

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through February 18, 2020*

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 3pm and 5pm.

The delivery date is clearly marked on your menu.

SOMEONE MUST 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 \$4.00 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.

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**
Allergens: Soy & Dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
Allergens: Soy & Dairy
- **Flame Roasted Baby Potatoes**
Allergen: Soy
- **Mashed Potatoes**
Allergens: Soy & Dairy
- **Mashed Sweet Potatoes**
Allergens: Soy & Dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
Allergens: Soy
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**

Continued on back side

Side Dishes



CHOOSE TWO SIDE DISHES PER ENTRÉE

- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwestern Roast Corn & Black Beans with Bell Pepper & Onions**
Allergens: Soy
- **Grilled Julienne-Cut Seven Vegetable Medley**

Note: These dishes are prepared using zero-sodium, soy-based margarine.

Menu for Delivery on Tuesday October 22, 2019

Order must be placed by noon on Oct. 8

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

Beef Vegetable Soup

White Bean Escarole Soup

Potato Leek Soup

Allergen: Dairy

Steak & Ale Chowder

Allergen: Dairy

New England Clam Chowder

Allergen: Seafood & Dairy

Sirloin Steak Au Jus

Herb Crusted Salmon w/Lemon Dill Whole Grain Mustard Aioli

Allergen: Dairy & Seafood

Duck a L'Orange

Three Cheese Macaroni and Cheese 

Allergen: Dairy & Gluten

Pecan Crusted Chicken Breast with Honey Mustard Drizzle

Allergen: Nuts & Gluten

Sweet and Sour Shrimp

Allergen: Shellfish

Seared Crab Cakes w/Smoky Onion Remoulade

Allergen: Seafood

Baked Ziti with Meatballs, Italian Sausage & Garlic Bread 

Allergen: Gluten & Dairy

Menu for Delivery on Tuesday October 29, 2019

Order must be placed by noon on Oct. 15

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

Harvest Turkey Soup Allergen: Gluten	Corn Velvet Soup with Crabmeat Allergen: Seafood & Dairy
Chicken and Shrimp Gumbo Allergen: Seafood	Cream of Asparagus Soup Allergen: Dairy
Navy Bean and Smoked Ham Soup	

