'S HOW IT WORKS

These healthy prepared meals are packed 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.

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 each.

**One Entrée + Two Sides** of your choice costs \$10.

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

**Desserts** cost \$3 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 in red print.

Make your selections and call or email them to us by noon on the "Order By" date shown at the top of each week's menu.


At Home office **781.276.1910** or **membership@cwathome.org**

On a **Tuesday** afternoon, **two weeks after** you have called it in to us, your order will be delivered between 1pm and 5pm.

The delivery date is clearly marked on your menu.

**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 \$4 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 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. 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**

**\*\* Note: These dishes are prepared using zero-sodium, soy-based products**





# Menu for Delivery on Tuesday April 23, 2024

**Order must be placed by noon on April 9**

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

**Thai Chicken Soup**  
Allergen: sesame

**Lentil Soup**

**Crabmeat Bisque**  
Allergen: shellfish, dairy

**Butternut Squash Soup**  
Allergen: dairy

**Beef Vegetable Soup**

**Parmesan Baked Scallops**  
Allergen: dairy, gluten, shellfish

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



**Pan Seared Chicken Thighs w Green Goddess Sauce**

**Short Rib Bourguignon**



**Village Meatloaf w Burgundy Mushroom Gravy**  
Allergen: dairy, egg, gluten,



**Pan Seared Pork Tenderloin w Grilled Peach Salsa**

**Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce**  
Allergen: shellfish

**Baked Lemon Haddock w Red Pepper Onion Relish**

# Menu for Delivery on Tuesday April 30, 2024

**Order must be placed by noon on April 16**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Split Pea Soup w Ham**  
Allergen: dairy

**Cream of Spinach Soup**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Potato Leek Soup**  
Allergen: dairy

**Spice Crusted Seared Salmon w Coconut**  
Allergen: tree nut

**Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze** 

**CWV Famous Steak Tips**

**St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce**   
Allergen: soy

**Chicken Francese**  
Allergen: gluten, egg

**CWV BBQ Chicken Legs** 

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

**Fettucine Bolognese**   
Allergen: gluten, egg, dairy

# Menu for Delivery on Tuesday May 7, 2024

**Order must be placed by noon on April 23**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Chicken Bok Choy Soup**  
Allergen: sesame

**Two Bean Soup**

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Pan Seared Scallop Piccata**  
Allergen: dairy, shellfish, egg



