

# *Gourmet To Go*

*From Carleton-Willard At Home*



*This menu is valid for orders  
delivered through February 23, 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 October 27, 2020

---

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

*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 November 3, 2020

---

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

*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 November 10, 2020

---

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

*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 November 17, 2020

---

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

*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 November 24, 2020

---

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

*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 Carmelized 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 December 1, 2020

---

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

*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 December 8, 2020

---

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

*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 December 15, 2020

---

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

*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 January 5, 2021

---

**Order must be placed by noon on December 15**

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

**There will be no meal delivery the weeks of  
December 21 and 28. Please place your order for delivery  
January 5, 2021 by December 15.**

**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 January 12, 2021

---

**Order must be placed by noon on December 29**

*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 January 19, 2021

---

**Order must be placed by noon on January 5**

*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 January 26

---

**Order must be placed by noon on January 12**

*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 February 2, 2021

---

**Order must be placed by noon on January 19**

*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 February 9, 2021

---

**Order must be placed by noon on January 26**

*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 February 16, 2021

---

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

*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 February 23, 2021

---

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

*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





## 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)