Rack of Lamb w/Coconut Mint Sauce

Roast Pork Robert

Lemon Pepper Chicken Breast w/ Garlic Parsley Soft Butter
Allergen: Dairy

Garden Meatloaf with Tomato Sauce
Allergen: Gluten



Greek Lemon Oven Roasted Chicken Thigh



Oven Baked Glazed Ham w/Classic Raisin Sauce



Shrimp Étouffée
Allergen: Gluten & Dairy & Shellfish

Seared Ginger & Garlic Swordfish w/Citrus Soft Butter
Allergen: Dairy & Seafood

Menu for Delivery on Tuesday November 5, 2019

Order must be placed by noon on Oct. 22

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

Pawtucket Chicken Chowder

Allergen: Dairy

**Tomato, Butternut Squash Herb
Soup**

Portuguese Kale Soup

Shrimp Bisque

Allergen: Seafood and Dairy

Corn Chowder

Allergen: Dairy

Herbed Grilled Beef Tenderloin w/Smoked Horseradish Cream Sauce

Allergen: Dairy

Pecan Crusted Salmon w/Maple Butter

Allergen: Nuts, Dairy, Seafood

Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: Gluten



Baked Haddock with Lobster Crumb Topping

Allergen: Shellfish & Gluten

Roasted Garlic Pork Loin w/Tomato Caper Relish



Swedish Meatballs

Allergen: Dairy



Ginger & Honey Seared Swordfish w/Pickled Shallots

Allergen: Seafood

Chicken Cordon Bleu

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday November 12, 2019

Order must be placed by noon on Oct. 29

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

Turkey Barley Chowder

Allergen: Gluten & Dairy

Seafood Chowder

Allergen: Seafood & Dairy

**Southwestern Chicken Vegetable
Soup**

Minestrone Soup

Allergen: Gluten

Split Pea with Ham Soup

Double Thick Lamb Loin Chop w/Mint Chutney

Mustard Glazed Salmon

Allergen: Seafood

Honey Butter Chicken Thighs

Allergen: Dairy

Scallion Crusted Arctic Char w/Soy Honey Butter

Allergen: Soy & Seafood



Boneless Grilled Pork Chop with Cranberry Apple Relish

Baked Flounder w/ Buttery Ritz Topping

Allergen: Gluten, Dairy & Seafood



Lasagna

Allergen: Gluten & Dairy



Savannah Meat Loaf w/Creamy Pepper Gravy

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday November 19, 2019

Order must be placed by noon on Nov. 5

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

Crabmeat Bisque

Allergen: Seafood and Dairy

Three Bean Chili

Roasted Vegetable and Potato Soup

Chicken and Barley Soup

Allergen: Gluten

Sweet Potato Soup

Steelhead Trout w/Garlic Lemon Caper Butter

Allergen: Dairy & Seafood

Chicken Parmigiana

Allergen: Dairy and Gluten

Roasted Pork Loin w/Caramelized Onions & White Wine Dijon Sauce

Red Wine & Soy Braised Short Ribs

Allergen: Soy

Greek Baked Salmon w/Lemon Feta Vinaigrette

Allergen: Dairy & Seafood

Yankee Pot Roast

Chicken Madeira

Pork & Brisket Chili w/Scallion-Corn Muffin

Allergen: Dairy

Menu for Delivery on Tuesday November 26, 2019

Order must be placed by noon on Nov. 12

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

Beef Vegetable Soup	White Bean Escarole Soup
Potato Leek Soup Allergen: Dairy	Steak & Ale Chowder Allergen: Dairy
New England Clam Chowder Allergen: Seafood & Dairy	

Sirloin Steak Au Jus

Herb Crusted Salmon w/Lemon Dill Whole Grain Mustard Aioli
Allergen: Dairy

Duck a L'Orange 

Three Cheese Macaroni and Cheese 
Allergen: Dairy & Gluten

Pecan Crusted Chicken Breast with Honey Mustard Drizzle
Allergen: Nuts & Gluten

Sweet and Sour Shrimp
Allergen: Shellfish

Seared Crab Cakes w/Smoky Onion Remoulade
Allergen: Shellfish

Baked Ziti with Meatballs, Italian Sausage & Garlic Bread 
Allergen: Gluten & Dairy

Menu for Delivery on Tuesday December 3, 2019

Order must be placed by noon on Nov. 19

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

Harvest Turkey Soup Allergen: Gluten	Corn Velvet Soup with Crabmeat Allergen: Seafood & Dairy
Chicken and Shrimp Gumbo Allergen: Seafood	Cream of Asparagus Soup Allergen: Dairy
Navy Bean and Smoked Ham Soup	


