

Gourmet To Go

From Carleton-Willard at Home

**REVISED
MENU**



*This menu is valid for orders
delivered through October 21, 2025*

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 \$5 each.

One Entrée + Two Sides of your choice costs \$12.50.

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

Desserts cost \$4 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 \$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 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
- **Flame Roasted Baby Baked Potatoes**
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Wild Rice Pilaf**
- **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**

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

Menu for Delivery on Tuesday April 29, 2025

Order must be placed by noon on April 15

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

Thai Chicken Soup
Allergen: sesame, soy

Crabmeat Bisque
Allergen: shellfish, dairy

Corn Chowder
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Steak Diane
Allergen: dairy



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



Coconut Lime Chicken Thighs
Allergen: tree nuts

Blackberry Braised Short Ribs

Village Meatloaf w Burgundy Mushroom Gravy
Allergen: egg, gluten



Spiced Baked Salmon w Lemon Garlic Butter
Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday May 6, 2025

Order must be placed by noon on April 22

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

Chicken & Wild Rice Soup

Split Pea Soup w Ham
Allergen: dairy

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup
Allergen: gluten

New England Clam Chowder
Allergen: shellfish, dairy

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Pan Roasted Salmon with Tomato Vinaigrette

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

Chicken Francese
Allergen: gluten, egg

Apple Butter Grilled Pork Chops
Allergen: dairy

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

British Fish Cakes w Horseradish Tartar Sauce 
Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday May 13, 2025

Order must be placed by noon on April 29

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, soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Oven Barbecued Cornish Game Hen

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

Onion Braised Beef Brisket



Braised Chicken all'arrabbiata



Menu for Delivery on Tuesday May 20, 2025

Order must be placed by noon on May 6

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

Fish Chowder

Allergen: seafood, dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Asian Rack of Lamb w Cardamom Fennel Sauce

Allergen: dairy, soy



Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Prosciutto & Basil Stuffed Flank Steak w Chimichurri Sauce



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts, gluten

Hunan-Style Ginger Chicken Thighs

Allergen: soy, sesame

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday May 27, 2025

Order must be placed by noon on May 13

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

Shrimp Bisque
Allergen: dairy, shellfish

Navy Bean w Smoked Ham Soup

French Lentil Soup

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

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Parmesan Crusted Chicken w Herb Butter Sauce
Allergen: dairy, gluten

Alaska Cod Parmesan
Allergen: dairy, egg

Southwestern Steak Tips w Corn and Black Bean Salsa 

Haddock Florentine
Allergen: dairy

Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nuts

General Tso's Chicken 
Allergen: gluten, soy

Menu for Delivery on Tuesday June 3, 2025

Order must be placed by noon on May 20

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

Thai Chicken Soup
Allergen: sesame, soy

Corn Chowder
Allergen: dairy

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Steak Diane
Allergen: dairy



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



Coconut Lime Chicken Thighs
Allergen: tree nuts

Blackberry Braised Short Ribs

Village Meatloaf w Burgundy Mushroom Gravy
Allergen: egg, gluten



Spiced Baked Salmon w Lemon Garlic Butter
Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday June 10, 2025

Order must be placed by noon on May 27

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

Chicken & Wild Rice Soup

Split Pea Soup w Ham
Allergen: dairy

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup
Allergen: gluten

New England Clam Chowder
Allergen: shellfish, dairy

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Pan Roasted Salmon with Tomato Vinaigrette

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

Chicken Francese
Allergen: gluten, egg

Apple Butter Grilled Pork Chops
Allergen: dairy

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

British Fish Cakes w Horseradish Tartar Sauce 
Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday June 17, 2025

Order must be placed by noon on June 3

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, soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo

Allergen: dairy, shellfish

Steak Au Poivre

Allergen: dairy

Pan Seared Scallop Piccata

Allergen: dairy, shellfish, egg



Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter

Allergen: dairy



Oven Barbecued Cornish Game Hen

Pan Blackened Swordfish w Lemon Cilantro Aioli

Allergen: dairy, egg

Onion Braised Beef Brisket



Braised Chicken all'arrabbiata



Menu for Delivery on Tuesday June 24, 2025

Order must be placed by noon on June 10

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

Fish Chowder

Allergen: seafood, dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Asian Rack of Lamb w Cardamom Fennel Sauce