**Austrian Chicken Schnitzel**  
Allergen: gluten, egg

**Blackened Balsamic Tuna Steaks**

**Bacon-Wrapped Pork Tenderloin w Maple Butter**  
Allergen: dairy



**Roasted Cornish Game Hen w Italian Herb Soft Butter**  
Allergen: dairy

**Pan Blackened Swordfish w Lemon Cilantro Aioli**  
Allergen: dairy, egg

**Onion Braised Beef Brisket**



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



# Menu for Delivery on Tuesday May 14, 2024

**Order must be placed by noon on April 30**

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

**Shrimp Bisque**  
Allergen: dairy, shellfish

**Spinach Veloute w  
Mascarpone Cheese**  
Allergen: dairy

**Navy Bean w Smoked Ham Soup**

**New England Clam Chowder**  
Allergen: dairy, shellfish

**Barley & Chicken Soup**  
Allergen: gluten

**Grilled Rack of Lamb w Tzatziki Sauce**

**Pan Seared Arctic Char w Ginger Chive Butter**  
Allergen: dairy

**Grilled Mexican Flank Steak w Fresh Mango Relish**

**Coconut Shrimp w Mandarin Pineapple Salsa**  
Allergen: shellfish, tree nuts

**Soy Ginger Salmon w Lemon Scallion Butter**   
Allergen: soy, dairy, sesame

**Venetian Duck Ragu w Pappardelle Pasta**  
Allergen: egg, gluten

**Ultimate BBQ Baby Back Ribs** 

**Chicken Piccata**   
Allergen: egg, dairy

# Menu for Delivery on Tuesday May 21, 2024

**Order must be placed by noon on May 7**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: egg, gluten

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: egg, gluten

**Slow Roasted Prime Rib w Au Jus**

**Southern Italian Poached Cod**

**Braised Lamb Stew w Mint Relish**



**Shrimp Alfredo w Fettucine**

Allergen: shellfish, dairy, gluten, egg



**Southwestern Steak Tips w Corn and Black Bean Salsa**



**Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce**

Allergen: dairy



**Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette**

**Sole Amandine**

Allergen: egg, tree nut

# Menu for Delivery on Tuesday May 28, 2024

**Order must be placed by noon on May 14**

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

**Thai Chicken Soup**  
Allergen: sesame

**Lentil Soup**

**Crabmeat Bisque**  
Allergen: shellfish, dairy

**Butternut Squash Soup**  
Allergen: dairy

**Beef Vegetable Soup**

**Parmesan Baked Scallops**  
Allergen: dairy, gluten, shellfish

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



**Pan Seared Chicken Thighs w Green Goddess Sauce**

**Short Rib Bourguignon**



**Village Meatloaf w Burgundy Mushroom Gravy**  
Allergen: dairy, egg, gluten,



**Pan Seared Pork Tenderloin w Grilled Peach Salsa**

**Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce**  
Allergen: shellfish

**Baked Lemon Haddock w Red Pepper Onion Relish**

# Menu for Delivery on Tuesday June 4, 2024

**Order must be placed by noon on May 21**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Split Pea Soup w Ham**  
Allergen: dairy

**Cream of Spinach Soup**  
Allergen: dairy


**Minestrone Soup**  
Allergen: gluten

**Potato Leek Soup**  
Allergen: dairy

**Spice Crusted Seared Salmon w Coconut**  
Allergen: tree nut

**Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze** 

**CWV Famous Steak Tips**

**St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce**   
Allergen: soy

**Chicken Francese**  
Allergen: gluten, egg

**CWV BBQ Chicken Legs** 

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

**Fettucine Bolognese**   
Allergen: gluten, egg, dairy

# Menu for Delivery on Tuesday June 11, 2024

**Order must be placed by noon on May 28**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Chicken Bok Choy Soup**  
Allergen: sesame

**Two Bean Soup**

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Pan Seared Scallop Piccata**  
Allergen: dairy, shellfish, egg