Rack of Lamb w/Coconut Mint Sauce

Roast Pork Robert

Lemon Pepper Chicken Breast w/ Garlic Parsley Soft Butter
Allergen: Dairy

Garden Meatloaf with Tomato Sauce 
Allergen: Gluten

Greek Lemon Oven Roasted Chicken Thigh 

Oven Baked Glazed Ham w/Classic Raisin Sauce 

Shrimp Étoufée
Allergen: Gluten & Dairy & Shellfish

Seared Ginger & Garlic Swordfish w/Citrus Soft Butter
Allergen: Dairy & Seafood

Menu for Delivery on Tuesday December 10, 2019

Order must be placed by noon on Nov. 26

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

Pawtucket Chicken Chowder

Allergen: Dairy

Tomato, Butternut Squash Herb Soup

Shrimp Bisque

Allergen: Seafood and Dairy

Corn Chowder

Allergen: Dairy

Portuguese Kale Soup

Herbed Grilled Beef Tenderloin w/Smoked Horseradish Cream Sauce

Allergen: Dairy

Pecan Crusted Salmon w/Maple Butter

Allergen: Nuts, Dairy, Seafood

Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: Gluten



Baked Haddock with Lobster Crumb Topping

Allergen: Shellfish & Gluten

Roasted Garlic Pork Loin w/Tomato Caper Relish



Swedish Meatballs

Allergen: Dairy



Ginger & Honey Seared Swordfish w/Pickled Shallots

Allergen: Seafood

Chicken Cordon Bleu

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday December 17, 2019

Order must be placed by noon on Dec. 3

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

Turkey Barley Chowder

Allergen: Gluten & Dairy

Seafood Chowder

Allergen: Seafood & Dairy

Southwestern Chicken Vegetable Soup

Minestrone Soup

Allergen: Gluten

Split Pea with Ham Soup

Double Thick Lamb Loin Chop w/Mint Chutney

Mustard Glazed Salmon

Allergen: Seafood

Honey Butter Chicken Thighs

Allergen: Dairy

Scallion Crusted Arctic Char w/Soy Honey Butter

Allergen: Soy & Seafood



Boneless Grilled Pork Chop with Cranberry Apple Relish

Baked Flounder w/ Buttery Ritz Topping

Allergen: Gluten, Dairy & Seafood

Lasagna

Allergen: Gluten & Dairy



Savannah Meat Loaf w/Creamy Pepper Gravy

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday January 7, 2020

Order must be placed by noon on Dec. 17

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

There will be no meal delivery the weeks of December 23th and December 30th. Please place your order for delivery January 7, 2020 on December 17th. Thank you.

Harvest Turkey Soup

Allergen: Gluten

Corn Velvet Soup with Crabmeat

Allergen: Seafood & Dairy

Chicken and Shrimp Gumbo

Allergen: Seafood

Cream of Asparagus Soup

Allergen: Dairy

Navy Bean and Smoked Ham Soup

Rack of Lamb w/Coconut Mint Sauce

Roast Pork Robert

Lemon Pepper Chicken Breast w/ Garlic Parsley Soft Butter

Allergen: Dairy

Garden Meatloaf with Tomato Sauce

Allergen: Gluten



Greek Lemon Oven Roasted Chicken Thigh



Oven Baked Glazed Ham w/Classic Raisin Sauce



Shrimp Étouffée

Allergen: Gluten & Dairy & Shellfish

Seared Ginger & Garlic Swordfish w/Citrus Soft Butter

Allergen: Dairy & Seafood

Menu for Delivery on Tuesday January 14, 2020

Order must be placed by noon on December 31st.