Allergen: dairy, soy



Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Prosciutto & Basil Stuffed Flank Steak w Chimichurri Sauce



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts, gluten

Hunan-Style Ginger Chicken Thighs

Allergen: soy, sesame

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday July 1, 2025

Order must be placed by noon on June 17

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

Shrimp Bisque
Allergen: dairy, shellfish

Navy Bean w Smoked Ham Soup

French Lentil Soup

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

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Parmesan Crusted Chicken w Herb Butter Sauce
Allergen: dairy, gluten

Alaska Cod Parmesan
Allergen: dairy, egg

Southwestern Steak Tips w Corn and Black Bean Salsa



Haddock Florentine
Allergen: dairy

Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nuts

General Tso's Chicken
Allergen: gluten, soy



Menu for Delivery on Tuesday July 8, 2025

Order must be placed by noon on June 24

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

Thai Chicken Soup
Allergen: sesame, soy

Crabmeat Bisque
Allergen: shellfish, dairy

Corn Chowder
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Steak Diane
Allergen: dairy



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



Coconut Lime Chicken Thighs
Allergen: tree nuts

Blackberry Braised Short Ribs

Village Meatloaf w Burgundy Mushroom Gravy
Allergen: egg, gluten



Spiced Baked Salmon w Lemon Garlic Butter
Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday July 15, 2025

Order must be placed by noon on July 1

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

Chicken & Wild Rice Soup

Split Pea Soup w Ham
Allergen: dairy

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup
Allergen: gluten

New England Clam Chowder
Allergen: shellfish, dairy

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Pan Roasted Salmon with Tomato Vinaigrette

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

Chicken Francese
Allergen: gluten, egg

Apple Butter Grilled Pork Chops
Allergen: dairy

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

British Fish Cakes w Horseradish Tartar Sauce 
Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday July 22, 2025

Order must be placed by noon on July 8

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, soy


Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Scallop Piccata 
Allergen: dairy, shellfish, egg

Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter 
Allergen: dairy

Oven Barbecued Cornish Game Hen

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

Onion Braised Beef Brisket 

Braised Chicken all'arrabbiata 

Menu for Delivery on Tuesday July 29, 2025

Order must be placed by noon on July 15

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

Fish Chowder

Allergen: seafood, dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Asian Rack of Lamb w Cardamom Fennel Sauce

Allergen: dairy, soy



Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Prosciutto & Basil Stuffed Flank Steak w Chimichurri Sauce



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts, gluten

Hunan-Style Ginger Chicken Thighs

Allergen: soy, sesame

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday August 5, 2025

Order must be placed by noon on July 22

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

Shrimp Bisque
Allergen: dairy, shellfish

Navy Bean w Smoked Ham Soup

French Lentil Soup

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

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Parmesan Crusted Chicken w Herb Butter Sauce
Allergen: dairy, gluten

Alaska Cod Parmesan
Allergen: dairy, egg

Southwestern Steak Tips w Corn and Black Bean Salsa



Haddock Florentine
Allergen: dairy

Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nuts

General Tso's Chicken
Allergen: gluten, soy



Menu for Delivery on Tuesday August 12, 2025

Order must be placed by noon on July 29

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

Thai Chicken Soup
Allergen: sesame, soy

Crabmeat Bisque
Allergen: shellfish, dairy

Corn Chowder
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Steak Diane
Allergen: dairy



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



Coconut Lime Chicken Thighs
Allergen: tree nuts

Blackberry Braised Short Ribs

Village Meatloaf w Burgundy Mushroom Gravy
Allergen: egg, gluten



Spiced Baked Salmon w Lemon Garlic Butter
Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday August 19, 2025

Order must be placed by noon on August 5

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

Chicken & Wild Rice Soup

Split Pea Soup w Ham
Allergen: dairy

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup
Allergen: gluten

New England Clam Chowder
Allergen: shellfish, dairy

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Pan Roasted Salmon with Tomato Vinaigrette

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

Chicken Francese
Allergen: gluten, egg

Apple Butter Grilled Pork Chops
Allergen: dairy

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

British Fish Cakes w Horseradish Tartar Sauce 
Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday August 26, 2025