**Austrian Chicken Schnitzel**  
Allergen: gluten, egg

**Blackened Balsamic Tuna Steaks**

**Bacon-Wrapped Pork Tenderloin w Maple Butter**  
Allergen: dairy



**Roasted Cornish Game Hen w Italian Herb Soft Butter**  
Allergen: dairy

**Pan Blackened Swordfish w Lemon Cilantro Aioli**  
Allergen: dairy, egg

**Onion Braised Beef Brisket**



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





# Menu for Delivery on Tuesday June 18, 2024

**Order must be placed by noon on June 4**

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

**Shrimp Bisque**  
Allergen: dairy, shellfish

**Spinach Veloute w  
Mascarpone Cheese**  
Allergen: dairy

**Navy Bean w Smoked Ham Soup**

**New England Clam Chowder**  
Allergen: dairy, shellfish


**Barley & Chicken Soup**  
Allergen: gluten

**Grilled Rack of Lamb w Tzatziki Sauce**

**Pan Seared Arctic Char w Ginger Chive Butter**  
Allergen: dairy

**Grilled Mexican Flank Steak w Fresh Mango Relish**

**Coconut Shrimp w Mandarin Pineapple Salsa**  
Allergen: shellfish, tree nuts

**Soy Ginger Salmon w Lemon Scallion Butter**   
Allergen: soy, dairy, sesame

**Venetian Duck Ragu w Pappardelle Pasta**  
Allergen: egg, gluten

**Ultimate BBQ Baby Back Ribs** 

**Chicken Piccata**   
Allergen: egg, dairy

# Menu for Delivery on Tuesday June 25, 2024

**Order must be placed by noon on June 11**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: egg, gluten

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: egg, gluten

**Slow Roasted Prime Rib w Au Jus**

**Southern Italian Poached Cod**

**Braised Lamb Stew w Mint Relish**



**Shrimp Alfredo w Fettucine**

Allergen: shellfish, dairy, gluten, egg



**Southwestern Steak Tips w Corn and Black Bean Salsa**



**Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce**

Allergen: dairy



**Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette**

**Sole Amandine**

Allergen: egg, tree nut

# Menu for Delivery on Tuesday July 2, 2024

**Order must be placed by noon on June 18**

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

**Thai Chicken Soup**  
Allergen: sesame

**Lentil Soup**

**Crabmeat Bisque**  
Allergen: shellfish, dairy

**Butternut Squash Soup**  
Allergen: dairy

**Beef Vegetable Soup**

**Parmesan Baked Scallops**  
Allergen: dairy, gluten, shellfish

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



**Pan Seared Chicken Thighs w Green Goddess Sauce**

**Short Rib Bourguignon**



**Village Meatloaf w Burgundy Mushroom Gravy**  
Allergen: dairy, egg, gluten,



**Pan Seared Pork Tenderloin w Grilled Peach Salsa**

**Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce**  
Allergen: shellfish

**Baked Lemon Haddock w Red Pepper Onion Relish**

# Menu for Delivery on Tuesday July 9, 2024

**Order must be placed by noon on June 25**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Split Pea Soup w Ham**  
Allergen: dairy

**Cream of Spinach Soup**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Potato Leek Soup**  
Allergen: dairy

**Spice Crusted Seared Salmon w Coconut**  
Allergen: tree nut

**Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze** 

**CWV Famous Steak Tips**

**St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce**   
Allergen: soy

**Chicken Francese**  
Allergen: gluten, egg

**CWV BBQ Chicken Legs** 

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

**Fettucine Bolognese**   
Allergen: gluten, egg, dairy

# Menu for Delivery on Tuesday July 16, 2024

**Order must be placed by noon on July 2**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Chicken Bok Choy Soup**  
Allergen: sesame

**Two Bean Soup**

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Pan Seared Scallop Piccata**  
Allergen: dairy, shellfish, egg



**Austrian Chicken Schnitzel**  
Allergen: gluten, egg

**Blackened Balsamic Tuna Steaks**

**Bacon-Wrapped Pork Tenderloin w Maple Butter**  
Allergen: dairy



**Roasted Cornish Game Hen w Italian Herb Soft Butter**  
Allergen: dairy

**Pan Blackened Swordfish w Lemon Cilantro Aioli**  
Allergen: dairy, egg

**Onion Braised Beef Brisket**



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



# Menu for Delivery on Tuesday July 23, 2024

**Order must be placed by noon on July 9**

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

**Shrimp Bisque**  
Allergen: dairy, shellfish

**Spinach Veloute w  
Mascarpone Cheese**  
Allergen: dairy

**Navy Bean w Smoked Ham Soup**

**New England Clam Chowder**  
Allergen: dairy, shellfish

**Barley & Chicken Soup**  
Allergen: gluten

**Grilled Rack of Lamb w Tzatziki Sauce**

**Pan Seared Arctic Char w Ginger Chive Butter**  
Allergen: dairy

**Grilled Mexican Flank Steak w Fresh Mango Relish**

**Coconut Shrimp w Mandarin Pineapple Salsa**  
Allergen: shellfish, tree nuts

**Soy Ginger Salmon w Lemon Scallion Butter**   
Allergen: soy, dairy, sesame

**Venetian Duck Ragu w Pappardelle Pasta**  
Allergen: egg, gluten

**Ultimate BBQ Baby Back Ribs** 

**Chicken Piccata**   
Allergen: egg, dairy

# Menu for Delivery on Tuesday July 30, 2024

**Order must be placed by noon on July 16**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**  
Allergen: egg, gluten

