

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through May 18, 2021*

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**
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**

Over

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**
- **Grilled Julienne-Cut Seven Vegetable Medley**

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

Menu for Delivery on Tuesday March 2, 2021

Order must be placed by noon on February 16

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

**Smoked Turkey w Shiitake
Mushroom Soup**

Two Bean Soup

**Southwestern Chicken
Vegetable Soup**

Minestrone Soup
Allergen: gluten

Split Pea w Ham

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glaze Salmon w Fresh Lemon

Roasted Pork Loin w House Made Applesauce

Lasagna w Garlic Bread

Allergen: gluten, dairy



Maple & Mustard Glazed Ham



Crispy Lobster Cakes w Mango and Avocado Salsa

Allergen: gluten, shellfish



Roasted Statler Chicken Breast w Sauce Chasseur

Allergen: dairy

Fettuccini Bolognese

Allergen: gluten, dairy



Menu for Delivery on Tuesday March 9, 2021

Order must be placed by noon on February 23

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

Italian Vegetable and Bean

Chicken and Barley Soup
Allergen: dairy, gluten


Tomato Rice Florentine
Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Coconut Crusted Salmon w Pineapple Cilantro Butter
Allergen: tree nut, dairy, gluten

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, dairy, eggs

Roasted Pork Loin w Caramelized Onions and Granny Smith Apples

Grilled Swordfish w Cajun Whipped Butter
Allergen: dairy

Red Wine & Soy Braised Short Ribs 
Allergen: soy

Yankee Pot Roast

Chicken Piccata w Lemon, Capers and Butter Sauce 
Allergen: dairy, eggs

Menu for Delivery on Tuesday March 16, 2021

Order must be placed by noon on March 2

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

Chicken Noodle
Allergen: gluten

Potato Leek
Allergen: dairy

White Bean and Escarole
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Seared Salmon w Citrus Salsa

Pan Seared Duck Leg w Blueberry Rosemary Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Seared Crab Cakes w Cajun Remoulade Sauce
Allergens: shellfish, gluten, egg, dairy



Corned Beef and Cabbage



Baked Ziti w Meatballs, Italian Sausage and Garlic Bread
Allergens: gluten, dairy, egg



Statler Chicken and Cremini Mushrooms w Mustard Mascarpone Sauce
Allergen: dairy

Menu for Delivery on Tuesday March 23, 2021

Order must be placed by noon on March 9

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

Harvest Turkey Soup
Allergen: gluten

Chicken and Shrimp Gumbo
Allergen: shellfish

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Pumpkin Lentil Soup

Navy Bean and Smoked Ham

Greek Rack of Lamb w Yogurt Mint Sauce
Allergen: dairy



Roast Pork Robert

Lemon Pepper Statler Chicken w Paprika and Parsley Butter
Allergen: dairy

Chicken Thigh Fricassee

Oven Baked Glazed Ham w Classic Raisin Sauce



**Prosciutto Wrapped Mediterranean Swordfish with
Orange Fennel Butter**
Allergen: dairy



Shrimp Francese
Allergen: shellfish, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ
Allergen: soy



Menu for Delivery on Tuesday March 30, 2021

Order must be placed by noon on March 16

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

Roasted Red Pepper Soup

**Tomato Butternut Squash Herb
Soup**

**Roasted Vegetable and Wild Rice
Soup**

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish

**Herb Grilled Beef Tenderloin w Sautéed Portabellas & Smokey Cream
Sauce**
Allergen: dairy

Pecan Crusted Salmon w Maple Butter
Allergen: tree nut, dairy

Traditional Roast Turkey w Herb Stuffing & Gravy
Allergen: gluten

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

Pork Tenderloin Marbella
Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks and Bacon** 
Allergen: dairy

Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter 
Allergen: dairy

Chicken Cordon Bleu 
Allergen: gluten, dairy

Menu for Delivery on Tuesday April 6, 2021

Order must be placed by noon on March 23

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

**Smoked Turkey w Shiitake
Mushroom Soup
Two Bean Soup**

**Southwestern Chicken
Vegetable Soup
Minestrone Soup
Allergen: gluten**

Split Pea w Ham

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glaze Salmon w Fresh Lemon

Roasted Pork Loin w House Made Applesauce

Lasagna w Garlic Bread 
Allergen: gluten, dairy

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Mango and Avocado Salsa 
Allergen: gluten, shellfish