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

Pawtucket Chicken Chowder

Allergen: Dairy

Shrimp Bisque

Allergen: Seafood and Dairy

Tomato, Butternut Squash Herb Soup

Corn Chowder

Allergen: Dairy

Portuguese Kale Soup

Herbed Grilled Beef Tenderloin w/Smoked Horseradish Cream Sauce

Allergen: Dairy

Pecan Crusted Salmon w/Maple Butter

Allergen: Nuts, Dairy & Seafood

Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: Gluten



Baked Haddock with Lobster Crumb Topping

Allergen: Shellfish & Gluten

Roasted Garlic Pork Loin w/Tomato Caper Relish



Swedish Meatballs

Allergen: Dairy



Ginger & Honey Seared Swordfish w/Pickled Shallots

Allergen: Seafood

Chicken Cordon Bleu

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday January 21, 2020

Order must be placed by noon on Jan. 7

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

Turkey Barley Chowder

Allergen: Gluten & Dairy

Seafood Chowder

Allergen: Seafood & Dairy

**Southwestern Chicken Vegetable
Soup**

Minestrone Soup

Allergen: Gluten

Split Pea with Ham Soup

Double Thick Lamb Loin Chop w/Mint Chutney

Mustard Glazed Salmon

Allergen: Seafood

Honey Butter Chicken Thighs

Allergen: Dairy

Scallion Crusted Arctic Char w/Soy Honey Butter 

Allergen: Soy & Seafood

Boneless Grilled Pork Chop with Cranberry Apple Relish

Baked Flounder with Ritz Topping and Lemon Butter Sauce

Allergen: Gluten, Dairy & Seafood

Lasagna 

Allergen: Gluten & Dairy

Savannah Meat Loaf w/Creamy Pepper Gravy 

Allergen: Gluten & Dairy

Menu for Delivery on Tuesday January 28, 2020

Order must be placed by noon on Jan.14

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

Crabmeat Bisque

Allergen: Seafood and Dairy

Three Bean Chili

Roasted Vegetable and Potato Soup

Chicken and Barley Soup

Allergen: Gluten

Sweet Potato Soup

Steelhead Trout w/Garlic Lemon Caper Butter

Allergen: Dairy & Seafood

Chicken Parmigiana

Allergen: Dairy and Gluten

Roasted Pork Loin w/Caramelized Onions & White Wine Dijon Sauce

Red Wine & Soy Braised Short Ribs

Allergen: Soy

Greek Baked Salmon w/Lemon Feta Vinaigrette

Allergen: Dairy & Seafood

Yankee Pot Roast

Chicken Madeira

Pork & Brisket Chili w/Scallion-Corn Muffin

Allergen: Dairy

Menu for Delivery on Tuesday February 4, 2020

Order must be placed by noon on Jan. 21

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

Beef Vegetable Soup

White Bean Escarole Soup

Potato Leek Soup

Allergen: Dairy

Steak & Ale Chowder

Allergen: Dairy

New England Clam Chowder

Allergen: Seafood & Dairy

Sirloin Steak Au Jus

Herb Crusted Salmon w/Lemon Dill Whole Grain Mustard Aioli

Allergen: Dairy & Seafood

Duck a L'Orange 

Three Cheese Macaroni and Cheese 

Allergen: Dairy & Gluten

Pecan Crusted Chicken Breast with Honey Mustard Drizzle

Allergen: Nuts & Gluten

Sweet and Sour Shrimp

Allergen: Shellfish

Seared Crab Cakes w/Smoky Onion Remoulade

Allergen: Shellfish

Baked Ziti with Meatballs, Italian Sausage & Garlic Bread 

Allergen: Gluten & Dairy

Menu for Delivery on Tuesday February 11, 2020

Order must be placed by noon on Jan. 28

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

Harvest Turkey Soup Allergen: Gluten	Corn Velvet Soup with Crabmeat Allergen: Seafood & Dairy
Chicken and Shrimp Gumbo Allergen: Seafood	Cream of Asparagus Soup Allergen: Dairy
Navy Bean and Smoked Ham Soup	


Rack of Lamb w/Coconut Mint Sauce

Roast Pork Robert

Lemon Pepper Chicken Breast w/ Garlic Parsley Soft Butter
Allergen: Dairy

Garden Meatloaf with Tomato Sauce 
Allergen: Gluten

Greek Lemon Oven Roasted Chicken Thigh 

Oven Baked Glazed Ham w/Classic Raisin Sauce 

Shrimp Étoufée
Allergen: Gluten & Dairy & Shellfish

Seared Ginger & Garlic Swordfish w/Citrus Soft Butter
Allergen: Dairy & Seafood

Menu for Delivery on Tuesday February 18, 2020

Order must be placed by noon on Feb. 4

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

Pawtucket Chicken Chowder

Allergen: Dairy

Tomato, Butternut Squash Herb Soup

Shrimp Bisque

Allergen: Seafood and Dairy

Corn Chowder

Allergen: Dairy

Portuguese Kale Soup

Herbed Grilled Beef Tenderloin w/Smoked Horseradish Cream Sauce

Allergen: Dairy

Pecan Crusted Salmon w/Maple Butter

Allergen: Nuts, Dairy, Seafood

Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: Gluten



Baked Haddock with Lobster Crumb Topping

Allergen: Shellfish & Gluten

Roasted Garlic Pork Loin w/Tomato Caper Relish



Swedish Meatballs

Allergen: Dairy



Ginger & Honey Seared Swordfish w/Pickled Shallots

Allergen: Seafood

Chicken Cordon Bleu

Allergen: Gluten & Dairy

**CUT ALONG THE LINE & USE THIS PAGE EACH WEEK TO
MAKE YOUR CHOICES OF SIDE DISHES & DESSERTS.**

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

DESSERTS

Chocolate Chip Cookies (4 pieces)

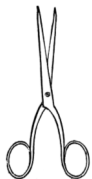
Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)



**CUT ALONG THE LINE & USE THIS PAGE EACH WEEK TO
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- **Roast Maple Sweet Potatoes** Allergens: Soy & Dairy
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- **Flame Roasted Baby Potatoes** Allergen: Soy
- **Mashed Potatoes** Allergens: Soy & Dairy
- **Mashed Sweet Potatoes** Allergens: Soy & Dairy
- **Rice Pilaf** Allergens: Soy
- **Wild Rice Pilaf** Allergens: Soy
- **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)

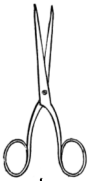
Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)





Autumn Arrangement
by
CherishedMemories@deviantart.com

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