**Cream of Asparagus & Leek Soup**  
Allergen: dairy

**Cream of Tomato Soup**  
Allergen: dairy

**Pasta e Fagioli Soup**  
Allergen: egg, gluten

**Slow Roasted Prime Rib w Au Jus**

**Southern Italian Poached Cod**

**Braised Lamb Stew w Mint Relish**



**Shrimp Alfredo w Fettucine**  
Allergen: shellfish, dairy, gluten, egg



**Southwestern Steak Tips w Corn and Black Bean Salsa**



**Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce**  
Allergen: dairy



**Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette**

**Sole Amandine**  
Allergen: egg, tree nut

# Menu for Delivery on Tuesday August 6, 2024

**Order must be placed by noon on July 23**

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

**Thai Chicken Soup**  
Allergen: sesame

**Lentil Soup**

**Crabmeat Bisque**  
Allergen: shellfish, dairy

**Butternut Squash Soup**  
Allergen: dairy

**Beef Vegetable Soup**

**Parmesan Baked Scallops**  
Allergen: dairy, gluten, shellfish

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



**Pan Seared Chicken Thighs w Green Goddess Sauce**

**Short Rib Bourguignon**



**Village Meatloaf w Burgundy Mushroom Gravy**  
Allergen: dairy, egg, gluten,



**Pan Seared Pork Tenderloin w Grilled Peach Salsa**

**Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce**  
Allergen: shellfish

**Baked Lemon Haddock w Red Pepper Onion Relish**



# Menu for Delivery on Tuesday August 13, 2024

**Order must be placed by noon on July 30**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Split Pea Soup w Ham**  
Allergen: dairy

**Cream of Spinach Soup**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Potato Leek Soup**  
Allergen: dairy

**Spice Crusted Seared Salmon w Coconut**  
Allergen: tree nut

**Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze** 

**CWV Famous Steak Tips**

**St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce**   
Allergen: soy

**Chicken Francese**  
Allergen: gluten, egg

**CWV BBQ Chicken Legs** 

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

**Fettucine Bolognese**   
Allergen: gluten, egg, dairy

# Menu for Delivery on Tuesday August 20, 2024

**Order must be placed by noon on August 6**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Chicken Bok Choy Soup**  
Allergen: sesame

**Two Bean Soup**

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Pan Seared Scallop Piccata**  
Allergen: dairy, shellfish, egg



**Austrian Chicken Schnitzel**  
Allergen: gluten, egg

**Blackened Balsamic Tuna Steaks**

**Bacon-Wrapped Pork Tenderloin w Maple Butter**  
Allergen: dairy



**Roasted Cornish Game Hen w Italian Herb Soft Butter**  
Allergen: dairy

**Pan Blackened Swordfish w Lemon Cilantro Aioli**  
Allergen: dairy, egg

**Onion Braised Beef Brisket**



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



# Menu for Delivery on Tuesday August 27, 2024

**Order must be placed by noon on August 13**

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

**Shrimp Bisque**  
Allergen: dairy, shellfish

**Spinach Veloute w  
Mascarpone Cheese**  
Allergen: dairy

**Navy Bean w Smoked Ham Soup**

**New England Clam Chowder**  
Allergen: dairy, shellfish

**Barley & Chicken Soup**  
Allergen: gluten

**Grilled Rack of Lamb w Tzatziki Sauce**

**Pan Seared Arctic Char w Ginger Chive Butter**  
Allergen: dairy

**Grilled Mexican Flank Steak w Fresh Mango Relish**

**Coconut Shrimp w Mandarin Pineapple Salsa**  
Allergen: shellfish, tree nuts

**Soy Ginger Salmon w Lemon Scallion Butter**   
Allergen: soy, dairy, sesame

**Venetian Duck Ragu w Pappardelle Pasta**  
Allergen: egg, gluten

**Ultimate BBQ Baby Back Ribs** 

**Chicken Piccata**   
Allergen: egg, dairy

# Menu for Delivery on Tuesday September 3, 2024

**Order must be placed by noon on August 20**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: egg, gluten

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: egg, gluten

**Slow Roasted Prime Rib w Au Jus**

**Southern Italian Poached Cod**

**Braised Lamb Stew w Mint Relish**



**Shrimp Alfredo w Fettucine**

Allergen: shellfish, dairy, gluten, egg



**Southwestern Steak Tips w Corn and Black Bean Salsa**



**Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce**

Allergen: dairy



**Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette**

**Sole Amandine**

Allergen: egg, tree nut

# Menu for Delivery on Tuesday September 10, 2024

**Order must be placed by noon on August 27**

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

**Thai Chicken Soup**  
Allergen: sesame

**Lentil Soup**

**Crabmeat Bisque**  
Allergen: shellfish, dairy

**Butternut Squash Soup**  
Allergen: dairy

**Beef Vegetable Soup**

**Parmesan Baked Scallops**  
Allergen: dairy, gluten, shellfish

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



**Pan Seared Chicken Thighs w Green Goddess Sauce**

**Short Rib Bourguignon**



**Village Meatloaf w Burgundy Mushroom Gravy**  
Allergen: dairy, egg, gluten,



**Pan Seared Pork Tenderloin w Grilled Peach Salsa**

**Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce**  
Allergen: shellfish

**Baked Lemon Haddock w Red Pepper Onion Relish**

# Menu for Delivery on Tuesday September 17, 2024

**Order must be placed by noon on September 3**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Split Pea Soup w Ham**  
Allergen: dairy