Roasted Statler Chicken Breast w Sauce Chasseur
Allergen: dairy

Fettuccini Bolognese 
Allergen: gluten, dairy

Menu for Delivery on Tuesday April 13, 2021

Order must be placed by noon on March 30

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

Italian Vegetable and Bean

Chicken and Barley Soup
Allergen: dairy, gluten

Tomato Rice Florentine
Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Coconut Crusted Salmon w Pineapple Cilantro Butter
Allergen: tree nut, dairy, gluten

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, dairy, eggs

Roasted Pork Loin w Caramelized Onions and Granny Smith Apples

Grilled Swordfish w Cajun Whipped Butter
Allergen: dairy

Red Wine & Soy Braised Short Ribs 
Allergen: soy

Yankee Pot Roast

Chicken Piccata w Lemon, Capers and Butter Sauce 
Allergen: dairy, eggs

Menu for Delivery on Tuesday April 20, 2021

Order must be placed by noon on April 6

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

Chicken Noodle
Allergen: gluten

Potato Leek
Allergen: dairy

White Bean and Escarole
Allergen: dairy

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Seared Salmon w Citrus Salsa

Pan Seared Duck Leg w Blueberry Rosemary Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Seared Crab Cakes w Cajun Remoulade Sauce
Allergens: shellfish, gluten, egg, dairy



Corned Beef and Cabbage



Baked Ziti w Meatballs, Italian Sausage and Garlic Bread
Allergens: gluten, dairy, egg



Statler Chicken and Cremini Mushrooms w Mustard Mascarpone Sauce
Allergen: dairy

Menu for Delivery on Tuesday April 27, 2021

Order must be placed by noon on April 13

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

Harvest Turkey Soup
Allergen: gluten

Chicken and Shrimp Gumbo
Allergen: shellfish

Corn Velvet Soup w Crabmeat
Allergen: shellfish, dairy

Pumpkin Lentil Soup

Navy Bean and Smoked Ham

Greek Rack of Lamb w Yogurt Mint Sauce
Allergen: dairy



Roast Pork Robert

Lemon Pepper Statler Chicken w Paprika and Parsley Butter
Allergen: dairy

Chicken Thigh Fricassee

Oven Baked Glazed Ham w Classic Raisin Sauce



**Prosciutto Wrapped Mediterranean Swordfish with
Orange Fennel Butter**
Allergen: dairy



Shrimp Francese
Allergen: shellfish, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ
Allergen: soy



Menu for Delivery on Tuesday May 4, 2021

Order must be placed by noon on April 20

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

Roasted Red Pepper Soup

**Tomato Butternut Squash Herb
Soup**

**Roasted Vegetable and Wild Rice
Soup**

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish

**Herb Grilled Beef Tenderloin w Sauteed Portabellas & Smokey Cream
Sauce**
Allergen: dairy

Pecan Crusted Salmon w Maple Butter
Allergen: tree nut, dairy

Traditional Roast Turkey w Herb Stuffing & Gravy
Allergen: gluten

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



Pork Tenderloin Marbella
Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks and Bacon**
Allergen: dairy



Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter
Allergen: dairy



Chicken Cordon Bleu
Allergen: gluten, dairy



Menu for Delivery on Tuesday May 11, 2021

Order must be placed by noon on April 27

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

**Smoked Turkey w Shiitake
Mushroom Soup
Two Bean Soup**

**Southwestern Chicken
Vegetable Soup
Minestrone Soup
Allergen: gluten**

Split Pea w Ham

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glaze Salmon w Fresh Lemon

Roasted Pork Loin w House Made Applesauce

Lasagna w Garlic Bread 
Allergen: gluten, dairy

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Mango and Avocado Salsa 
Allergen: gluten, shellfish

Roasted Statler Chicken Breast w Sauce Chasseur
Allergen: dairy

Fettuccini Bolognese 
Allergen: gluten, dairy

Menu for Delivery on Tuesday May 18, 2021

Order must be placed by noon on May 4

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

Italian Vegetable and Bean

Chicken and Barley Soup
Allergen: dairy, gluten

Tomato Rice Florentine
Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Coconut Crusted Salmon w Pineapple Cilantro Butter
Allergen: tree nut, dairy, gluten

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, dairy, eggs

Roasted Pork Loin w Caramelized Onions and Granny Smith Apples

Grilled Swordfish w Cajun Whipped Butter
Allergen: dairy

Red Wine & Soy Braised Short Ribs 
Allergen: soy

Yankee Pot Roast

Chicken Piccata w Lemon, Capers and Butter Sauce 
Allergen: dairy, eggs

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)





Printed February 2021