Order must be placed by noon on August 12

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, soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Oven Barbecued Cornish Game Hen

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

Onion Braised Beef Brisket



Braised Chicken all'arrabbiata



Menu for Delivery on Tuesday September 2, 2025

Order must be placed by noon on August 19

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

Fish Chowder

Allergen: seafood, dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Asian Rack of Lamb w Cardamom Fennel Sauce

Allergen: dairy, soy



Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Prosciutto & Basil Stuffed Flank Steak w Chimichurri Sauce



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts, gluten

Hunan-Style Ginger Chicken Thighs

Allergen: soy, sesame

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday September 9, 2025

Order must be placed by noon on August 26

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

Shrimp Bisque
Allergen: dairy, shellfish

Navy Bean w Smoked Ham Soup

French Lentil Soup

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

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Parmesan Crusted Chicken w Herb Butter Sauce
Allergen: dairy, gluten

Alaska Cod Parmesan
Allergen: dairy, egg

Southwestern Steak Tips w Corn and Black Bean Salsa



Haddock Florentine
Allergen: dairy

Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nuts

General Tso's Chicken
Allergen: gluten, soy



Menu for Delivery on Tuesday September 16, 2025

Order must be placed by noon on September 2

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

Thai Chicken Soup
Allergen: sesame, soy

Crabmeat Bisque
Allergen: shellfish, dairy

Corn Chowder
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Steak Diane
Allergen: dairy



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



Coconut Lime Chicken Thighs
Allergen: tree nuts

Blackberry Braised Short Ribs

Village Meatloaf w Burgundy Mushroom Gravy
Allergen: egg, gluten



Spiced Baked Salmon w Lemon Garlic Butter
Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday September 23, 2025

Order must be placed by noon on September 9

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

Chicken & Wild Rice Soup

Split Pea Soup w Ham
Allergen: dairy

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup
Allergen: gluten

New England Clam Chowder
Allergen: shellfish, dairy

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Pan Roasted Salmon with Tomato Vinaigrette

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze



CWV Famous Steak Tips

Chicken Francese
Allergen: gluten, egg

Apple Butter Grilled Pork Chops
Allergen: dairy

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

British Fish Cakes w Horseradish Tartar Sauce
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday September 30, 2025

Order must be placed by noon on September 16

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, soy

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Steak Au Poivre
Allergen: dairy

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Oven Barbecued Cornish Game Hen

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

Onion Braised Beef Brisket



Braised Chicken all'arrabbiata



Menu for Delivery on Tuesday October 7, 2025

Order must be placed by noon on September 23

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

Fish Chowder

Allergen: seafood, dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Asian Rack of Lamb w Cardamom Fennel Sauce

Allergen: dairy, soy



Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Prosciutto & Basil Stuffed Flank Steak w Chimichurri Sauce



Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts, gluten

Hunan-Style Ginger Chicken Thighs

Allergen: soy, sesame

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday October 14, 2025

Order must be placed by noon on September 30

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

Shrimp Bisque
Allergen: dairy, shellfish

Navy Bean w Smoked Ham Soup

French Lentil Soup

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

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Parmesan Crusted Chicken w Herb Butter Sauce
Allergen: dairy, gluten

Alaska Cod Parmesan
Allergen: dairy, egg

Southwestern Steak Tips w Corn and Black Bean Salsa 

Haddock Florentine
Allergen: dairy

Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nuts

General Tso's Chicken 
Allergen: gluten, soy

Menu for Delivery on Tuesday October 21, 2025

Order must be placed by noon on October 7

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

Thai Chicken Soup
Allergen: sesame, soy

Corn Chowder
Allergen: dairy

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Steak Diane
Allergen: dairy



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



Coconut Lime Chicken Thighs
Allergen: tree nuts

Blackberry Braised Short Ribs

Village Meatloaf w Burgundy Mushroom Gravy
Allergen: egg, gluten



Spiced Baked Salmon w Lemon Garlic Butter
Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper Onion Relish

Side Dishes

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Flame Roasted Baby Baked Potatoes**
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Wild Rice Pilaf**
- **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**

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)





Printed April 2025