**Cream of Spinach Soup**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Potato Leek Soup**  
Allergen: dairy

**Spice Crusted Seared Salmon w Coconut**  
Allergen: tree nut

**Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze** 

**CWV Famous Steak Tips**

**St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce**   
Allergen: soy

**Chicken Francese**  
Allergen: gluten, egg

**CWV BBQ Chicken Legs** 

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

**Fettucine Bolognese**   
Allergen: gluten, egg, dairy

# Menu for Delivery on Tuesday September 24, 2024

**Order must be placed by noon on September 10**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Chicken Bok Choy Soup**  
Allergen: sesame

**Two Bean Soup**

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Pan Seared Scallop Piccata**  
Allergen: dairy, shellfish, egg



**Austrian Chicken Schnitzel**  
Allergen: gluten, egg

**Blackened Balsamic Tuna Steaks**

**Bacon-Wrapped Pork Tenderloin w Maple Butter**  
Allergen: dairy



**Roasted Cornish Game Hen w Italian Herb Soft Butter**  
Allergen: dairy

**Pan Blackened Swordfish w Lemon Cilantro Aioli**  
Allergen: dairy, egg

**Onion Braised Beef Brisket**



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



# Menu for Delivery on Tuesday October 1, 2024

**Order must be placed by noon on September 17**

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

**Shrimp Bisque**  
Allergen: dairy, shellfish

**Spinach Veloute w  
Mascarpone Cheese**  
Allergen: dairy

**Navy Bean w Smoked Ham Soup**

**New England Clam Chowder**  
Allergen: dairy, shellfish


**Barley & Chicken Soup**  
Allergen: gluten

**Grilled Rack of Lamb w Tzatziki Sauce**

**Pan Seared Arctic Char w Ginger Chive Butter**  
Allergen: dairy

**Grilled Mexican Flank Steak w Fresh Mango Relish**

**Coconut Shrimp w Mandarin Pineapple Salsa**  
Allergen: shellfish, tree nuts

**Soy Ginger Salmon w Lemon Scallion Butter**   
Allergen: soy, dairy, sesame

**Venetian Duck Ragu w Pappardelle Pasta**  
Allergen: egg, gluten

**Ultimate BBQ Baby Back Ribs** 

**Chicken Piccata**   
Allergen: egg, dairy



# Menu for Delivery on Tuesday October 8, 2024

**Order must be placed by noon on September 24**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: egg, gluten

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: egg, gluten

**Slow Roasted Prime Rib w Au Jus**

**Southern Italian Poached Cod**

**Braised Lamb Stew w Mint Relish**



**Shrimp Alfredo w Fettucine**

Allergen: shellfish, dairy, gluten, egg



**Southwestern Steak Tips w Corn and Black Bean Salsa**



**Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce**

Allergen: dairy



**Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette**

**Sole Amandine**

Allergen: egg, tree nut

# Menu for Delivery on Tuesday October 15, 2024

**Order must be placed by noon on October 1**

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

**Thai Chicken Soup**  
Allergen: sesame

**Lentil Soup**

**Crabmeat Bisque**  
Allergen: shellfish, dairy

**Butternut Squash Soup**  
Allergen: dairy

**Beef Vegetable Soup**

**Parmesan Baked Scallops**  
Allergen: dairy, gluten, shellfish

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



**Pan Seared Chicken Thighs w Green Goddess Sauce**

**Short Rib Bourguignon**



**Village Meatloaf w Burgundy Mushroom Gravy**  
Allergen: dairy, egg, gluten,



**Pan Seared Pork Tenderloin w Grilled Peach Salsa**

**Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce**  
Allergen: shellfish

**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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